

INTISARI

HUBUNGAN STRES BELAJAR DENGAN STRATEGI *COPING* MAHASISWA PROGRAM STUDI ILMU KEPERAWATAN UNIVERSITAS SAHID SURAKARTA

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Latar Belakang: Stres belajar atau akademik muncul karena adanya *perasaan yang dialami mahasiswa ketika terdapat tekanan-tekanan yang berhubungan dengan belajar dan kegiatan-kegiatan lain, contohnya tenggat waktu tugas*, tidak selesai sebelum *deadline* yang diberikan, cemas jika hasil belajarnya jelek, takut apabila prestasinya rendah, *saat menjelang ujian dan hal-hal lainnya*. Akibat stres yang berkepanjangan adalah terjadinya kelelahan baik fisik maupun mental, dan berbagai macam keluhan/gangguan. Tanpa disadari, mahasiswa seringkali menggunakan jenis penyesuaian diri yang kurang tepat dalam menghadapi stresnya. Penyesuaian diri dalam menghadapi stres, di dalam konsep kesehatan mental dikenal sebagai *coping* yang artinya menanggulangi, mengatasi masalah.

Tujuan: Untuk mengetahui hubungan antara stres belajar dengan strategi *coping* pada mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta.

Metode: Penelitian ini merupakan deskriptif kausal dengan pendekatan *cross sectional*. Populasi penelitian ini adalah mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid sebanyak 121 mahasiswa. Sampel dalam penelitian ini sebanyak 55 mahasiswa reguler, dengan penentuan sampel menggunakan teknik *proportional random sampling*. Pengujian hipotesis penelitian menggunakan uji korelasi *Pearson*.

Hasil Penelitian: Hasil uji korelasi *Pearson* diperoleh r_{hitung} sebesar -0,406 (p -value=0,002). Hasil penelitian ini menunjukkan bahwa sebagian besar mahasiswa menggunakan strategi *coping* adaptif yaitu sebanyak 46 mahasiswa (84%) dan sebagian besar mahasiswa mengalami stres kategori ringan yaitu sebanyak 40 mahasiswa (73%).

Simpulan: Ada hubungan yang negatif dan signifikan antara stres belajar dengan strategi *coping* mahasiswa Program Studi Ilmu Keperawatan Universitas Sahid Surakarta. Hal ini dibuktikan dengan hasil uji korelasi *Pearson* dengan signifikansi p -value=0,002 < 0,05.

Kata Kunci : Stres Belajar, Strategi *Coping*, Mahasiswa Keperawatan

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ABSTRACT

THE CORELLATION OF LEARNING STRESS WITH COPING STRATEGY AMONG STUDENTS OF NURSING SCIENCE PROGRAM AT SAHID UNIVERSITY OF SURAKARTA

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Background: Learning stress or also known as academic stress emerged because of the existence of feelings who experienced by the students when there were pressures which related to learning and other activities, for example date for the task, could not accomplished the task before deadline, felt anxious if the study results was ugly, afraid if their performanced were low, while toward to attended the exam and other things. As a result of prolonged stress, the physical and mental fatigue would be occurred and other various complaints or disorders. Unwittingly, the students often used the type of unappropriated adjustment in faced of stress. In the concept of mental health, adjustment known as coping which means to cope, to encounter the stress, or solving the problem.

Purpose: To determined the correlation of learning stress with coping strategy among students of nursing science program at Sahid University of Surakarta.

Method: This research method was a descriptive causal with cross sectional approached. The population of this research were 121 students of nursing science program at Sahid University of Surakarta. The samples were 55 regular students with using proportional random sampling technique. Data analysis of this research was using Pearson Correlation.

The Result of Research: Pearson analysis result obtained r_{obs} of -0,406 (p -value=0,002). The result of this research showed that most of the students applied adaptive coping strategy were 46 students (84%), and most of the students who suffered mild stress were 40 students (73%).

Conclusion: There was a negative and significant correlation between learning stress and coping strategy among students of nursing science program at Sahid University of Surakarta. It was proved by statistical result of Pearson Correlations with significance of p -value=0,002 < 0,05.

Keywords: learning stres, coping strategy, nursing students

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