

## ABSTRAK

Selama masa pandemi Covid-19 di Indonesia diberlakukannya sekolah sistem daring. Selama menghadapi pembelajaran daring siswa mengaku merasa lebih tidak nyaman dan tertekan karena kurangnya pemahaman materi, adanya deadline tugas yang mendesak, dan beberapa kendala teknis dan menyebabkan kecemasan. Salah satu faktor yang dapat mempengaruhi kecemasan seseorang yaitu mekanisme koping. Tujuan penelitian ini untuk mengetahui hubungan mekanisme koping dengan kecemasan siswa SMAN 25 Bandung saat menghadapi pembelajaran daring selama pandemic Covid-19.

Jenis penelitian ini deskriptif korelatif dengan *cross sectional*. Populasi sebesar 350 siswa kelas XI SMAN 25 Bandung dengan teknik *sampling* yaitu, *simple random sampling* dan sampel yang diambil sebanyak 79 responden. Instrumen yang digunakan yaitu kuesioner *Jalowiec Coping Scale (JCS)* dan *State Traite Anxiety Inventory (STAI)*. Analisis data yang digunakan univariat dan bivariate dengan menggunakan uji *SpearmanRank*.

Gambaran mekanisme koping maladaptif sebesar 85,9% dan gambaran kecemasan berat sebesar 65,4%. Hasil penelitian ini menunjukkan bahwa  $P_{value} < 0,05$  yaitu 0,0048 dan hasil coefficient correlation sebesar 0,224. Adanya hubungan positif antara mekanisme koping dengan kecemasan siswa. Semakin tinggi mekanisme koping maladaptif maka akan semakin tinggi juga tingkat kecemasannya. Hal tersebut disebabkan oleh adanya faktor lain yaitu dukungan sosial. Diharapkan pihak sekolah SMAN 25 Bandung dapat memberikan strategi baru seperti mengadakan program bimbingan konseling mengenai tingkat kecemasan siswa agar mereka dapat mengurangi kecemasannya selama proses belajar di sekolah.

Kata Kunci : Kecemasan, Mekanisme Koping, Siswa

Daftar pustaka: 22 Buku (2010-2017)  
35 Jurnal (2018-2019)  
1 Artikel (2018-2019)  
5 Website (2020-2021)

## **ABSTRACT**

*During the Covid-19 pandemic in Indonesia he was given a secondary school system. During the face of the study, the students claimed to be more uncomfortable and depressed due to lack of understanding of the material, the existence of an urgent deadline, and some technical difficulties and causes anxiety. One of the factors that can affect someone's anxiety is the clutch mechanism. The purpose of this research is to determine the link between the coupling mechanism and the anxiety of high school students in the 25th district in the face of the darting lessons during the Covid-19 pandemic.*

*This kind of research is descriptive in correlative with sectional cross. The population is 350 high school 11th graders 25th graders with sampling techniques that is, simple random sampling and samples taken as many as 79 respondents. The instruments used are the Jalowiec Coping Scale (JCS) and the State Treate Anxiety Inventory (STAI). Analysis of data used by univariate and bivariate using the SpearmanRank test.*

*Illustrative copy mechanism of 85.9% and a severe anxiety of 65.4%. The results of this study show that  $Pvalue < 0.05$  is 0.048 and the coefficient correlation is 0.224. There's a positive relationship between the coupling mechanism and student anxiety. The higher the maladaptive copy mechanism, the higher the level of anxiety. It is due to another factor, social support, that the 25th Bandung High School is expected to provide new strategies such as conducting counseling on the level of student anxiety so they can reduce their anxiety during the school process.*

*Keywords : Anxiety, Coping Mechanism, Student*

*Bibliography :*

22	Books	(2010-2017)
35	Journal	(2018-2019)
1	Article	(2018-2019)
5	Website	(2020-2021)