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## **GAMBARAN DEPRESI, KECEMASAN DAN STRESS PADA ANAK USIA 12-16 DI DUSUN LEGOWO, KECAMATAN BANDUNGAN YANG MELAKSANAKAN PEMBELAJARAN DARING PADA MASA PANDEMI COVID 19**

### **ABSTRAK**

**Latar belakang :** Pembelajaran daring adalah sistem pembelajaran dalam jaringan menggunakan metode pembelajaran jarak jauh. Pandemi menimbulkan masalah psikologis pada orang-orang yang terdampak. Masalah psikologis yang muncul seperti depresi, kecemasan, dan stres dirasakan oleh anak yang melaksanakan pembelajaran daring dimasa pandemi Covid-19. Penelitian ini bertujuan untuk mengetahui gambaran tingkat depresi, kecemasan, dan stres anak yang melaksanakan pembelajaran daring pada masa pandemi COVID-19.

**Metode :** Penelitian ini menggunakan metode kuantitatif dengan desain penelitian deskriptif korelatif. Populasi penelitian ini adalah 69 anak usia 12-16 tahun. Teknik sampling yang digunakan adalah teknik proporsional random sampling dengan jumlah sampel 41 orang. Alat pengambilan data menggunakan kuesioner DASS 21 (*Depression Anxiety Stress Scales*) dan Kuisisioner pembelajaran daring. Analisis data menggunakan analisa deskriptif.

**Hasil :** Berdasarkan hasil penelitian menunjukkan daring anak rentang usia 12-16 tahun di Dusun Legowo, Kecamatan Bandungan sebagian besar kurang baik sebanyak 34 responden (53,1%). Hasil penelitian menunjukkan responden yang mengalami depresi dalam tingkat normal dengan jumlah 4 orang, ringan 20 orang, sedang 15 orang, berat 2 orang. Responden yang mengalami kecemasan dalam tingkat normal dengan jumlah 8 orang, ringan 23 orang, sedang 8 orang, berat 2 orang. Responden yang mengalami stres dalam tingkat normal dengan jumlah 8 orang, ringan 27 orang, sedang 6 orang, berat 0.

**Simpulan :** Berdasarkan hasil penelitian yang diikuti oleh 41 responden, didapatkan gambaran tingkat depresi, kecemasan, dan stres anak yang melaksanakan pembelajaran daring pada masa pandemic COVID-19.

**Saran :** Orang tua diharapkan lebih memperhatikan dan memberikan dorongan serta mengawasi anaknya agar tetap bersemangat walaupun pembelajaran dilaksanakan secara daring.

**Kata kunci :** Covid-19, Pembelajaran Daring, Masalah Psikologis.

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## **DESCRIPTION OF DEPRESSION, ANXIETY AND STRESS IN CHILDREN AGED 12-16 IN LEGOWO VILLAGE, BANDUNGAN DISTRICT IMPLEMENTING ONLINE LEARNING DURING THE COVID-19 PANDEMIC**

### **ABSTRACT**

**Background:** Online learning is an in-network learning system using distance learning methods. Pandemics cause psychological problems in affected people. Psychological problems that arise such as depression, anxiety, and stress are felt by children who carry out online learning during the Covid-19 pandemic. This study aims to find out the picture of the levels of depression, anxiety, and stress of children who carry out online learning during the COVID-19 pandemic..

**Method:** This study uses quantitative methods with correlative descriptive research design. The population of the study was 69 children aged 12-16 years. The sampling technique used is a proportional random sampling technique with a sample number of 41 people. Data retrieval tools use watershed 21 (*Depression Anxiety Stress Scales*) and online learning questionnaires. Data analysis uses descriptive analysis.

**Results:** Based on the results of the study, online children aged 12-16 years in Legowo Hamlet, Bandungan District were mostly unfavorable as many as 34 respondents (53.1%). The results showed that respondents who experienced depression in normal levels were 4 people, 20 people were mild, 15 people were moderate, and 2 people were heavy. Respondents who experienced anxiety in normal levels were 8 people, 23 people light, 8 people moderate, 2 people heavy. Respondents who experience stress in normal levels are 8 people, light 27 people, moderate 6 people.

**Conclusion:** Based on the results of the study followed by 41 respondents, it was found that the level of depression, anxiety, and stress of children who were carrying out online learning during the COVID-19 pandemic was obtained.

**Advice:** Parents are expected to pay more attention and encourage and supervise their children to stay excited even though learning is carried out online.

**Keywords:** Covid-19, Online Learning, Psychological Problems.