ABSTRAK

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GAMBARAN TINGKAT STRES, ANSIETAS, DEPRESI PADA MAHASISWA KEPERAWATAN TAHUN PERTAMA SELAMA PEMBELAJARAN DARING DI MASA PANDEMI COVID-19

(xi + 65 Halaman; 1Bagan; 6 Tabel; 11 Lampiran)

Pembelajaran daring selama pandemi COVID-19 membuat mahasiswa harus beradaptasi, terlebih bagi mahasiswa tahun pertama yang mengalami transisi dari masa sekolah menengah atas menuju perguruan tinggi. Hal ini memberi tekanan yang menimbulkan ansietas, stres dan depresi. Penelitian ini bertujuan untuk mengetahui gambaran tingkat stres, ansietas dan depresi pada mahasiswa keperawatan tahun pertama selama pembelajaran daring dimasa pandemi COVID-19. Penelitian ini menggunakan metode deskriptif kuantitatif dengan teknik *convenience sampling* kepada 379 mahasiswa keperawatan di DKI Jakarta dan Tangerang. Instrumen pada penelitian ini adalah kuesioner DASS-21 *(Depression Anxiety Stress Scale)* oleh Lovibond & Lovibond (1995). Hasil penelitian pada kategori stres menunjukkan mahasiswa keperawatan mengalami stres normal sebanyak 257 responden,stres ringan 37 responden, stres sedang 47 responden, stres berat 34 responden dan sangat berat 4 responden. Pada kategori ansietas mahasiswa keperawatan mengalami ansietas normal sebanyak 143 responden, ansietas ringan 43 responden, ansietas sedang 105 responden, ansietas berat 37 responden dan ansietas sangat berat 51 responden. Pada kategori depresi mahasiswa keperawatan mengalami depresi normal sebanyak 228 responden, depresi ringan 55 responden, depresi sedang 51 responden dan depresi berat 26 responden dan sangat berat sebanyak 19 responden. Hasil penelitian ini dapat disimpulkan bahwa tingkat stres mahasiswa keperawatan di Jakarta dan Tangerang selama menjalani pembelajaran daring di masa pandemi COVID-19 memiliki tingkat yang berbeda-beda dari tingkat ringan hingga sangat berat baik ansietas, stres maupun depresi. Oleh karena itu, mahasiswa keperawatan perlu meningkatkan kesadaran diri dalam memperhatikan kesehatan jiwa dan dapat segera mencari bantuan kepada ahli psikologi. Sedangkan bagi institusi pendidikan diharapkan dapat menyediakan layanan konseling.

Kata kunci: Ansietas, COVID-19, Daring, Depresi, Mahasiswa Keperawatan, dan Stres

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ABSTRACT

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THE DESCRIPTION OF STRESS, ANXIETY, AND DEPRESSION LEVELS IN FIRST YEAR NURSING STUDENTS DURING THE ONLINE LEARNING IN THE COVID-19 PANDEMIC ERA

(xi + 65 *Pages*; 1 *Chart*; 6 *Tables*; 11 *Attachments*)

Learning online in the COVID-19 Pandemic situation sure does make college students have to adapt with the situation, especially the first year students who have experienced the transition from Senior High School to the university. This can give pressure that causes anxiety, stress, and depression. This research aims to know the stress, anxiety, and depression levels of first year nursing students during online learning in the COVID- 19 pandemic era. This research uses a descriptive quantitative method with convenience sampling technique to 379 nursing students in DKI Jakarta and Tangerang. The research instruments used are questioner DASS-21 (Depression Anxiety Stress scale) from Lovibond & Lovibond (1995) The result of the stress category shows that the number of nursing students who got normal stress was 257 respondents, 37 respondents were light stress, 47 respondents were moderate stress, 34 respondents were severely stressed, and 4 respondents were having very severe stress. In the anxiety category, the number of nursing students who got normal anxiety was 143 respondents, 43 respondents were light anxiety, 105 respondents were moderate anxiety, 37 respondents were severely anxious, and 51 respondents were very severe anxiety. In the depression category, the number of nursing students who got normal depression was 228 respondents, 55 respondents were light depression 51 respondents were moderate depression, 26 respondents were severely depressed and 19 respondents were very severe depression. From the number above, this research concludes that the stress scale of nursing college students in Jakarta and Tangerang during learning online in the COVID-19 Pandemic era is different in scale from the lighter to the most severe cases of stress, anxiety, or depression category. Therefore, nursing college students have to increase self-awareness of their mental health by seeking help from psychologists immediately. Meanwhile, educational institutions are expected to provide counseling services for students.

Keywords: Anxiety, COVID-19, Depression, Nursing Students, Online Learning and Stress

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