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**Gambaran *Coping Stress* Akibat Meningkatnya Tugas Sekolah
Selama Pandemi Covid-19 Melalui Media Belajar Online
Pada Siswa SMA N 1 Limbangan**

ABSTRAK

Banyak factor yang mempengaruhi tingkat stres pada siswa SMA N 1 Limbangan. Salah satunya yaitu dengan meningkatnya tugas sekolah yang diakibatkan adanya pandemic covid-19. Peneliti merumuskan masalah bagaimana gambaran coping stress siswa SMA N 1 Limbangan dengan meningkatnya tugas yang diakibatkan oleh pandemic virus Covid-19. Kebijakan ini membuat tugas meningkat dan membuat para siswa merasa stres. Penelitian ini bertujuan untuk memperoleh gambaran coping stress siswa di SMA N 1 Limbangan akibat meningkatnya tugas yang diberikan selama pandemic covid-19.

Jenis penelitian ini adalah penelitian deskriptif kuantitatif dengan menggunakan metode survey. Populasi dalam penelitian ini adalah siswa SMA N 1 Limbangan sebanyak 156 siswa. Teknik sampling dalam penelitian ini menggunakan metode acak. Instrument yang digunakan google form sebagai angket. Analisis data dengan menggunakan kategorisasi tingkat coping stres.

Hasil penelitian ini diperoleh hasil coping stres siswa siswa SMA N 1 Limbangan akibat dari meningkatnya tugas sekolah selama pandemic covid-19 yang termasuk dalam kategori baik berjumlah 11 siswa (7%), kategori cukup baik dengan jumlah 136 siswa (87,2%) dan kategori tidak baik berjumlah 9 siswa (5,8%).

Berdasarkan analisis terhadap capaian skor butir-butir pengukuran coping stress siswa, diperoleh 1 butir item pertanyaan dengan persentase 78,7% yang mengarah ke strategi coping stres *problem focused coping*. Penulis menyampaikan saran kepada pihaksekolah untuk membuat program pembelajaran secara online yang tidak membosankan dan cenderung monoton.

Kata Kunci : coping stress, pandemic covid-19, belajar daring

ABSTRACT

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Picture of *Coping Stress* Due to Increased School Work During the Covid-19 Pandemic Through Online Learning Media In High School Students N 1 Limbangan

Abstract

Many factors affect stress levels in high school students 1 Limbangan. One of them is with the increase in school duties caused by the covid-19 pandemic. Researchers formulated the problem of how the picture of coping stress of high school students 1 Limbangan with increasing tasks caused by the Covid-19 virus pandemic. This policy makes assignments increase and makes students feel stressed. This study aims to obtain an overview of the stress coping of students at high school students 1 Limbangan due to the increasing tasks given during the covid-19 pandemic.

This type of research is descriptive quantitative research using survey methods. The population in this study was 156 students of high school students N 1 Limbangan. Sampling techniques in this study used randomized methods. Instrument used google form as a questionnaire. Analyze the data using categorization of stress coping levels.

The results of this study obtained the results of coping stress of high school students 1 Limbangan due to increased school assignments during the pandemic covid-19 which belongs to the good category of 11 students (7%), the category is quite good with the number of 136 students (87.2%) and the bad category amounted to 9 students (5.8%).

Based on the analysis of the score achievement of student stress coping points, obtained 1 item of question with a percentage of 78.7% that leads to a strategy of coping stress *problem focused coping*. The author advises the school to create an online learning program that is not boring and tends to be monotonous.

Keywords: coping stress, pandemic covid-19, learning online