

GAMBARAN TINGKAT KECEMASAN SISWA SMA KELAS 3 DALAM MENGIKUTI PEMBELAJARAN DI MASA PANDEMI COVID-19 DI DESA BELAH, PACITAN

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ABSTRAK

Latar Belakang : Kecemasan merupakan keadaan ketika emosi negative muncul akibat kekhawatiran akan bahaya yang tidak terduga yang mungkin terjadi di masa depan. Siswa SMA kelas 3 merasa cemas menghadapi pembelajaran di masa pandemi *Covid-19* dengan metode kombinasi dilakukan secara daring dan tatap muka

Tujuan : Diketuinya Gambaran Tingkat Kecemasan Siswa SMA Kelas 3 Dalam Mengikuti Pembelajaran Di Masa Pandemi *Covid-19* Di Desa Belah, Pacitan.

Metode : Penelitian menggunakan deskriptif kuantitatif dengan desain penelitian survei. Sampel yang digunakan adalah *Total Sampling* dengan 35 responden. Teknik pengumpulan data secara primer menggunakan kuesioner skala likert.

Hasil : Hasil penelitian menunjukkan bahwa siswa mengalami kecemasan sedang sebanyak 18 orang (51,4%), siswa laki-laki mengalami kecemasan ringan sebanyak 10 orang (28,5%), siswa perempuan sebagian besar kecemasan sedang sebanyak 16 orang (45,8%), kecemasan sedang dialami oleh siswa kelas IPA sebanyak 14 orang (40,0%).

Kesimpulan : Gambaran Tingkat kecemasan yang dialami siswa SMA kelas 3 sebagian besar mengalami kecemasan sedang. Diharapkan untuk memperhatikan tingkat kecemasan yang dimilikinya dengan cara memantau secara mandiri dengan menyesuaikan pada teori yang ada mengenai tentang gangguan ciri-ciri kecemasan.

Kata Kunci : Cemas, SMA, *covid-19*

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DESCRIPTION OF ANXIETY LEVEL OF CLASS 3 STUDENTS IN FOLLOWING LEARNING DURING THE COVID-19 PANDEMIC IN BELAH VILLAGE, PACITAN

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ABSTRACT

Background : Anxiety is a condition when negative emotions arise due to worrying about unexpected dangers that may occur in the future. 3rd grade high school students feel anxious about learning during the Covid-19 pandemic with a combination method carried out online and face-to-face

Objective : To find out the description of the anxiety level of 3rd grade high school students in participating in learning during the Covid-19 pandemic in Belah Village, Pacitan.

Methods : This research uses quantitative descriptive with survey research design. The sample used is Total Sampling with 35 respondents. The primary data collection technique was using a Likert scale questionnaire.

Results : The results showed that 18 students experienced moderate anxiety (51.4%), male students experienced mild anxiety as many as 10 people (28.5%), female students mostly experienced moderate anxiety as many as 16 people (45.8 %), moderate anxiety experienced by science class students as many as 14 people (40.0%).

Conclusion : Overview The level of anxiety experienced by high school students in grade 3 mostly experienced moderate anxiety. It is expected to pay attention to the level of anxiety they have by monitoring them independently by adjusting to existing theories about anxiety characteristic disorders.

Keyword : Anxiety, high school, *covid-19*

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