

# Gambaran Stres, Kecemasan, Depresi, Kesepian Beserta Faktor-Faktor yang Berkaitan pada Mahasiswa Indonesia di Universitas Dalam Negeri dan Luar Negeri Selama Pandemi Covid-19 = An Overview of Perceived Stress, Anxiety, Depression, Loneliness and the Associated Factors Among Indonesian Students Studying in Local And Overseas University During the Covid-19 Pandemic

Annisa Mega Radyani, author

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## Abstrak

Mahasiswa Indonesia, khususnya di masa pandemi COVID-19, mengalami berbagai masalah psikologis seperti stres, kecemasan, depresi, dan kesepian. Mahasiswa yang berkuliah di luar negeri berisiko lebih tinggi karena disertai tantangan penyesuaian di budaya baru. Tujuan penelitian ini adalah mendapatkan gambaran komprehensif mengenai kondisi distress psikologis dan kesepian mahasiswa di dalam negeri (DN) dan luar negeri (LN) selama pandemi COVID-19, serta faktor-faktor yang berkaitan. Desain penelitian kuantitatif non-eksperimental, tipe cross-sectional study. Data penelitian berjumlah 997 partisipan dari jenjang S1 hingga S3, terdiri dari 684 mahasiswa DN dan 313 mahasiswa LN, dengan rentang usia 18-40 tahun. Secara umum, seluruh partisipan memiliki rata-rata stres dan kesepian dalam tingkat sedang, serta kecemasan dan depresi dalam tingkat ringan. Rata-rata stres dan kecemasan mahasiswa DN lebih tinggi secara signifikan dibandingkan mahasiswa LN. Mahasiswa perempuan dan berstatus lajang menunjukkan tingkat stres paling tinggi. Mahasiswa DN jenjang S1, dan kondisi finansialnya tidak cukup menunjukkan tingkat kecemasan paling tinggi. Tidak ada perbedaan signifikan pada depresi dan kesepian. Penelitian ini menjelaskan faktor-faktor yang dapat menjadi protektif dan risiko terhadap masalah psikologis mahasiswa umum selama pandemi COVID-19.

.....Stress, anxiety, depression and loneliness are psychological issues prevalent in Indonesian college students during the pandemic period. A similar occurrence is identified among overseas students, in addition with challenges of adjusting to new culture. This research aims to obtain a comprehensive picture of psychological problems experienced by students during the COVID-19 pandemic, alongside other related factors. The research used a non-experimental quantitative design with cross-sectional study type. 997 undergraduates to postgraduate students participated, where 684 students were from local and 313 students from overseas, age range of 18-40 years old. Overall, participants have reported moderate level of stress and loneliness, and mild level of anxiety and depression. Average stress and anxiety were significantly higher in local students than overseas students. Highest level of stress was examined in single and female students. Higher anxiety level was found in local students who are enrolled as undergraduate student and are in a state of insufficient financial income. There was no significant difference in depression and anxiety between the groups. This study explained factors that could be protective and risk to certain psychological among students during the COVID-19 pandemic.