

**ABSTRAK**

**GAMBARAN STRES REMAJA YANG BELAJAR ONLINE DI MASA PANDEMI COVID-19**

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Pandemi covid-19 merupakan kasus virus yang menyebar ke berbagai negara dan menjangkit banyak orang. Hal itu membuat pemerintah membuat keputusan untuk belajar dirumah secara *online*. Perubahan yang terjadi secara spontan ini dapat memicu stres karena adanya suatu adaptasi kebiasaan baru dari sekolah tatap muka menjadi *online*, hal ini dapat menimbulkan beberapa masalah dan menyebabkan stres. Tujuan dari penelitian ini adalah untuk mengetahui gambaran remaja SMA yang belajar *online* di masa pandemi covid-19. Metode penelitian kuantitatif deskriptif, teknik probability sampling dengan simple random sampling dengan mengambil 100 responden remaja SMA yang belajar secara *online* di masa pandemi covid-19. Alat ukur stres sebanyak 35 item valid dengan koefisien reliabilitas 0,950. Hasil penelitian menunjukkan bahwa stres remaja SMA yang belajar *online* di masa pandemi covid-19 menunjukkan bahwa lebih banyak yang mengalami stres tinggi (51%) dan remaja yang mengalami stres rendah (49%). Aspek dominan stres remaja SMA yang belajar di masa pandemi covid-19 adalah aspek social, diikuti aspek psikologi dan aspek biologi, dimana siswa dengan stress rendah paling dominan pada aspek sosial, dan siswa dengan stress tinggi paling dominan pada aspek psikologi. Hasil tabulasi silang menunjukkan remaja SMA yang belajar *online* di masa pandemi covid-19 yang memiliki riwayat penyakit parah, yang tinggal sendiri/kost dan di asrama, yang mengikuti Osis, PMR, rohis dan tidak mengikuti kegiatan lebih banyak memiliki stress tinggi. Sedangkan remaja yang mengikuti pramuka, teater, dan olah raga, serta yang mengikuti komunitas pencinta hewan, tidak mengikuti kegiatan lebih banyak mengalami stress rendah.

Kata kunci : Belajar *Online*, Pandemi Covid-19, Remaja SMA, Stres

## **ABSTRACT**

### **STUDI OF HIGH SCHOOL TEENAGERS STRESS WHO TAKES ONLINE LEARNING AT COVID 19 PANDEMIC PERIOD**

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*The COVID-19 pandemic is a case of a virus that has spread to various countries and infects many people. This made the government make the decision to study at home online. Changes that occur spontaneously can trigger stress because of an adaptation of new habits from face-to-face schools to online, this can cause several problems and cause stress. The purpose of this study is to find out the description of high school teenagers who study online during the covid-19 pandemic. Descriptive quantitative research method, probability sampling technique with simple random sampling by taking 100 high school youth respondents who study online during the covid-19 pandemic. Stress measuring instrument as many as 35 valid items with a reliability coefficient of 0.950. The results showed that the stress of high school teenagers who studied online during the covid-19 pandemic showed that more experienced high stress (51%) and teenagers who experienced low stress (49%). The dominant aspect of stress for high school adolescents studying during the COVID-19 pandemic is the social aspect, followed by psychological aspects and biological aspects, where students with low stress are most dominant in social aspects, and students with high stress are most dominant in psychological aspects. The results of the cross tabulation show that high school teenagers who study online during the COVID-19 pandemic who have a history of severe illness, who live alone/boarding houses and in dormitories, who take Osis, PMR, spiritual and do not participate in activities have more high stress. Meanwhile, teenagers who participate in scouting, theater, and sports, as well as those who participate in animal lover communities, do not participate in activities that experience more low stress.*

*Keywords: High School Teenagers, Stress, Online Learning, Covid-19 Pandemic*