

SURAT TUGAS

Nomor: 1316-R/UNTAR/PENELITIAN/III/2022

Rektor Universitas Tarumanagara, dengan ini menugaskan kepada saudara:

1. **ROSWIYANI, Ph.D, Psikolog**
2. **MONTY P. SATIADARMA, SPsi,MS/AT,MFCC,DCH,Dr., Psikolog**

Untuk melaksanakan kegiatan penelitian/publikasi ilmiah dengan data sebagai berikut:

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Demikian Surat Tugas ini dibuat, untuk dilaksanakan dengan sebaik-baiknya dan melaporkan hasil penugasan tersebut kepada Rektor Universitas Tarumanagara

22 Maret 2022

Rektor



Prof. Dr. Ir. AGUSTINUS PURNA IRAWAN

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Perceived Stress of Students during Online Learning

Roswiyani Roswiyani & Monty P. Satiadarma

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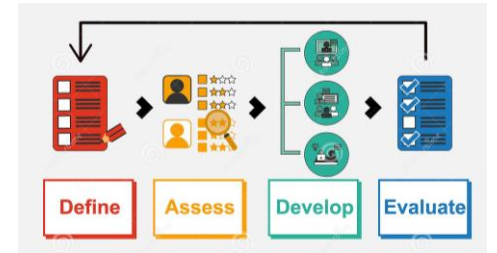
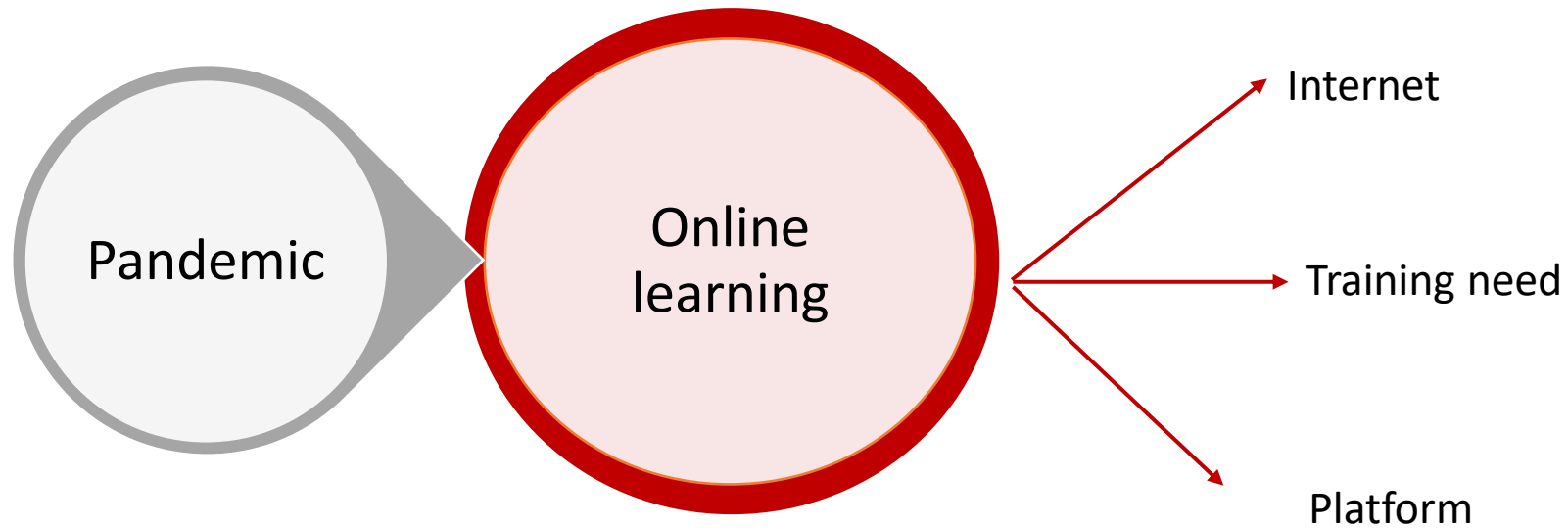
Indonesia

Present at The Asian Conference on Psychology & The Behavioral Sciences (ACP 2022)
Japan, March 29-31, 2022

Introduction

FLEXIBLE

- The pandemic forces students to change their learning process.
- The effectiveness of online learning is dependent on the following three conditions:



- This shows that online learning offer so much flexibility.

