

ABSTRAK

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Gambaran Tingkat Stress Orang Tua Anak Usia Sekolah Dasar di Masa

Pembelajaran Tatap Muka Terbatas

xvi + 121 Halaman + 13 Tabel + 2 Gambar + 11 Lampiran

Stress merupakan hal yang dipersepsikan sebagai sebuah beban atau hal yang melampaui apa yang ia mampu lakukan sehingga orang tersebut merasa kesejahteraannya terganggu. Adanya sistem pembelajaran tatap muka terbatas yang diterapkan oleh sekolah selama pandemi menyebabkan peran orang tua pun menjadi berkali lipat, karena harus menjalankan tugasnya sebagai orang tua dan juga sebagai guru untuk anak-anaknya. Peran serta tanggungjawab yang bertambah inilah yang pada akhirnya dapat memicu terjadinya stress pada orang tua. Stress dapat menyebabkan seseorang menjadi depresi, susah tidur, dan sulit mengontrol emosinya. Stress juga dapat memicu adanya pertengkaran di dalam rumah tangga antar sesama pasangan suami – istri dan dapat menyebabkan orang tua merasa marah sehingga berujung pada kekerasan verbal kepada anak. Penelitian ini bertujuan untuk mengetahui gambaran tingkat stress orang tua anak usia sekolah dasar di masa pembelajaran tatap muka terbatas di SD Negeri 2 Sukorejo. Penelitian ini merupakan penelitian kuantitatif dan menggunakan metode penelitian deskriptif dengan pendekatan *cross – sectional*. Teknik pengambilan sampel menggunakan *total sampling* dengan responden sebanyak 316 responden. Penelitian ini menggunakan kuesioner *Perceived Stress Scale*. Hasil penelitian menunjukkan mayoritas responden mengalami stress sedang yaitu sejumlah 239 responden (75,6%). Berdasarkan hasil penelitian ini, maka diharapkan masyarakat khususnya orang tua dapat lebih *aware* terhadap isu kesehatan mental yang ada dan senantiasa menambah referensi serta informasi terkait isu kesehatan mental. Perawat komunitas juga diharapkan dapat meningkatkan dan mengembangkan metode serta program kerja dalam melakukan kegiatan keperawatan sehingga masalah terkait stress orang tua dapat teratasi.

Kata Kunci : Anak usia sekolah, Orang tua, PTM terbatas, Stress

Daftar Pustaka : 59 (1984 – 2022)

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ABSTRACT

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Stress Levels Description of Parents who Accompany Elementary School

Children in Limited Face to Face Learning Period

xvi + 121 Pages + 13 Tables + 2 Pictures + 11 Attachments

Stress is something that is perceived as a burden or something beyond someone's abilities, so it makes them feel like their well-being is disturbed. Limited face-to-face learning system that implemented by schools during the pandemic has caused the responsibility of the parents become bigger and harder than before because they had to carry out their duties as a parent and also as a teacher for their children. This increased responsibility can easily triggered stress on parents. Stress can cause a person to become depressed, sleeping disorder, and parents could not control their emotions. Stress also could triggered fights between husband and wife, and parents could be angry to their children so it could lead to verbal violence against children. This study aims to describe the stress level of parents who accompany elementary school children in limited face to face learning period. This research is kind of a quantitative research and use a descriptive research method with a cross – sectional approach. The sampling technique used was total sampling with 316 respondents. This study used the Perceived Stress Scale questionnaire. The results showed that the majority of respondents experienced moderate stress, which experienced by 239 respondents (75,6%). Based on the results of this study, it is hoped that the community especially parents, can be more aware of mental health issues and always finding out references and information related to mental health issues. Community nurses are also expected to improve and develop methods and work programs when carrying out the nursing programs so that problems related to parental stress can be resolved.

Keywords : Limited Face to Face Learning, Parents, Primary school children, Stress
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