

ABSTRAK**TINGKAT STRES DALAM MENGIKUTI PEMBELAJARAN *ONLINE* DI MASA PANDEMI COVID-19 PADA MAHASISWA**

(Studi Deskriptif Kuantitatif pada Mahasiswa Angkatan 2020 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta Tahun Ajaran 2020/2021)

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Penelitian ini bertujuan untuk: (1) mengetahui tingkat stres dalam mengikuti pembelajaran *online* di masa pandemi pada mahasiswa angkatan 2020 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta tahun ajaran 2020/2021, (2) mengidentifikasi butir item apa saja yang capaiannya tinggi sehingga bisa dijadikan dasar usulan topik bimbingan dan konseling pribadi dan belajar pada mahasiswa angkatan 2020 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta tahun ajaran 2020/2021.

Jenis penelitian ini adalah deskriptif kuantitatif. Subyek penelitian adalah mahasiswa/i angkatan 2020 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta tahun ajaran 2020/2021 berjumlah 82 orang. Pengumpulan data pada penelitian ini menggunakan kuesioner Tingkat Stres dalam Mengikuti Pembelajaran *Online* di Masa Pandemi Covid-19 pada Mahasiswa, setelah uji validitas menghasilkan 43 item valid. Kuesioner disusun berdasarkan aspek yang dikemukakan oleh Sarafino & Smith (2010) yakni (1) aspek biologis dalam bentuk gejala fisik; (2) aspek psikologis dalam bentuk gejala kognisi (pikiran), emosi, dan tingkah laku. Nilai koefisien reliabilitas instrumen menggunakan pendekatan *Alpha Chronbach* (α) sebesar 0,938. Tingkat stres dan capaian skor item tingkat stres dianalisis dengan menggunakan teknik deskriptif.

Hasil penelitian: (1) menunjukkan bahwa tingkat stres dalam mengikuti pembelajaran *online* di masa pandemi pada mahasiswa angkatan 2020 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta tahun ajaran 2020/2021 ini sebanyak 7 orang termasuk dalam kategori tingkat stres sangat tinggi, 25 orang termasuk dalam kategori tingkat stres tinggi, 41 orang termasuk dalam kategori tingkat stres sedang, 8 orang termasuk dalam kategori tingkat stres rendah, dan 1 orang termasuk dalam kategori tingkat stres sangat rendah ; (2) hasil analisis item menunjukkan sebanyak 5 item berada pada kategori sangat tinggi, 16 item berada pada kategori tinggi, 13 item berada pada kategori sedang, 8 item berada pada kategori rendah, dan 1 item berada pada kategori sangat rendah. Hasil

penelitian menunjukkan bahwa mahasiswa angkatan 2020 Program Studi Bimbingan dan Konseling di Universitas Sanata Dharma Yogyakarta ini sebagian besar mengalami stres dalam mengikuti pembelajaran *online* di masa pandemi Covid-19. Adapun usulan topik bimbingan pribadi-belajar adalah kendalikan pikiranmu, kendalikan tindakanmu.

Kata Kunci: Stres, Pembelajaran *Online*, Pandemi Covid-19, Mahasiswa



ABSTRACT**STUDENTS' STRESS LEVEL IN FOLLOWING ONLINE LEARNING
DURING THE COVID-19 PANDEMIC**

(Quantitative Descriptive Studies on Students of Batch 2020 of the Guidance and Counseling Study Program, Sanata Dharma University Yogyakarta, Academic Year 2020/2021)

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This study aims to: (1) find out the level of stress in following in online learning during the pandemic on students of batch 2020 of the Guidance and Counseling Study Program at Sanata Dharma University Yogyakarta for the 2020/2021 academic year, (2) identify items with high achievement so that they can be used as the basis for the proposed topic of personal guidance and counseling and learning on students of batch 2020 of the Guidance and Counseling Study Program at Sanata Dharma University Yogyakarta, for the 2020/2021 academic year.

This type of study is descriptive quantitative. The study subjects were students of batch 2020 of the Guidance and Counseling Study Program at Sanata Dharma University Yogyakarta, for the 2020/2021 academic year, totaling 82 people. The data collection in this study used a questionnaire about students' stress level in following online learning during the Covid-19 pandemic. It resulted in 43 valid items, after the validity test was conducted. The questionnaire was compiled based on the aspects proposed by Sarafino & Smith (2010), namely, (1) biological aspects in the form of physical symptoms; (2) psychological aspects in the form of symptoms of cognitive (thinking), emotions, and behavior. The value of the instrument reliability coefficient using the Cronbach Alpha (α) approach was 0.938. Stress level and stress level item score achievement were analyzed using descriptive technique.

The results of the study: (1) the stress level of students in following online learning during the pandemic: 7 people were included in the very high stress level category, 25 people were included in the high stress level category, 41 people were included in the moderate stress level category, 8 people were included in the low stress level category, and 1 people were included in the very low stress level category; (2) the results of the item analysis showed that 5 items were in the very high category, 16 items were in the high category, 13 items were in the medium category, 8 items were in the low category, and 1 item was in the very low category. The result shows that most of students batch 2020 of Guidance and Counseling

Study Program, Sanata Dharma University Yogyakarta have been stress in following online learning during the Covid-19 pandemic. The proposed topic of personal-study guidance is to control your thoughts and your actions.

keywords: *stress, online learning, Covid-19 pandemic, students*

