

Pengaruh Dukungan Sosial Terhadap Stres Mahasiswa Angkatan 2018 Selama Pembelajaran Daring Pada Masa Pandemi COVID-19

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ABSTRAK

Pelaksanaan pembelajaran daring memberikan dampak positif dan juga dampak negative bagi para mahasiswa. Andharini & Nurwidawati (2015) mengungkapkan masalah psikologis yang dialami mahasiswa selama kuliah daring seperti lelah, tegang otot, sulit istirahat, nafsu makan terganggu. Rasa stres juga timbul karena mahasiswa merasa kesulitan untuk memahami materi dengan pembelajaran daring, juga karena rasa khawatir tertular COVID-19 (Sadikin, dkk: 2020). Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial terhadap stres mahasiswa angkatan 2018 selama pembelajaran daring pada masa pandemi Covid-19. Penelitian ini merupakan jenis penelitian kuantitatif. Populasi dalam penelitian ini adalah mahasiswa aktif Angkatan 2018 dengan teknik pengambilan sampel purposive sampling jumlah sampel sebanyak 113 mahasiswa. Variabel yang digunakan dalam penelitian ini adalah Variabel Independen (Dukungan Sosial) menggunakan teori Sarafino (2010) dan Variabel Dependen (Stres Mahasiswa) menggunakan teori Sarafino (2011). Uji hipotesis yang digunakan ialah uji regresi linear sederhana untuk melihat pengaruh dari dukungan sosial dengan stress mahasiswa selama pembelajaran daring pada masa pandemi Covid-19. Hasil penelitian ini menunjukkan terdapat pengaruh dukungan sosial terhadap stres yang dialami mahasiswa selama pembelajaran daring di masa pandemi Covid-19 dengan nilai signifikansi sebesar $0,016 < 0,05$ dan hasil uji hipotesis menunjukkan t hitung $-2,431 > t$ tabel $1,98157$ sehingga dapat disimpulkan bahwa dukungan sosial berpengaruh negatif secara signifikan terhadap stres mahasiswa.

Kata kunci: Dukungan Sosial, Pandemi Covid-19, Stres Mahasiswa

The Effect of Social Support on Student Stress of 2018 Students During Online Learning During the COVID-19 Pandemic

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ABSTRACT

The implementation of online learning has a positive and negative impact on students. Andharini & Nurwidawati (2015) revealed physical problems experienced by students during online lectures such as tiredness, muscle tension, difficulty resting, disturbed appetite. Stress also arises because students find it difficult to understand the material with online learning, also because they are worried about contracting COVID-19 (Sadikin, et al: 2020). This study aims to determine the effect of social support on the stress of class 2018 students during online learning during the Covid-19 pandemic. This research is a type of quantitative research. The population in this study were active students of the 2018 class with a purposive sampling technique with a total sample of 113 students. The variables used in this study are Independent Variables (Social Support) using Sarafino's theory (2010) and Dependent Variables (Student Stress) using Sarafino's theory (2011). The hypothesis test used is a simple linear regression test to see the effect of social support on student stress during online learning during the Covid-19 pandemic. The results of this study indicate that there is an effect of social support on the stress experienced by students during online learning during the Covid-19 pandemic with a significance value of $0.016 < 0.05$ and the results of hypothesis testing show $t \text{ count } -2.431 > t \text{ table } 1.98157$ so it can be concluded that social support has a significant negative effect on student stress.

Keywords: Social Support, Covid-19 Pandemic, Student Stress