

## **Resiliensi Akademik dan Strategi Coping (*problem focused coping*) Terhadap Stres Akademik pada Siswa SMK Selama Mengikuti Pembelajaran Daring Di Masa Pandemi Covid-19**

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### ***Abstract***

*Changes in the learning system from face-to-face in schools to online have created the pressure for students, particularly vocational students. The success of online learning is influenced by the individual's ability to handle and anticipate any pressures. This study aimed to determine the effect of academic resilience and coping strategies (Problem Focused Coping) on academic stress among vocational students during online learning during the Covid-19 pandemic. 194 students participating in online learning were involved as the subject in this study. Data were collected using the Academic Stress Scale, Academic Resilience Scale, and Coping Strategy Scale (Problem Focused Coping) modified from previous researchers. Data were analyzed by Multiple Regression, by means of JASP. The results of this study showed that academic resilience and coping strategies (problem focused coping) are able to simultaneously predict academic stress with an effective contribution of 46.2%.*

*Keywords: online learning, coping strategies, academic resilience, academic stress*

### **Intisari**

Perubahan sistem belajar dari tatap muka di sekolah menjadi daring, menimbulkan tekanan tersendiri bagi siswa khususnya siswa SMK. Keberhasilan pembelajaran semasa daring dipengaruhi oleh kemampuan individu dalam menangani dan mengantisipasi tekanan yang terjadi. Penelitian ini bertujuan untuk mengetahui pengaruh resiliensi akademik dan Strategi Coping (*Problem Focused Coping*), terhadap stress akademik pada siswa SMK selama pembelajaran daring di masa pandemi covid-19. Subjek dalam penelitian ini berjumlah 194 orang yang mengikuti pembelajaran daring. Pengumpulan data dilakukan dengan menggunakan Skala Stres Akademik, Skala Resiliensi Akademik, Skala Strategi *coping* (*Problem Focused Coping*) yang dimodifikasi dari peneliti sebelumnya. Data dianalisis dengan Regresi Berganda, menggunakan JASP. Hasil penelitian ini didapatkan bahwa resiliensi akademik dan strategi coping (*problem focused coping*) mampu secara bersama-sama memprediksi stres akademik, dengan sumbangan efektif sebesar 46.2%.

Kata kunci: pembelajaran daring, strategi *coping*, resiliensi akademik, stres akademik.