

INTISARI

Latar Belakang: Mahasiswa sebagai kelompok yang mengalami transisi dari masa remaja ke dewasa awal berisiko mengalami masalah stres, terutama yang bersumber dari proses akademik. Kondisi stres akademik ini semakin diperparah dengan adanya pandemi COVID-19 yang merubah sistem pendidikan di Indonesia. Tingginya stres akademik yang dialami tanpa ada upaya untuk mengatasi dapat berpotensi menimbulkan gangguan depresi. Penelitian mengenai hubungan stres akademik dengan kecenderungan depresi pada mahasiswa ilmu keperawatan pada masa pasca pandemi COVID-19 belum pernah dilakukan.

Tujuan Penelitian: Mengetahui hubungan antara stres akademik dengan kecenderungan depresi pada mahasiswa Ilmu Keperawatan UGM pasca pandemi COVID-19.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross sectional*. Populasi penelitian yaitu mahasiswa Ilmu Keperawatan UGM angkatan 2019, 2020, dan 2021. Jumlah sampel sebanyak 185 mahasiswa yang didapatkan melalui *stratified random sampling*. Kuesioner yang digunakan adalah Skala Stres Akademik dan *The Patient Health Questionnaire 9* (PHQ-9). Analisis data menggunakan uji korelatif Spearman.

Hasil: Mahasiswa keperawatan FK-KMK UGM mengalami stres akademik pada tingkat sedang pasca pandemi COVID-19. Mayoritas responden (43,8%) memiliki kecenderungan depresi yang ringan. Analisis uji korelasi antara stres akademik dengan kecenderungan depresi menunjukkan koefisien korelasi (r) 0,597 dengan nilai *significancy* 0,000.

Kesimpulan: Terdapat hubungan kuat dengan arah positif antara stres akademik dan kecenderungan depresi pada mahasiswa keperawatan pasca pandemi COVID-19.

Kata Kunci: stres akademik, kecenderungan depresi, mahasiswa keperawatan, COVID-19

ABSTRACT

Background: College students as a group who experiencing the transition from adolescence to early adulthood are at risk of experiencing stress problems, especially academic stress. This condition of academic stress has been exacerbated by the COVID-19 pandemic which has changed the education system in Indonesia. Experienced high academic stress without any effort to overcome it can potentially lead to depressive disorders. Research on the relationship between academic stress and depression tendencies among nursing students during the post COVID-19 pandemic has never been conducted.

Objective: This study aims to determine the correlation of academic stress with depression on nursing students in School of Nursing, Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada post pandemic COVID-19.

Method: This study was an analytic observational study with a quantitative approach and cross-sectional design. The research population is nursing student in School of Nursing, FK-KMK UGM. The samples were 185 respondents obtained through stratified random sampling. This study used Skala Stres Akademik questionnaires and The Patient Health Questionnaire 9 (PHQ-9) questionnaires. Data were analyzed using Spearman's correlative test.

Results: Nursing students in FK-KMK UGM experienced moderate academic stress post pandemic COVID-19. The majority of respondent (43,8%) have mild tendency to depression. The correlation test between academic stress and depression analysis showed a correlation coefficient (r) of 0,597 with a significant value of 0,000.

Conclusion: There is strong significant correlation with a positive direction between academic stress and depression in nursing students post pandemic COVID-19.

Keywords : academic stress, depression, nursing students, COVID-19