

ABSTRAK

GAMBARAN STRES AKADEMIK DAN MEKANISME KOPING PADA MAHASISWA TAHUN PERTAMA DI FIKES PADA MASA PANDEMI COVID-19

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Latar Belakang : Pandemi Covid-19 berdampak terhadap pola pembelajaran sehingga mengharuskan mahasiswa beradaptasi dengan situasi tersebut. *Stressor* lebih dirasakan oleh mahasiswa tahun pertama karena harus melakukan penyesuaian dengan lingkungan akademik yang berbeda saat berada di SMA. Tujuan penelitian menggambarkan stres akademik dan mekanisme koping mahasiswa FIKes.

Metode : Penelitian ini menggunakan desain penelitian deskriptif kuantitatif. Populasi penelitian adalah mahasiswa FIKes Unsoed. Sampel dipilih menggunakan teknik *Stratified Random Sampling* dan diperoleh responden sejumlah 269 responden. Penelitian ini menggunakan kuesioner *academic stress inventory* dan *stress coping style inventory*. Analisis data dilakukan secara univariat.

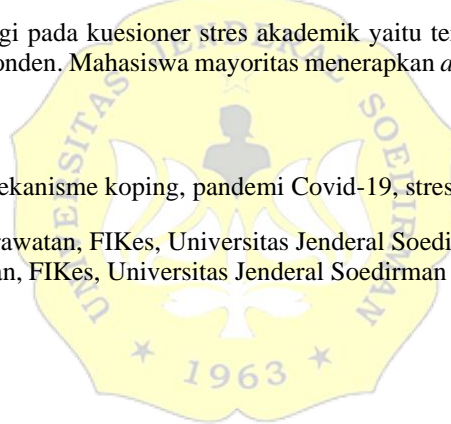
Hasil : Karakteristik responden mayoritas perempuan (77,3%), berusia 18 tahun dan berasal dari jurusan keperawatan (24,5%). Frekuensi stres akademik paling tinggi yang dialami mahasiswa adalah *teachers* (188), *results* (210), *tests* (218), *studying in grup* (167), *peer* (126), *time management* (126), *self -inflicte* (154). Sedangkan untuk penerapan mekanisme koping, sebagian besar responden menerapkan *active emotional coping* 177 responden (65,8%).

Kesimpulan : Skor tertinggi pada kuesioner stres akademik yaitu terdapat pada item ke-15 yaitu sebanyak 125 (46,5%) responden. Mahasiswa mayoritas menerapkan *active emotional coping* dalam menangani stres akademik

Kata kunci: mahasiswa, mekanisme koping, pandemi Covid-19, stres akademik

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ABSTRACT
DESCRIPTION ACADEMIC STRESS AND COPING MECHANISMS IN FIRST YEAR STUDENTS AT FIKES DURING THE COVID-19 PANDEMIC

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Background : The Covid-19 pandemic has an impact on learning patterns so that it requires students to adapt to this situation. The stressor is felt more by first year students because they have to make adjustments to a different academic environment while in high school. The aim of the research is to describe the academic stress and coping mechanisms of FIKes students.

Method : This study uses a quantitative descriptive research design. The research population was FIKes Unsoed students. The sample was selected using Stratified Random Sampling technique and 269 respondents were obtained. This study used the academic stress inventory questionnaire and stress coping style inventory. Data analysis was performed univariately.

Results : Characteristics of the majority of respondents were women (77.3%), aged 18 years and came from the nursing department (24.5%). The highest frequency of academic stress experienced by students is teachers (188), results (210), tests (218), studying in groups (167), peers (126), time management (126), self-inflicted (154). As for the application of coping mechanisms, the majority of respondents applied active emotional coping, 177 respondents (65.8%).

Conclusion : The highest score on the academic stress questionnaire is found in the 15th item, namely 125 (46.5%) respondents. The majority of students apply active emotional coping in dealing with academic stress

Keywords: academic stress , coping mechanisms, Covid-19 pandemic, students

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