

Universitas Ngudi Waluyo
Fakultas Kesehatan
Program Studi Ilmu Keperawatan
Skripsi, Februari 2022
Zanita Wahyu Suprpto
010118A168

GAMBARAN TINGKAT STRES PADA MAHASISWA S1 KEPERAWATAN SELAMA PEMBELAJARAN DARING DI MASA PANDEMI COVID-19

ABSTRAK

Latar Belakang :Penyebaran wabah Covid-19 sangat cepat, sehingga pemerintah Indonesia memutuskan untuk melakukan pembelajaran jarak jauh bagi mahasiswa. Kondisi ini membuat pembelajaran dilakukan dengan sistem jarak jauh dan dapat menyebabkan stres pada mahasiswa.

Tujuan :Penelitian ini bertujuan untuk mengetahui gambaran tingkat stress pada mahasiswa S1 keperawatan selama pembelajaran daring di masa pandemi Covid-19.

Metode : Penelitian ini menggunakan metode deskriptif observasional dengan teknik pengambilan sampel *probability sampling* dengan besar sampel sebanyak 133 responden yang memenuhi kriteria inklusi dan eksklusi. Data dikumpulkan menggunakan kuesioner DASS-21 secara *online* dan dianalisis menggunakan program komputer SPSS (*Statistic Package for Social Science*). Analisis statistik yang digunakan adalah statistik deskriptif, yaitu penyajian data persentase hasil penelitian dalam bentuk tabel distribusi frekuensi dan diagram.

Hasil : Didapat hasil 48 mahasiswa (36,1%) tidak mengalami stres (normal), 32 mahasiswa (24,1%) mengalami stres sedang, 29 mahasiswa (21,8%) mengalami stres ringan. 29 mahasiswa (21,8%) mengalami stres berat dan 5 mahasiswa (3,8%) mengalami stres sangat berat. Selain itu sebanyak 75 mahasiswa (56,4%) merasakan bahwa kuliah daring tidak efektif, 30 mahasiswa (22,6%) merasa tidak ada perubahan, dan 28 mahasiswa (21,1%) merasa efektif.

Saran : Mahasiswa, institusi dan masyarakat harus lebih memperhatikan kesehatan mental.

Kata kunci : Stres, Mahasiswa, Pembelajaran Daring

Ngudi Wlayulo University
Nursing Faculty
S1 Nursing Study Program
Thesis, Feb 2022
Zanita Wahyu Suprpto
010118A168

**DESCRIPTION OF STRESS LEVEL IN ONLINE LEARNING OF NURSING
STUDENTS DURING THE COVID-19 PANDEMIC**

ABSTRACT

Background : The spread of the Covid-19 outbreak has made Indonesian government made learning methods were delivered through online learning. This condition makes learning done with a remote system and can cause stress to students.

Objective : This research aimed to describe stress level in students of nurses while doing distance learning during the Covid-19 pandemic.

Method : This research used observational descriptive method. The sampling technique used total probability sampling technique. The sample size was 133 respondents who met inclusion and exclusion criteria. Data was collected using a DASS-21 online questionnaire. The data were analyzed by using SPSS (Statistic Package for Social Science) and using descriptive analysis as statistical analysis. It is using frequency distribution tables and diagrams to show the research result.

Result : The results showed that 48 students (36.1%) has normal stress level, 32 students (24.1%) has moderate stress level, 29 students (21.8%) has mild stress level. 29 students (21.8%) has severe stress level and 5 students (3.8%) has very severe stress level. In addition, 75 students (56.4%) felt that online learning were not effective, 30 students (22.6%) felt there was no change, and 28 students (21.1%) felt it was effective.

Conclusion : The majority of respondent feel that online learning are not effective and most of the respondents have normal stress levels.

Keywords : nursing students, stress level, online learning