

FAKTOR-FAKTOR YANG MEMPENGARUHI STRESS SELAMA STUDY FROM HOME PADA ANAK USIA SEKOLAH KELAS 4-6 SD DI SDIT SALSABILA BEKASI

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Abstrak

Anak usia sekolah merupakan anak yang berusia 6-12 tahun. Usia sekolah merupakan masa untuk memperoleh dasar pengetahuan dan pengalaman untuk keberhasilan pada kehidupan dewasa mendatang. Selama *study from home* anak usia sekolah rentan mengalami stress akademik. Stress akademik merupakan stress yang disebabkan oleh stressor akademik. Tujuan penelitian ini yaitu untuk mengetahui faktor-faktor yang mempengaruhi stress selama *study from home* pada anak usia sekolah kelas 4-6 SD di SDIT Salsabila Bekasi. Desain studi yang digunakan dalam penelitian ini yaitu *cross sectional* dengan jumlah sampel 79 orang. Teknik sampling yang digunakan yaitu *stratified random sampling*. Pengumpulan data dilakukan menggunakan kuesioner daring. Analisis data yang digunakan yaitu uji *chi square* dengan tingkat kemaknaan ≤ 0.05 . Hasil penelitian ini menunjukkan bahwa 55.7% responden mengalami stress akademik. Hasil analisis statistik menunjukkan bahwa faktor tekanan untuk berprestasi ($p\text{-value} = 0.012$), dorongan status sosial ($p\text{-value} = 0.004$), tekanan dari orang tua ($p\text{-value} = 0.049$) mempengaruhi stress selama *study from home*, sedangkan faktor jenis kelamin ($p\text{-value} = 0.998$), efikasi diri ($p\text{-value} = 0.312$), *hardiness* ($p\text{-value} = 0.162$) tidak mempengaruhi stress selama *study from home* pada anak usia sekolah kelas 4-6 SD. Oleh karena itu, baik pihak sekolah maupun orang tua siswa diharapkan tidak memberikan tekanan/tuntutan akademis yang berlebihan kepada anak selama pelaksanaan *study from home*.

Kata Kunci : Anak Usia Sekolah, Stress Akademik, Faktor-Faktor.

FACTORS INFLUENCING STRESS AMONG SCHOOL AGE CHILDREN GRADES 4-6 AT SALSABILA BEKASI INTEGRATED ISLAMIC ELEMENTARY SCHOOL

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Abstact

School age child is a child in the age range 6-12 years. School age is a time to gain basic knowledge and experience for successful adjustment to adult life in the future. During the study from home, school age children are prone to experience academic stress. Academic stress is stress caused by academic stressors in the teaching and learning process. The purpose of this study was to determine the factors that influence stress during the study from home, in school age children grades 4-6 elementary school at SDIT Salsabila Bekasi. The study design used in this study was cross sectional with a sample size of 79 people. The sampling technique used was stratified random sampling. The data were collected using an online questionnaire. The data analysis used was the chi square test with a significance level of ≤ 0.05 . The results of this study indicate that 55.7% of respondents experienced academic stress. The results of statistical analysis showed that the factors of pressure to excel (p-value = 0.012), social status compulsion (p-value = 0.004), and parental pressure (p-value = 0.049) influenced stress during study from home, in school age children grades 4-6 elementary school while the factor of gender (p-value = 0.998), self-efficacy (p-value = 0.312) and hardiness (p-value = 0.162) did not affect stress during study from home, in school age children grades 4-6 elementary school. Therefore, school and parents were suggested not to put excessive academic pressure on their children while studying from home.

Keywords : Academic Stress, Factors, School Age Children