

Politeknik Kesehatan Kemenkes Bandung  
Jurusany Keperawatan Bandung  
Program Studi Keperawatan Bandung  
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**GAMBARAN FAKTOR-FAKTOR PENYEBAB STRES PADA  
MAHASISWA DIPLOMA III JURUSAN KEPERAWATAN BANDUNG  
SELAMA PANDEMI COVID-19**

**ABSTRAK**

xii, 76 hal, 5 Bab, 1 bagan, 2 tabel, 11 lampiran

Pandemi covid-19 merubah kegiatan berbasis *offline* menuju *online* (*daring*). Termasuk kegiatan pembelajaran di institusi pendidikan Jurusan Keperawatan Bandung. Terdapat beberapa kendala dalam perubahan tersebut dan berdampak pada kondisi fisiologis, psikologis, dan perilaku mahasiswa. Penelitian ini bertujuan mengidentifikasi faktor penyebab stres Mahasiswa Diploma III Keperawatan Bandung selama pandemi covid-19 dari aspek akademik, keluarga, lingkungan sosial, dan individu/internal. Metode penelitian adalah deskriptif dengan desain kuantitatif. Populasi adalah mahasiswa Diploma III Jurusan Keperawatan Bandung Poltekkes Kemenkes Bandung tahun 2021 yang mengalami stres. Teknik sampling yang digunakan adalah total sampling dengan jumlah sampel 128 responden. Pengumpulan data menggunakan kuisioner stressor yang dibuat oleh Hardianto (2010, dalam Ramadhanti 2019) dimodifikasi oleh peneliti. Analisis yang digunakan analisis univariat. Hasil penelitian menunjukkan selama pandemi covid-19 seluruh responden atau 100% mengalami stressor akademik, pada umumnya responden atau 94,5% mengalami stressor dari internal, pada umumnya responden atau 91,4% mengalami stressor dari lingkungan sosial, sebagai besar responden atau 68,8% mengalami stressor keluarga. Rekomendasi bagi institusi pendidikan diharapkan dapat menjadikan hasil penelitian ini sebagai dasar dalam memberi tugas bagi mahasiswa, dan disarankan kepada mahasiswa untuk melakukan manajemen stres serta manajemen waktu guna mengontrol stressor.

Kata Kunci : Stressor, Stres mahasiswa  
Daftar Pustaka : 70 (2011-2021)

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**DESCRIPTION OF STRESS CAUSING FACTORS IN DIPLOMA III  
STUDENTS MAJORING IN NURSING BANDUNG DURING THE COVID-  
19 PANDEMIC**

**ABSTRACT**

*xii, 76 pp, 5 chapters, 1 chart, 2 tables, 11 attachments*

*The covid-19 pandemic is turning offline-based activities into online. Including learning activities in educational institutions Department of Nursing Bandung. There are some obstacles in these changes and have an impact on the physiological, psychological, and behavioral conditions of students. This study aims to identify the stress-causing factors of Bandung Diploma III Nursing Students during the covid-19 pandemic from academic, family, social environment, and individual/internal aspects. The research method is descriptive with quantitative design. The population is a Diploma III student of the Bandung Nursing Department of The Ministry of Health Bandung in 2021 who experienced stress. Sampling technique used is total sampling with a sample number of 128 respondents. Data collection using stressor questionnaires created by Hardianto (2010, in Ramadhanti 2019) was modified by researchers. Analysis used univariate analysis. The results showed that during the covid-19 pandemic all respondents or 100% experienced academic stressors, in general respondents or 94.5% experienced internal stressors, in general respondents or 91.4% experienced stressors from the social environment, as a large number of respondents or 68.8% experienced family stressors. Recommendations for educational institutions are expected to make the results of this research as the basis for assigning assignments for students, and it is recommended for students to conduct stress management and time management to control stressors.*

*Keywords : Stressor, Student Stress*

*Bibliography : 70 (2011-2021)*