

Tingkat Stres Mahasiswa dan Coping Strategy yang Digunakan

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ABSTRACT

Global society was impacted by the COVID-19 pandemic, particularly young people between the ages of 18 and 25, who are typically enrolled in college. This age group had been noted to have difficulties controlling their mental health before the pandemic. The vulnerability of this young adult age group was heightened when the COVID-19 epidemic struck the world. According to data collected by the Association of Indonesian Mental Medicine Specialists (PDSKJI) between March 2020 and March 2022, out of 14,988 respondents, 75% had psychological issues; some of them even considered suicide. However, since the COVID-19 pandemic is currently "over," little has been written about how it has affected young adults' mental health, particularly that of college students. It is unclear whether this age group is becoming mentally healthier after returning to "normal" life or is still vulnerable. In order to establish the answer to this question, a study was conducted to determine the pressure and stress levels faced by English Language Education Study Program students after the pandemic and how they maintained their well-being.

The goal of this study was to collect both quantitative and qualitative data. A survey was used to collect quantitative data, and interviews were used to collect qualitative data. The survey was carried out using a Google Form to distribute the Foreign Language Classroom Anxiety Scale by Horwitz et al. (1986) and the Student Stress Inventory (SSI) created by Syah et al. (2018). In addition, a sample of several people will be interviewed to see how students attempt to manage pressure and their expectations regarding institutional help for coping with and managing stress. The study will provide an overview of the following: 1) post-pandemic student stress levels; 2) coping strategies used by students to deal with pressure; and 3) institutional support expected by students to help deal with and manage stress.

From the survey data, it was found that most students typically report physical symptoms of stress, including exhaustion, frequent colds, headaches, back pain, indigestion, and nausea. Back discomfort is the most prevalent physical condition (86.7%). Many students—84.4%—also have sleep problems and severe anxiety. In terms of interpersonal relationships, almost all students (91.1%) feel guilty if they fall below their parents' expectations. Tuition fees (57.8%), the challenge of balancing academic and social obligations (75.6%), and dissatisfaction with faculty administration (72.3%) are other issues that most students deal with. The sources of stress, according to the students, were tests (91.1%), task deadlines (92.2%), and presentation assignments (87.8%). In fact, the students often lose interest in attending lectures (85.6%). Additionally, they often feel they cannot work well with classmates (64.4%) or do not receive support from lecturers (44.5%).

Kata Kunci: *stress level, mental health, coping strategy*