

## Gambaran tingkat stres akademik, perceived stigma, dan experienced stigma pada mahasiswa keperawatan yang bertugas memberikan pelayanan kepada pasien COVID-19 = An overview of the level of academic stress, perceived stigma, and experienced stigma of nursing students in charge of providing services to COVID-19 patients

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### Abstrak

Mahasiswa keperawatan yang bertugas memberikan pelayanan kepada pasien COVID-19 memiliki peran ganda sebagai mahasiswa dan perawat atau relawan sehingga rentan mengalami masalah kesehatan psikososial. Tuntutan akademik yang melebihi kapasitas adaptif dan perubahan metode pembelajaran secara daring dapat menjadi stresor terjadinya stres akademik. Corona Virus Disease 2019 (COVID-19) merupakan sebuah penyakit baru yang kemunculannya tiba-tiba dan karakteristiknya masih belum diketahui semuanya sehingga menyebabkan ketakutan di masyarakat yang menjadi cikal bakal terjadinya stigma. Salah satu subjek stigma COVID-19 di masyarakat yaitu perawat yang memberikan pelayanan kepada pasien COVID-19. Perceived stigma yaitu stigma yang dipersepsikan atau orang dapat merasakan ada stigma terhadap dirinya. Sedangkan experienced stigma merupakan pengalaman mengenai perlakuan yang tidak adil akibat dari stigma yang ditimbulkan. Penelitian dilakukan terhadap 170 mahasiswa keperawatan di Universitas Indonesia yang bertugas memberikan pelayanan kepada pasien COVID-19 untuk mengetahui gambaran tingkat stres, perceived stigma, dan experienced stigma. Penelitian ini merupakan penelitian kuantitatif dengan metode deskriptif dan pengambilan data menggunakan teknik total sampling. Penelitian ini menggunakan instrumen DASS 42 yang telah dimodifikasi, EMIC Stigma Scale, dan experienced stigma yang dianalisis menggunakan analisis univariat untuk mengetahui frekuensi dan persentase. Hasil penelitian menunjukkan tingkat stres akademik sangat berat (31,2%), perceived stigma tinggi (51,2%), dan experienced stigma (15,3%). Peneliti merekomendasikan kepada institusi pendidikan untuk lebih mengoptimalkan layanan konseling pada mahasiswa, pihak rumah sakit untuk menyediakan layanan dukungan psikologis bagi perawat, dan mahasiswa diharapkan dapat menerapkan manajemen stres untuk mengatasi stres akademik.

.....Nursing students who are in charge of providing services to COVID-19 patients have a dual role as students and nurses or volunteers, that's why they are prone to psychosocial health problems. Academic demands that exceed adaptive capacity and changes in online learning methods can be stressors for academic stress. Corona Virus Disease 2019 (COVID-19) is a new disease that appears suddenly and all of its characteristics are still unknown, causing fear in the community which is the forerunner of stigma. One of the subjects of COVID-19 in the community is nurse who provide services to COVID-19 patients. Perceived stigma can be interpreted as a people can feel there is a stigma against themselves. While experienced stigma is an experience of unfair treatment as a result of the stigma caused. The study was conducted on 170 nursing students who were in charge of providing services to COVID-19 patients to find out an overview of stress levels, perceived stigma, and experienced stigma. This study used a quantitative research with

descriptive methods and data collection using total sampling techniques. This study used a modified DASS 42 instrument, EMIC Stigma Scale, and experienced stigma which were analyzed using univariate analysis to determine the frequency and percentage. The results showed that the level of academic stress was very heavy (31.2%), high perceived stigma (51.2%), and experienced stigma (15.3%). Researchers recommend the educational institutions to optimize their counseling services further to the students, hospitals provide psychological support services for nurses, and students are expected to apply stress management to deal with academic stress.