

ABSTRAK

Permasalahan selama pembelajaran daring yaitu stress akademik, stress merupakan keadaan tertekan yang dirasakan mahasiswa sehingga menyebabkan perilaku negatif. Stress bisa diatasi dengan strategi koping *problem focused coping* dan *emotional focused coping*. Untuk mengurangi stress dibutuhkan strategi koping yang baik agar mampu mengurangi tingkat stress yang dialami mahasiswa. Tujuan penelitian untuk mengetahui hubungan tingkat stress akademik dengan strategi koping selama pembelajaran daring pada mahasiswa S1 keperawatan Universitas Bhakti Kencana Bandung.

Metode penelitian menggunakan deskriptif korelasional dengan pendekatan *crosssectional*. Populasi penelitian yaitu mahasiswa S1 keperawatan sebanyak 85 mahasiswa dengan teknik *stratified random sampling*. Instrumen yang digunakan yaitu *Student-Life Stress Inventory* dan *Adolescent Coping Orientation for Froblem Experiences*, strategi koping yang digunakan yaitu *problem focused coping* dan *emotional focused coping*. Analisa data menggunakan uji *chi-square*.

Didapatkan hasil hampir seluruhnya (81.2%) mahasiswa mengalami stress sedang selama pembelajaran daring, strategi koping yang digunakan sebagian besar (72.5%) *emotional focused coping*. Hasil uji *chi-square* didapatkan nilai *p-value* 0.007 ($\alpha < 0.05$) sehingga H_0 ditolak dan H_a diterima.

Dari hasil penelitian disimpulkan terdapat hubungan tingkat stress akademik dengan strategi koping selama pembelajaran daring pada mahasiswa S1 keperawatan Universitas Bhakti Kencana Bandung. Diharapkan mahasiswa dapat menggunakan strategi koping yang positif untuk mengurangi stress yang dialami.

Kata Kunci : mahasiswa, pembelajaran daring, strategi koping, stress akademik
Daftar Pustaka : 8 buku (2011-2021)
30 jurnal (2011-2021)
1 web (2016)

ABSTRACT

Problems during online learning are academic stress, stress is a depressed state felt by students, causing negative behavior. Stress can be overcome with problem focused coping and emotional focused coping strategies. To reduce stress, a good coping strategy is needed to be able to reduce the level of stress experienced by students. The purpose of the study was to determine the relationship between academic stress levels and coping strategies during online learning for undergraduate nursing students at Bhakti Kencana University, Bandung.

Research method uses correlational descriptive with a cross-sectional approach. The research population is 85 undergraduate nursing students with stratified random sampling technique. The instruments used are Student-Life Stress Inventory and Adolescent Coping Orientation for Problem Experiences, coping strategies used are problem focused coping and emotional focused coping. Data analysis using chi-square test.

It was found that almost all (81.2%) students experienced moderate stress during online learning, the most used coping strategies (72.5%) were emotional focused coping. The results of the chi-square test obtained a p-value of 0.007 ($\alpha < 0.05$) so that H_0 is rejected and H_a is accepted.

From the results of the study, it was concluded that there was a relationship between academic stress levels and coping strategies during online learning for undergraduate nursing students at Bhakti Kencana University, Bandung. It is expected that students can use positive coping strategies to reduce the stress they experience.

Keywords : academic stress, college student, coping strategies, online learning

*Bibliography : 8 books (2011-2021)
30 journals (2011-2021)
1 website (2016)*