

ABSTRAK

Pendahuluan: SMA Guna Dharma merupakan salah satu sekolah yang mulai melaksanakan pembelajaran luring di era pandemi virus corona. Peneliti menemukan beberapa gejala stress yang dirasakan oleh para peserta didik di SMA Guna Dharma yang berjumlah 334 orang antara lain: banyak kegiatan namun waktu yang terbatas, lingkungan yang tidak kondusif, tekanan untuk naik kelas, banyak tugas, nilai ulangan, tekanan untuk berprestasi tinggi, keputusan menentukan jurusan dan karir serta kecemasan ujian dan manajemen waktu.

Metode: Metode penelitian yang digunakan peneliti adalah metode penelitian deskriptif dengan rancangan kuantitatif. Populasi pada penelitian ini sejumlah 334 siswa. Teknik pengambilan sampel dilakukan secara *proportional stratified random sampling* dan didapatkan jumlah sampel sebesar 77 responden.

Temuan: Karakteristik responden berdasarkan jenis kelamin pada mahasiswa selama perkuliahan daring di era pandemi Covid-19 mayoritas perempuan. Hasil penelitian didapatkan mayoritas karakteristik responden berdasarkan usia pada mahasiswa selama perkuliahan di era pandemi Covid-19 berkisar dari usia 18-22 tahun dengan kategori stres sedang. **Analisa:** Gambaran tingkat stres akademik siswa selama pembelajaran luring pada masa pandemi Covid-19 menunjukkan bahwa sebagian besar dari responden mengalami stres akademik selama pembelajaran luring pada masa pandemi Covid-19. **Diskusi:** Ketersediaan sarana dan prasarana bimbingan dan konseling di sekolah selama masa pandemi Covid-19 dibutuhkan bagi para siswa untuk mengatasi stres akademik yang mungkin terjadi pada peserta didik.

Kata Kunci: Stres Akademik, Pembelajaran Luring, Pandemi Covid-19

Daftar Pustaka: 13 buku (2010-2021)

26 jurnal (2016-2022)

ABSTRACT

Introduction: Guna Dharma High School is one of the schools that began to carry out offline learning in the era of the coronavirus pandemic. Researchers found several symptoms of stress felt by students at Guna Dharma High School, which totaled 334 people, including: many activities but limited time, an environment that is not conducive, pressure to move up in class, many assignments, test scores, pressure to achieve high, decisions on determining majors and careers as well as exam anxiety and time management.

Methods: The research method used by the researcher is a descriptive research method with a quantitative design. The population in this study was 334 students. The sampling technique was carried out by proportional stratified random sampling and a total sample of 77 respondents was obtained.

Results: Characteristics of respondents based on gender in students during lectures during the Covid-19 pandemic era issued by women. The results showed that the characteristics of respondents based on the age of students during lectures in the Covid-19 pandemic era ranged from 18-22 years of age with the category of moderate stress. Analyze: An overview of students' academic stress levels during offline learning during the Covid-19 pandemic show that most of the respondents experienced academic stress during offline learning during the Covid-19 pandemic Discussions: The availability of guidance and consulate facilities and infrastructure in schools during the Covid-19 pandemic is needed for students to overcome academic stress that may occur in students.

Keywords: Academic Stress, Offline Learning, Covid-19 Pandemic

Bibliography: 13 books (2010-2021)

26 journals (2016-2022)