

# **HUBUNGAN MEKANISME KOPING DAN DUKUNGAN SOSIAL DENGAN STRES AKADEMIK REMAJA SAAT MASA PANDEMI COVID 19 DI SMK MULIA KARYA HUSADA**

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## **Abstrak**

Pembelajaran daring merupakan salah satu solusi pembelajaran ketika masa pandemi covid 19 sehingga akan dapat menimbulkan dampak psikologis bagi remaja. Pembelajaran yang dilakukan secara online dirumah tentunya memerlukan support sistem yang dapat berasal dari keluarga, teman sebaya atau orang yang berarti agar remaja dapat merasa lebih diperhatikan. Selain dukungan sosial mekanisme koping juga tidak kalah penting dalam melakukan proses pembelajaran daring. Penelitian ini bertujuan untuk mengetahui adanya hubungan mekanisme koping dan dukungan sosial dengan stres akademik remaja dalam proses pembelajaran dimasa pandemi covid 19 pada siswa di SMK Mulia Karya Husada. Desain penelitian adalah cross sectional dengan teknik sampling *stratified random sampling* sebanyak 116 siswa. Penelitian ini menggunakan kuesioner ESSA, MSPSS dan *Brief cope*. Analisis menggunakan chi square. Hasil analisis antara mekanisme koping diperoleh hasil p value = 0,004 (<0,05) artinya terdapat hubungan antara mekanisme koping dengan stres akademik remaja. Sedangkan hasil analisis pada dukungan sosial dengan stres akademik didapatkan p value = 0,002 (<0,05) artinya terdapat hubungan antara dukungan sosial dengan stres akademik remaja. Diharapkan guru dapat memberikan edukasi tentang pentingnya dukungan sosial dan mekanisme koping pada siswa sehingga dampak psikologis dalam pembelajaran selama pandemi covid 19 dapat diminimalisir.

**Kata Kunci :** Mekanisme koping, Dukungan sosial, stres akademik, pandemi

**RELATIONSHIP OF COPING MECHANISMS AND  
SOCIAL SUPPORT WITH ACADEMIC STRESS DURING THE  
COVID 19 PANDEMIC IN STUDENT AT SMK MULIA  
KARYA HUSADA**

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**Abstract**

Online learning is one of the learning solutions during the COVID-19 pandemic so that it can have a psychological impact on teenagers. Learning that is done online at home, of course, requires a support system that can come from family, peers or meaningful people so that teenagers can feel more cared for. In addition to social support, coping mechanisms are no less important in conducting the online learning process. This study aims to determine the relationship between coping mechanisms and social support with adolescent academic stress in the learning process during the COVID-19 pandemic in students at SMK Mulia Karya Husada. The research design was cross sectional with a stratified random sampling technique of 116 students. The study was to used ESSA, MSPSS, and Brief cope questionnaire. Analysis using chi square. The results of the analysis between coping mechanisms obtained p value = 0.004 (<0.05) meaning that there is a relationship between coping mechanisms and adolescent academic stress. While the results of the analysis on social support with academic stress obtained p value = 0.002 (<0.05), meaning that there is a relationship between social support and adolescent academic stress. therefore, it is hoped that teachers can provide education about the importance of social support and coping mechanisms in conducting learning during the COVID-19 Pandemic so as to reduce academic stress felt by students.

**Kata Kunci :** Coping mechanisms, Social support, academic stress covid 19