

## ABSTRAK

Pandemi *covid-19* memberi dampak kepada mahasiswa dengan diberlakukannya pembelajaran daring, akibatnya mahasiswa mengalami stres akademik. *Hardiness* merupakan ketahanan individu agar terhindar dari penyebab stres. Tujuan penelitian ini untuk mengetahui hubungan antara *hardiness* dengan stres akademik dalam sistem pembelajaran daring akibat pandemi *covid-19* pada mahasiswa S1 keperawatan Universitas Bhakti Kencana Bandung.

Metode penelitian ini menggunakan kuantitatif deskriptif korelatif dengan pendekatan *cross-sectional*. Populasi sebanyak 545 mahasiswa S1 keperawatan Universitas Bhakti Kencana Bandung dengan sampel 85 dari tingkat 1-4 menggunakan *stratified random sampling*. Instrumen yang digunakan yaitu *The Hardiness Scale* dan *Student-Life Stress Inventory* yang dimodifikasi dalam pembelajaran daring. Teknik analisis data menggunakan distribusi frekuensi dan uji *Spearman Rank Correlation*.

Hasil penelitian menunjukkan sebagian besar sampel mengalami *hardiness* sedang dan stres akademik sedang dengan masing-masing berjumlah 61 mahasiswa (71,7%), kemudian menunjukkan hubungan yang cukup kuat dan arah hubungan negatif dengan nilai *Sig.(2-tailed)* 0.001 serta nilai koefisien korelasi sebesar -0.340\*\*, sehingga semakin tinggi *hardiness* semakin ringan stres akademik dan begitupun sebaliknya.

Mahasiswa diharapkan dapat terhindar dari stres akademik dengan memiliki dan meningkatkan 3 aspek *hardiness* yaitu komitmen, kontrol dan tantangan dengan mengikuti seminar atau pelatihan mengenai cara mengelola kesehatan mental diantaranya untuk meningkatkan tantangan, menghindari dan mengendalikan frustrasi, perubahan, fisiologis dan psikologis.

Kata kunci : *hardiness*, stres akademik, sistem pembelajaran daring

Daftar Pustaka : 12 buku (2012-2021)  
3 website (2020-2021)  
40 jurnal (2012-2021)

## **ABSTRACT**

*The pandemic covid-19 has had an impact on students with the implementation of online learning, resulting in students experiencing academic stress. Hardiness is an individual's resilience to avoid stressors. The purpose of this study was to determine the relationship between hardiness and academic stress in the online learning system due to the pandemic covid-19 in undergraduate nursing students at Bhakti Kencana University, Bandung.*

*This research method uses descriptive quantitative correlation with approach cross-sectional. The population is 545 undergraduate nursing students at Bhakti Kencana University Bandung with a sample of 85 from levels 1-4 using stratified random sampling. The instruments used are The Hardiness Scale and Student-Life Stress Inventory which are modified in online learning. The data analysis technique used frequency distribution and test Spearman Rank Correlation.*

*The results showed that most of the samples experienced hardiness, moderate and moderate academic stress with each numbering 61 students (71.7%), then showed a fairly strong relationship and the direction of the negative relationship was with the value of Sig. (2-tailed) 0.001 and the coefficient value. correlation is  $-0.340^{**}$ , so the higher the hardiness, the lighter the academic stress and vice versa.*

*Students are expected to be able to avoid academic stress by having and increasing 3 aspects of hardiness, namely commitment, control and challenge by attending seminars or training on how to manage mental health including increasing challenges, avoiding and controlling frustration, change, physiological and psychological*

*Keywords: hardiness, academic stress, online learning system*

*References : 12 books (2012-2021)*

*3 website (2020-2021)*

*40 journals (2012-2021)*