

Hubungan dukungan sosial dan kecerdasan emosional dengan tingkat stres Siswa SMP di Jakarta Timur selama Pandemi COVID-19 = The relationship between social support and emotional intelligence with stress levels of Students of Junior High School in East-Jakarta during the COVID-19 Pandemic

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Abstrak

Pandemi COVID-19 menjadi salah satu faktor pemicu stres bagi remaja. Dukungan sosial dan kecerdasan emosional diperlukan oleh remaja agar mampu mengelola stresnya menjadi respon adaptif dan tidak berkepanjangan. Penelitian ini bertujuan mengetahui hubungan dukungan sosial dan kecerdasan emosional dengan tingkat stres siswa SMP di Jakarta Timur selama pandemi COVID-19. Metode penelitian yang digunakan penelitian ini desain penelitian deskriptif korelatif melalui pendekatan cross sectional. Sebanyak 426 siswa SMP di Jakarta Timur dengan kriteria responden pengambilan sampel dengan teknik stratified random sampling serta purposive sampling. Kuesioner menggunakan analisis data dengan analisis univariat dan bivariat dengan uji chi square menunjukkan bahwa tingkat dukungan sosial dan tingkat kecerdasan emosional baik tinggi dan rendah memiliki nilai mendekati sama; hanya 41,8% responden memiliki tingkat stres normal. Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara variabel dukungan sosial dengan tingkat stres ($p=0,001$), dan adanya hubungan yang signifikan antara variabel kecerdasan emosional dengan tingkat stres ($p=0,013$). Temuan penelitian ini dapat membantu siswa lebih aware terhadap permasalahan yang mengganggu fisik dan psikologisnya dan perawat dalam memberikan asuhan keperawatan yang sesuai dengan kebutuhan pasien.

.....The COVID-19 pandemic is one of the factors that trigger stress for teenagers. Social support and emotional intelligence are needed by adolescents to be able to manage their stress into an adaptive and not prolonged response. This study aims to determine the relationship between social support and emotional intelligence with the stress level of junior high school students in East Jakarta during the COVID-19 pandemic. The research method used in this research is descriptive correlative research design through a cross sectional approach. A total of 426 junior high school students in East Jakarta with the criteria of respondents taking samples with stratified random sampling technique and purposive sampling The questionnaire using data analysis with univariate and bivariate analysis with chi square test shows that the level of social support and the level of emotional intelligence both high and low have nearly the same value; only 41.8% of respondents had normal stress levels. The results of the bivariate analysis showed a significant relationship between social support variables and stress levels ($p=0.001$), and a significant relationship between emotional intelligence variables and stress levels ($p=0.013$). The findings of this study can help students become more aware of the problems that interfere with their physical and psychological and nurses in providing nursing care according to patient needs.