

Gambaran Kecemasan Remaja dalam Mengikuti Pembelajaran Luring pada Masa Pandemi Covid-19 di Sman 2 Yogyakarta

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INFORMASI

Kata Kunci :

Covid-19,
kecemasan, luring,
remaja.

ABSTRAK

Latar Belakang : Kecemasan merupakan suatu perasaan khawatir terhadap suatu hal yang tidak spesifik yang dapat menimbulkan berbagai respon kecemasan. Pembelajaran tatap muka yang dilakukan di masa pandemi dapat menimbulkan dampak terhadap remaja seperti rasa cemas jika tertular *Covid-19*. Penerapan Pembelajaran Tatap Muka yang dilakukan saat ini juga tentunya memberikan dampak terhadap psikologis dan juga tentunya kesehatan para remaja.

Tujuan : Mengetahui gambaran cemas atau tidaknya para remaja di SMAN 2 Yogyakarta dalam mengikuti pembelajaran luring pada masa pandemi *Covid-19*.

Metode : Penelitian ini menggunakan metode deskriptif non analitik dengan pendekatan survei. Instrumen penelitian menggunakan kuisioner kecemasan remaja T-MAS (*Taylor Manifest Anxiety Scale*) yang sudah teruji validitas dan reliabilitasnya, dalam bentuk *Google Form*. Teknik sampling yang digunakan pada penelitian adalah *Proporsional Random Sampling* dengan jumlah sampel 76 remaja SMAN 2 Yogyakarta. Analisa data yang digunakan dalam penelitian ini adalah analisa data univariat.

Hasil : Hasil penelitian ini menunjukkan bahwa sebagian besar remaja banyak yang mengalami cemas yaitu 53,9% sebanyak 41 responden. Respon kecemasan yang paling menonjol adalah respon fisiologis yaitu 56,6% sebanyak 43 responden. Kecemasan berdasarkan karakteristik responden sebagian besar berjenis kelamin perempuan, berusia 17 tahun dan berasal dari kelas IPA.

Kesimpulan : Gambaran kecemasan remaja dalam mengikuti pembelajaran luring pada masa pandemi *Covid-19* di SMAN 2 Yogyakarta sebagian besar remaja mengalami kecemasan. Perlunya dukungan dan motivasi orang tua agar remaja dapat mengikuti anjuran yang sudah ditetapkan untuk memutus rantai penularan virus serta mengurangi kecemasan saat melakukan pembelajaran.

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**Description of Offline Learning Anxiety The Adolescents Senior High School 2
Yogyakarta During the Covid-19 Pandemic**

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INFO

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ABSTRACT

Background : Anxiety is a feeling of worry about something that is not specific that can cause various anxiety responses. Face-to-face learning carried out during the pandemic can have an impact on teenagers such as feeling anxious if they are infected with Covid-19. The application of face-to-face learning that is currently being carried out also certainly has an impact on the psychological and of course the health of the youth.

Objective : To find out whether or not teenagers at SMAN 2 Yogyakarta are worried about taking offline learning during the Covid-19 pandemic.

Methods : This study used a non-analytic descriptive method with a survey research design. The instrument was used a T-MAS (Taylor Manifest Anxiety Scale) adolescent anxiety questionnaire which had been tested for validity and reliability, in the form of a Google Form. The sampling technique was used in this study is proportional random sampling with a sample of 76 adolescents at SMAN 2 Yogyakarta. The data analysis was used in this research is univariate data analysis.

Results : The results of this study indicated that the majority of adolescents experience anxiety, namely 53.9% as many as 41 respondents. The most prominent anxiety response is the physiological response, which is 56.6% as many as 43 respondents. Anxiety based on the characteristics of the respondents, most of them are female, 17 years old and come from the science class.

Conclusion : The description of adolescent anxiety in taking offline learning during the Covid-19 pandemic at SMAN 2 Yogyakarta, most of the adolescents experienced anxiety. The need for parental support and motivation so that teenagers can follow the recommendations that have been set to break the chain of virus transmission and reduce anxiety when learning.

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