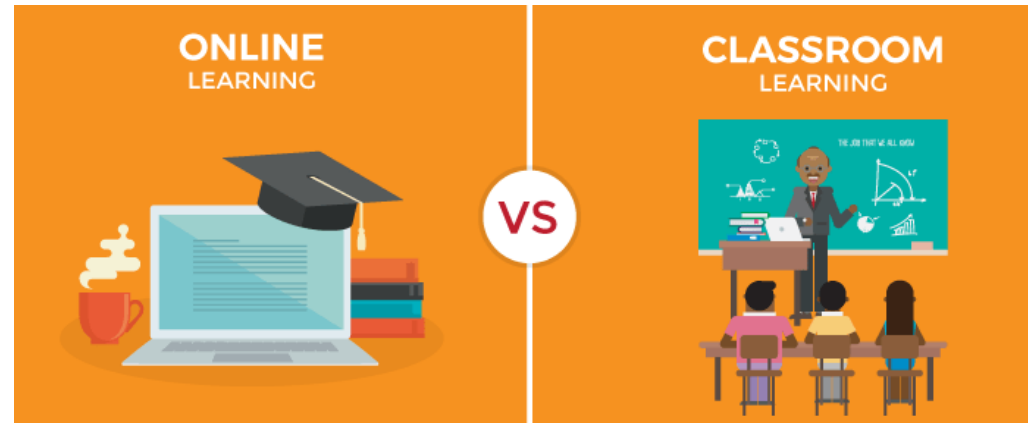


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Online vs Classroom



Asynchronously can reduce learning time



Learners must sit through such material

- According to Lazarevic & Bentz (2021), students bring to online learning concerning how teaching and learning should be done and it bring about conflicts, disagreements, and frustrations.



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Previous studies

Reich (2020)

Online learning's
big issue

Wijaya, Zhou, Purnama,
& Hermita, (2020)

Indonesian
students' learning
attitude towards
online learning
during the
coronavirus
pandemic

Adnan & Anwar (2000)

Online Learning
amid the COVID-19
Pandemic:
Students'
Perspectives

Akmal & Kumalasari
(2021)

Online learning
readiness and well
being in
Indonesian college
students during
pandemic:
Academic stress as
a moderator

Arjunina (2021)

Problems of Online
Learning During
Pandemic

- Online learning is a new experience for students, thus not all students demonstrate readiness to do online learning during this pandemic, the students could experience stress.

