

## Penurunan Tingkat Stres melalui Self-Efficacy pada Mahasiswa Baru Keperawatan di Masa Pandemi COVID-19 = Decreasing Stress Levels through Self-Efficacy in New College Students of Nursing during The COVID-19 Pandemic

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### Abstrak

Salah satu perubahan yang terjadi akibat pandemi COVID-19 yaitu adanya perubahan metode pembelajaran jarak jauh yang disertai dengan adaptasi masa transisi dari SMA ke universitas dan masa lockdown yang berkepanjangan. Hal ini dapat membuat mahasiswa baru mengalami berbagai tingkat stres, sehingga membutuhkan proses adaptasi dengan menanamkan nilai keyakinan (self-efficacy) terhadap kemampuan dalam mengatasi masalah yang sedang dihadapinya. Penelitian ini bertujuan untuk mengetahui hubungan self-efficacy dengan tingkat stres pada mahasiswa baru Fakultas Ilmu Keperawatan Universitas Indonesia selama pandemi COVID-19. Penelitian ini dilakukan menggunakan pendekatan cross sectional dengan teknik total sampling pada 111 mahasiswa S1 Fakultas Ilmu Keperawatan Universitas Indonesia Reguler 2021. Instrumen yang digunakan yaitu General Self-Efficacy Scale (GSES) dan Perceived Stress Scale (PSS-10). Hasil penelitian menunjukkan sebagian besar mahasiswa baru memiliki tingkat stres sedang (77,5%) dan self-efficacy yang cenderung tinggi dengan proporsi (77,9%) skor total maksimum instrumen GSES. Analisis uji statistik menggunakan kruskal wallis dan korelasi spearman dengan hasil yang menyatakan bahwa terdapat hubungan signifikan bermakna dengan kekuatan cukup ( $r = -0,376$ ) dan ( $p \text{ value} = 0,001$ ). Hal ini menunjukkan semakin tinggi self-efficacy maka semakin rendah tingkat stres yang dirasakan. Oleh karena itu, dibutuhkan self-efficacy yang tinggi melalui mekanisme koping untuk menurunkan tingkat stres yang dirasakan oleh mahasiswa baru.

.....One of the changes that occurred due to the COVID-19 pandemic was the change in distance learning methods accompanied by the adaptation of the transition period from high school to university and a prolonged lockdown period. This can make new college students experience various levels of stress, therefore requiring an adaptation process by instilling the value of confidence (self-efficacy) in the ability to overcome the problems they are facing. This study aims to determine the relationship between self-efficacy and stress levels in new college students of the Faculty of Nursing, University of Indonesia during the COVID-19 pandemic. This research was conducted using a cross sectional approach with a total sampling technique of 111 regular students 2021 of the Faculty of Nursing, University of Indonesia. The instruments used are the General Self-Efficacy Scale (GSES) and the Perceived Stress Scale (PSS-10). The results showed that most of the new college students had moderate stress levels (77.5%) and self-efficacy tended to be high with the maximum proportion (77.9%) of the total score of the GSES instrument. Statistical test analysis using Kruskal Wallis and Spearman Correlation showed that there was a significant relationship with moderate strength ( $r = -0,376$ ) and ( $p \text{ value} = 0.001$ ). This shows that the higher the self-efficacy, then the lower the perceived stress level felt by new college students. Therefore, increasing self-efficacy through coping mechanisms need to be done as a way to decrease level of stress among the new college students.