

## Peran Stres Akademik terhadap *Student Engagement* Mahasiswa di Masa Pandemi COVID-19

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**Abstract.** Student engagement in an online learning setting turns out to have an important role in the effectiveness of the learning process. Several studies found that one of the factors that negatively affect student engagement is the level of academic stress that student have. Since the COVID-19 pandemic took over, it was indicated that there was an increasing amount of academic stress that have been experienced by college student. This study aims to find out how the role of academic stress affects student engagement when taking online learning during the COVID-19 pandemic. Using proportionate stratified random sampling method, a total of 137 participants of undergraduate students from the Faculty of Psychology, Gadjah Mada University with a range age 18-22 years were involved in online research. The instrument used in this study were *Skala Akademik Stres* and an Indonesian adaptation of *Student Course Engagement Questionnaire* (SCEQ). Simple linear regression technique was used in the data processing and yielded significant result [ $R^2 = 0,039$ ;  $F(1,135) = 5,412$ ;  $p = 0,021$ ]. This result proves academic stress that experienced by college student is able to estimate the level of student engagement who is taking online learning during the COVID-19 pandemic. The findings from this study are expected to be helpful as a basis for making an intervention to optimize online learning process during the pandemic COVID-19.

**Keywords:** *academic stress, college student, online learning, pandemic COVID-19, student engagement*

**Abstrak.** Keterlibatan mahasiswa dalam mengikuti kegiatan perkuliahan ternyata memiliki peran penting dalam efektivitas kegiatan pembelajaran. Beberapa penelitian menemukan bahwa salah satu faktor yang memengaruhi keterlibatan mahasiswa secara negatif adalah tingkat stres akademik individu. Sejak pandemi COVID-19 berlangsung, ditemukan adanya peningkatan stres akademik yang dialami oleh mahasiswa. Penelitian ini bertujuan untuk mengetahui bagaimana peran stres akademik terhadap keterlibatan mahasiswa yang mengikuti pembelajaran daring di masa pandemi COVID-19. Metode *proportionate stratified random sampling* digunakan pada 137 partisipan mahasiswa sarjana Fakultas Psikologi Universitas Gadjah Mada dengan rentang usia 18-22 tahun terlibat dalam penelitian secara daring. Instrumen yang digunakan dalam penelitian ini ialah Skala Stres Akademik dan *Student Course Engagement Questionnaire* (SCEQ) yang sudah diadaptasi ke Bahasa Indonesia. Teknik regresi linear sederhana digunakan dalam proses pengolahan data dan menghasilkan stres akademik



memiliki peran kecil untuk memprediksi *student engagement* [ $R^2 = 0,039$ ;  $F(1,135) = 5,412$ ;  $p = 0,021$ ]. Hasil tersebut membuktikan stres akademik yang dialami oleh individu mampu memperkirakan tingkat keterlibatan mahasiswa yang mengikuti pembelajaran daring di masa pandemi COVID-19. Temuan dari penelitian ini diharapkan berguna sebagai dasar intervensi untuk mengoptimalkan proses pembelajaran daring di masa pandemi COVID-19.

**Kata kunci:** *keterlibatan mahasiswa, mahasiswa, masa pandemi COVID-19, pembelajaran daring, stres akademik*