

ABSTRAK

Latar Belakang : Terjadinya pandemic covid-19 telah membuat banyak perubahan khususnya pada sector Pendidikan yang beralih menjadi pembelajaran daring. Perubahan system memicu munculnya stress akademik pada mahasiswa yang akan berdampak pada Kesehatan dan prestasi belajarnya. **Tujuan :** Untuk mengetahui Gambaran Stres Akademik Selama Pembelajaran Daring di Masa Pandemi Covid-19 Pada Mahasiswa Prodi Diploma III Keperawatan Universitas Bhakti Kencana. Stress akademik merupakan suatu keadaan dimana individu yang mengalami tekanan dari hasil persepsi dan penilaian tentang stresor akademik yang berhubungan dengan ilmu pengetahuan dan pendidikan di perguruan tinggi. **Metode:** Metode penelitian yang digunakan yaitu pendekatan kuantitatif dengan menggunakan metode deskriptif yang melibatkan mahasiswa tingkat 1,2 dan 3 sebanyak 179 mahasiswa menggunakan Teknik *Simple Random Sampling* menggunakan nomer undian menurut no urut absen dengan Kuesioner *Student-life Stress Inventory* (SSI) yang dibagikan secara online menggunakan *google form*. Analisa data menggunakan data univariat. **Hasil:** Berdasarkan hasil distribusi frekuensi yaitu 100% seluruh responden mengisi kuesioner dengan hasil Sebagian kecil dari responden mengalami stress paling rendah, yaitu sebanyak 18% (32 orang responden) , Sebagian besar responden mengalami stress sedang sebanyak 65% (116 orang responden), dan Sebagian kecil responden mengalami stress berat sebanyak 17% (31 orang). **Kesimpulan:** Sebagian besar responden mengalami stress akademik sedang. Artinya mahasiswa merasakan tekanan yang Ringan selama melaksanakan pembelajaran daring di masa pandemic covid-19. Saran memperkuat peran pendamping melalui pembimbing akademik yang sudah diterapkan dan melakukan evaluasi berkala system belajar daring

Kata kunci : Pandemic covid-19, Pembelajaran Daring, Stres Akademik

Daftar Pustaka : 4 Buku (2014-2017) 12 jurnal (2017-2021) 3 website resmi (2019-2021)

ABSTRACT

Background: The occurrence of the covid-19 pandemic has made many changes, especially in the Education sector which has turned into online learning. Changes in the system trigger the emergence of academic stress on students which will have an impact on their health and learning achievement. **Objective:** To find out the description of academic stress during online learning during the Covid-19 pandemic for students of the Diploma III Nursing Study Program at Bhakti Kencana University. Academic stress is a condition in which individuals experience pressure from the results of perceptions and assessments of academic stressors related to science and education in higher education. **Methods:** The research method used is a quantitative approach using a descriptive method involving 1, 2 and 3 level students as many as 179 students using the Simple Random Sampling Technique using lottery numbers according to the serial number of absences with the Student-life Stress Inventory (SSI) Questionnaire which is distributed randomly. online using google forms. Data analysis using univariate data. **Results:** Based on the results of the frequency distribution, 100% of all respondents filled out the questionnaire with the result that a small portion of the respondents experienced the lowest stress, namely 18% (32 respondents), most of the respondents experienced moderate stress as much as 65% (116 respondents), and A small proportion of respondents experienced severe stress as much as 17% (31 people). **Conclusion:** Most of the respondents experienced moderate academic stress. This means that students feel light pressure during online learning during the COVID-19 pandemic. Suggestions for strengthening the role of companions through academic supervisors that have been implemented and conducting periodic evaluations of the online learning system

Keywords: Pandemic covid-19, Online Learning, Academic Stress

Bibliography : 4 books (2014-2017) 12 journals (2017-2021) 3 official websites (2019-2021)

