

**PERAN RESILIENSI SEBAGAI MEDIATOR
HUBUNGAN ANTARA DUKUNGAN SOSIAL ORANGTUA DAN STRES
AKADEMIK SISWA SMA PADA PEMBELAJARAN DARING DI MASA
PANDEMI COVID-19**

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ABSTRAK

Pembelajaran daring akibat pandemi Covid-19 menyebabkan stres pada siswa. Penelitian ini bertujuan untuk menguji peran resiliensi sebagai mediator hubungan antara dukungan sosial orangtua dan stres akademik. Hipotesis penelitian ini adalah resiliensi dapat berperan sebagai mediator hubungan antara dukungan sosial orangtua dan stres akademik siswa SMA pada pembelajaran daring di masa pandemi Covid-19. Pengambilan data menggunakan google form dengan jumlah partisipan 92 siswa kelas XII. Pengumpulan data menggunakan skala stres akademik, skala dukungan sosial orangtua dan skala resiliensi. Analisis mediasi dilakukan menggunakan macro PROCESS dari Hayes. Hasil analisis menunjukkan bahwa dukungan sosial orangtua berpengaruh terhadap stres akademik dengan dimediasi oleh resiliensi. Implikasi penelitian ini adalah pengelolaan stres akademik pada pembelajaran daring di masa pandemi Covid-19.

Kata kunci: stres akademik, dukungan sosial orangtua, resiliensi, pandemi covid-

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ABSTRACT

Online learning due to the Covid-19 pandemic causes stress for students. The purpose of the study was to determine the role of resilience as mediator in the relationship between parental social support and academic stress. The hypothesis of this research is that resilience can act as a mediator of the relationship between parental social support and high school students academic stress in online learning during the Covid-19 pandemic. Data collection using google form with the number of participants as 92 students of class XII. Data was collected using a scale of academic stress, scale of parental social support and scale of resilience. Mediation analysis was used with the PROCESS macro from Hayes (2018). The results of the analysis show that parental social support has an effect on academic stress mediated by resilience. The implication of this research is on the management of online learning academic stress during the Covid-19 pandemic.

Keywords: academic stress, parental social support, resilience, pandemic covid-19