

## ABSTRACT

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### ***EFFECT OF COPING STRESS STRATEGY ON ACADEMIC STRESS IN STUDENTS DURING THE COVID-19 PANDEMIC***

(xiii+ 41 pages: 17 tables; 16 attachments)

**Abstract**—The COVID-19 pandemic requires governments to create policies for online learning. Online learning increases students' academic stress. The use of coping stress strategy can overcome the impact of academic stress of students during the COVID-19 pandemic. The purpose of this study was to look at the influence of coping stress strategies on academic stress of scholarship students during the COVID-19 pandemic. Sample selection technique uses purposive sampling. The sample numbered 171 people. Data collection is done using ways of coping and student-life stress inventory measuring tools that have been adapted to Indonesian. Regression test results showed the influence of problem-focused coping and emotion-focused coping simultaneously by 6.1% and there was an emotion-focused coping influence on academic stress of scholarship students during the COVID-19 pandemic.

**Keywords:** influence; Coping; stress; students; COVID-19

References: 32 (1984-2021)

## ABSTRAK

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### **PENGARUH COPING STRESS STRATEGY TERHADAP STRES AKADEMIK PADA MAHASISWA DI MASA PANDEMI COVID-19**

(xiii+ 41 halaman: 17 tabel; 16 lampiran)

**Abstrak**—Pandemi COVID-19 mengharuskan pemerintah membuat kebijakan untuk pembelajaran daring. Pembelajaran daring meningkatkan stres akademik mahasiswa. Penggunaan coping stress strategy dapat mengatasi dampak stres akademik mahasiswa di masa pandemi COVID-19. Tujuan penelitian ini adalah melihat pengaruh coping stress strategy terhadap stres akademik mahasiswa beasiswa di masa pandemi COVID-19. Teknik pemilihan sampel menggunakan purposive sampling. Jumlah sampel 171 orang. Pengambilan data dilakukan menggunakan alat ukur Ways of Coping dan Student-Life Stress Inventory yang telah diadaptasi ke bahasa Indonesia. Hasil uji regresi menunjukkan adanya pengaruh problem-focused coping dan emotion-focused coping secara simultan sebesar 6.1% dan terdapat pengaruh emotion-focused coping terhadap stres akademik mahasiswa beasiswa di masa pandemi COVID-19.

**Kata Kunci:** pengaruh; coping; stress; mahasiswa; COVID-19

Referensi: 32 (1984-2021).