

KARYA TULIS ILMIAH

GAMBARAN MEKANISME KOPING DALAM MENYUSUN TUGAS AKHIR DI MASA PANDEMI COVID-19 PADA MAHASISWA POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang : Tugas akhir merupakan salah satu syarat yang harus dipenuhi untuk mendapatkan gelar sarjana terapan ataupun ahli madya. Proses penyusunan tugas akhir dibawah bimbingan dosen pembimbing sehingga memenuhi kaidah dan standar kualitas sesuai dengan keilmuannya. Penyusunan tugas akhir merupakan salah satu penyebab mahasiswa menjadi stres. Keadaan Indonesia yang masih melawan pandemi *Covid-19* membuat sumber stressor mahasiswa menjadi semakin besar, hal ini dikarenakan mahasiswa lebih banyak melakukan bimbingan secara *online* daripada bimbingan secara *offline*. Mahasiswa dituntut untuk mampu dalam menganalisis permasalahan yang diteliti. Cara mengatasi stressor tersebut, mahasiswa harus memiliki mekanisme koping yang baik.

Tujuan : Mengetahui gambaran mekanisme koping dalam menyusun tugas akhir di masa pandemi *Covid-19* pada mahasiswa Poltekkes Kemenkes Yogyakarta.

Metode : Penelitian menggunakan metode deskriptif kuantitatif dengan desain survei. Instrumen penelitian menggunakan kuesioner mekanisme koping berupa *g-form*. Teknik pengambilan sampel dengan cara *proportional random sampling* dengan jumlah sampel 85 mahasiswa. Analisa data yang digunakan adalah analisa univariat.

Hasil : Mahasiswa yang menggunakan *Emotional Focused Coping* berjumlah 49 mahasiswa (57,64%) dan mahasiswa yang menggunakan *Problem Focused Coping* berjumlah 36 mahasiswa (42,36%).

Kesimpulan : Sebagian besar mahasiswa menggunakan *Emotional Focused Coping* dalam menyusun tugas akhir di masa pandemi *Covid-19*. Mahasiswa diharapkan menggunakan mekanisme koping yang efektif dalam menyusun tugas akhir.

Kata Kunci : *Covid-19*, Mekanisme Koping, Tugas Akhir Mahasiswa

Keterangan :

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SCIENTIFIC PAPER

DESCRIPTION OF COPING MECHANISM IN COMPLETING FINAL PROJECT DURING THE COVID-19 PANDEMIC ON COLLEGE STUDENTS OF POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background: The final project is one of the requirements that must be met to get an applied bachelor's degree or an associate degree. The process of preparing the final project under the guidance of a supervisor so that it meets the rules and quality standards in accordance with their knowledge. Preparation of the final project is one of the causes of students become stressed. The situation in Indonesia, which is still fighting the Covid-19 pandemic, has made the source of student stressors even greater, this is because students do more online guidance than offline guidance. Students are required to be able to analyze the problems studied. To overcome these stressors, students must have good coping mechanisms.

Objective: To describe the coping mechanism in compiling a final project during the Covid-19 pandemic for students from the Poltekkes Kemenkes Yogyakarta.

Methods: The study used a quantitative descriptive method with a survey design. The research instrument used a coping mechanism questionnaire in the form of a g-form. The sampling technique was proportional random sampling with a sample of 85 students. Analysis of the data used is univariate analysis.

Result: Students who use Emotional Focused Coping are 49 students (57.64%) and students who use Problem Focused Coping are 36 students (42.36%).

Conclusion: Most students use Emotional Focused Coping in compiling their final project during the Covid-19 pandemic. Students are expected to use effective coping mechanisms in preparing the final project.

Keywords: *Covid-19*, Coping Mechanism, College Student Final Project

Description :

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