

**PERBEDAAN TINGKAT STRES ANTARA ORANG TUA DI WILAYAH
KOTA DAN DESA YANG MENDAMPINGI PEMBELAJARAN JARAK
JAUH ANAK SEKOLAH DASAR SELAMA PANDEMI COVID-19 DI
KABUPATEN KENDAL**

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Abstrak

Pandemi Covid-19 yang terjadi menyebabkan pemerintah Indonesia menetapkan kebijakan untuk melakukan pembelajaran jarak jauh bagi anak sekolah. Diberlakukannya pembelajaran jarak jauh menyebabkan orang tua mengalami peran tambahan untuk mendampingi anak selama pembelajaran jarak jauh. Disamping itu, adanya perbedaan karakteristik masyarakat, sarana prasarana, serta implementasi pembelajaran jarak jauh antara di kota dan desa dapat menimbulkan berbagai hambatan yang dapat memicu stres bagi orang tua selama mendampingi pembelajaran anak. Tujuan penelitian ini adalah untuk mengetahui perbedaan tingkat stres antara orang tua di wilayah kota dan desa yang mendampingi pembelajaran jarak jauh anak sekolah dasar selama pandemi Covid-19 di Kabupaten Kendal. Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional* yang dilakukan pada bulan November 2021 dengan teknik pengambilan sampel menggunakan *proportional stratified random sampling*. Sampel penelitian merupakan orang tua siswa/i sekolah dasar dari kelas I – VI yang mendampingi pembelajaran jarak jauh selama pandemi Covid-19. Jumlah sampel terdiri dari 32 orang tua wilayah kota dan 32 orang tua wilayah desa di Kabupaten Kendal. Instrumen yang digunakan adalah *Perceived Stress Scale* (PSS-10) serta kuisioner data demografi responden. Dari total 64 responden, 32 responden di wilayah kota mengalami tingkat stres ringan (40,6%) dan stres sedang (59,4%), sedangkan 32 responden di wilayah desa mengalami stres ringan (18,8%), stres sedang (78,1%), dan stres berat (3,1%). Hasil analisis bivariat menggunakan uji *Mann-Whitney* menunjukkan nilai *p-value* = 0,043 yang artinya terdapat perbedaan signifikan antara tingkat stres orang tua di wilayah kota dan desa yang mendampingi pembelajaran jarak jauh anak sekolah dasar selama pandemi Covid-19 di Kabupaten Kendal.

Kata Kunci : Anak Sekolah Dasar, Desa, Kota, Orang Tua, Pandemi Covid-19, Pembelajaran Jarak Jauh, Stres

**THE DIFFERENCE BETWEEN PARENTS' STRESS LEVEL IN URBAN
AND RURAL AREAS WHO ACCOMPANY DISTANCE LEARNING OF
ELEMENTARY SCHOOL CHILDREN DURING THE COVID-19
PANDEMIC IN KENDAL REGENCY**

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Abstract

The Covid-19 pandemic has caused the Indonesian government to set a policy to conduct distance learning for children. The implementation of distance learning causes parents to have an additional role in accompanying their children throughout distance learning. In addition, the differences in community characteristics, infrastructure, and implementation of distance learning between urban and rural can cause various obstacles that can trigger stress for parents while accompanying their children's learning. The purpose of this research is to determine the difference between parents' stress levels in urban and rural areas while accompanying distance learning for elementary school children in Kendal Regency. This study uses an observational analytic method with a cross-sectional approach carried out in November 2021 with a sampling technique using proportional stratified random sampling. The research sample was the parents of elementary school students from grades I – VI who accompanied distance learning during the Covid-19 pandemic. The number of samples consisted of 32 parents from urban areas and 32 parents from rural areas in Kendal Regency. The instrument used is the Perceived Stress Scale (PSS-10) and the respondent's demographic data questionnaire. Of the total 64 respondents, 32 respondents in urban areas experienced mild stress (40.6%) and moderate stress (59.4%), while 32 respondents in rural areas experienced mild stress (18.8%), moderate stress (78,1%), and severe stress (3.1%). The results of the bivariate analysis using the Mann-Whitney test show a p-value = 0.043, which means that there is a significant difference between parents' stress levels in urban and rural areas who accompany distance learning of elementary school children during the Covid-19 pandemic in Kendal Regency.

Keywords: Covid-19 Pandemic, Distance Learning, Elementary School Children, Parents, Rural, Stress, Urban