

Understanding Resilience: A Post-Pandemic Reflective Study on Boarding School Students

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Abstrak. Selama pandemi COVID-19, sejumlah kasus terkait stres, kesepian, depresi, hingga bunuh diri ditemukan pada pelajar. Kesehatan mental mereka kerap menghadapi berbagai tantangan dan gangguan dan kondisi pandemi ini tentu menambah beban yang harus mereka hadapi. Kondisi ini tentunya membuat pelajar yang bersekolah di sekolah berasrama lebih rentan terhadap risiko yang dapat timbul dikarenakan beberapa kondisi unik, misalnya, berada jauh dari teman dan orang tua mereka, tuntutan rutinitas, serta aturan sekolah yang cukup ketat dan mengikat, sehingga mereka harus mampu untuk dapat menyesuaikan diri mereka dengan lebih cepat. Resiliensi adalah kemampuan seseorang untuk bertahan, beradaptasi, dan bangkit kembali saat menghadapi permasalahan. Sekarang, status pandemi telah resmi dinyatakan berakhir dan banyak sekolah telah kembali melaksanakan KBM secara luring, penelitian ini menyelidiki bagaimana dua siswa SMA/MA berasrama merefleksikan perjalanan mereka selama dua tahun ke belakang ketika mengikuti KBM selama pandemi melalui wawancara mendalam secara daring. Hasil dari penelitian ini menunjukkan bahwa pengalaman mereka penuh dengan kesedihan, kesepian, keputusan, kecemasan, kemarahan, dan kegelisahan. Kemudian, ditemukan bahwa acceptance, efikasi diri, optimisme, empati, mekanisme coping yang positif, and dukungan teman memiliki peran yang besar dalam mendukung resiliensi.

Keywords: *Resiliensi, Covid-19, Boarding School, Online Class, Offline Class*

Abstract. During the COVID-19 pandemic, a number of cases related to stress, loneliness, depression, and suicide were found among students. Their mental health often faces various challenges, with this pandemic condition certainly adds to the burden they have to face. This condition certainly makes boarding school students more susceptible to the risks due to their unique condition, for example, being away from their friends and parents and the school's demands and rules that are quite strict, so they need to adjust more rapidly. A person's resilience is their capacity to endure hardship, adapt, and bounce back from adversity. Through in-depth online interviews, this study examines how two boarding high school students reflect on their journey over the past two years when attending classes during the pandemic now that the pandemic status has been formally declared over and many schools have returned to implementing offline classes. The results of this research demonstrate that their experiences are full of sadness, loneliness, hopelessness, anxiety, anger, and restlessness. It was found that acceptance, self-efficacy, optimism, empathy, positive coping mechanisms, and peer support all played a significant role in fostering resilience.

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