

ABSTRAK

Proses pembelajaran di era pandemi covid-19 gelombang ke-3 dapat menimbulkan stres akademik pada siswa. Dampak dari stres akademik menyebabkan perubahan gejala fisik, psikis, perilaku, dan kognitif, karenanya diperlukan suatu upaya untuk mengatasi stres akademik yaitu dengan membangun resiliensi akademik. Tujuan penelitian ini yaitu untuk mengetahui adanya hubungan resiliensi akademik dengan tingkat stres akademik pada siswa SDN Sirahcai dalam menjalankan proses pembelajaran tatap muka terbatas.

Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan pendekatan deskriptif korelatif. Teknik pengambilan sampel menggunakan *Proporsional Stratified Random Sampling* dengan populasi 98 siswa didapat jumlah sampel sebanyak 79 siswa yang terdiri dari kelas IV dan V. Penelitian ini menggunakan instrumen kuesioner resiliensi akademik dan kuesioner stres akademik. Analisa yang digunakan pada penelitian ini menggunakan distribusi frekuensi dan uji kolerasi menggunakan *Kendall's tau-b*.

Hasil penelitian ini diperoleh nilai $p\text{-value} = 0,027 < 0,05$ sehingga ada hubungan antara resiliensi akademik dengan tingkat stres akademik pada siswa SDN Sirahcai dalam menjalankan pembelajaran tatap muka terbatas dengan kategori siswa terbanyak berada pada resiliensi akademik sedang dan stres akademik sedang. Berdasarkan hasil penelitian diharapkan sekolah sebagai penyedia proses pembelajaran dapat melaksanakan strategi-strategi praktik salah satunya dengan pengoptimalan bimbingan konseling serta metode pembelajaran yang atraktif sehingga mampu menekan stres akademik yang dialami.

Kata Kunci: Resiliensi Akademik, Siswa SD, Stres Akademik

Daftar Pustaka: 17 Buku (2013-2021)
15 Jurnal (2012-2021)
6 Website

ABSTRACT

The process of learning in the third wave of the covid-19 pandemic era can lead to an academic stress to students. It causes changes in physical, psychological, behavioral, and cognitive symptoms. Therefore, it is needed an effort to overcome its academic stress by building an academic resilience. The purpose of this research was to determine the relationship between academic resilience with academic stress levels on Sirahcai Public Elementary School Students in performing the limited face-to-face learning process.

The type of research used was quantitative with a descriptive correlative approach. The sampling technique was Proportional Stratified Random Sampling with the total population was 98 students while the total sample was 79 students consisting of grades IV and V. This research used the questionnaire of academic resilience and academic stress. The analysis used a frequency distribution and correlation test using Kendall's tau-b.

The results of this research obtained $p\text{-value} = 0.027 < 0.05$ so that there is a relationship between academic resilience with academic stress levels on Sirahcai Public Elementary School students in performing the limited face-to-face learning with the highest categories is in moderate academic resilience and moderate academic stress. Based on the results, it is expected that schools as a learning process providers can implement practical strategies, one of the example is by optimizing counseling guidance and attractive learning methods so that it can reduce academic stress experienced.

Keywords: *Academic Resilience, Academic Stress, Public Elementary School Students*

Bibliography: 17 Books (2013-2021)
15 Journals (2012-2021)
6 Websites