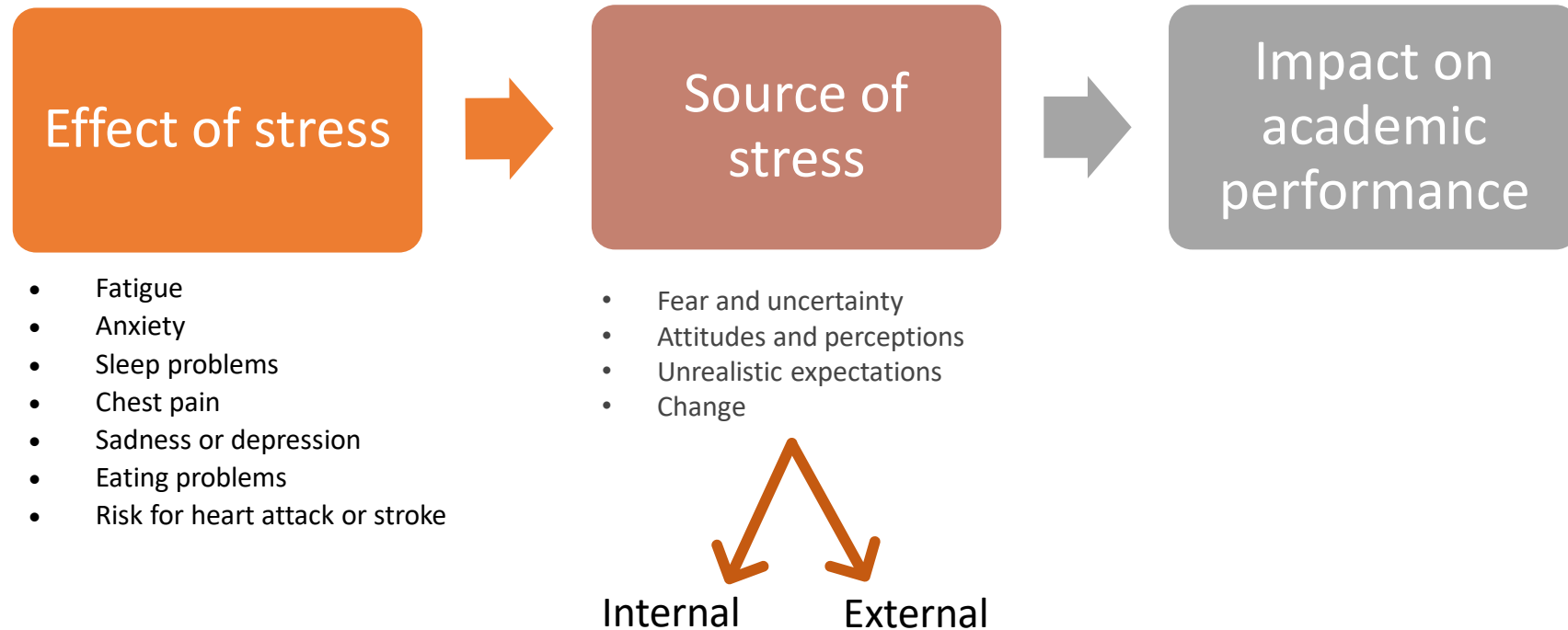


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Stress



The level of subjective perception of mental and emotional tension experienced by students while participating in the educational process.



Objectives

- 1) Investigate student perception of stress level while studying in online,
- 2) Identifying specific stressors or stressful events,
- 3) exploring students' coping strategies of perceived stress during online learning.

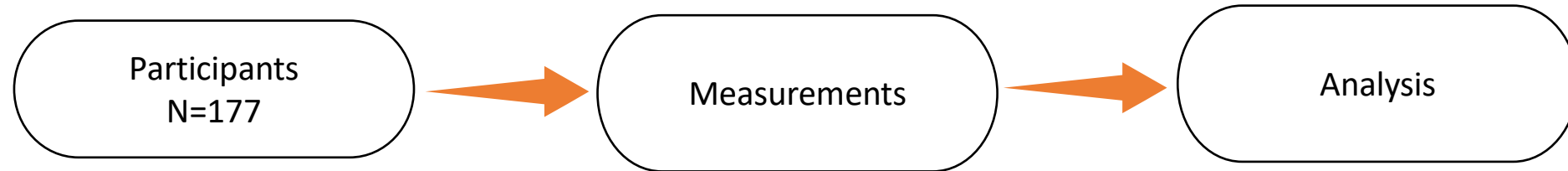


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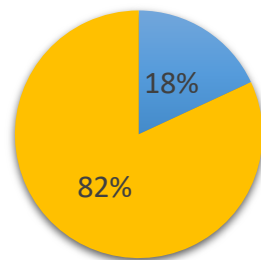
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Methods



Age: 17 to 23 (mean 18,51)

Gender



■ Male ■ Female

- Questionnaire: Perceived Stress Scale (Cohen et al, 1983a) Indonesian version.
- Interview: Two open-ended questions adapted from Lazarus & Folkman (1984) theory of stress.

- Descriptive statistic
- Qualitative analysis based on Miles and Huberman (2020)

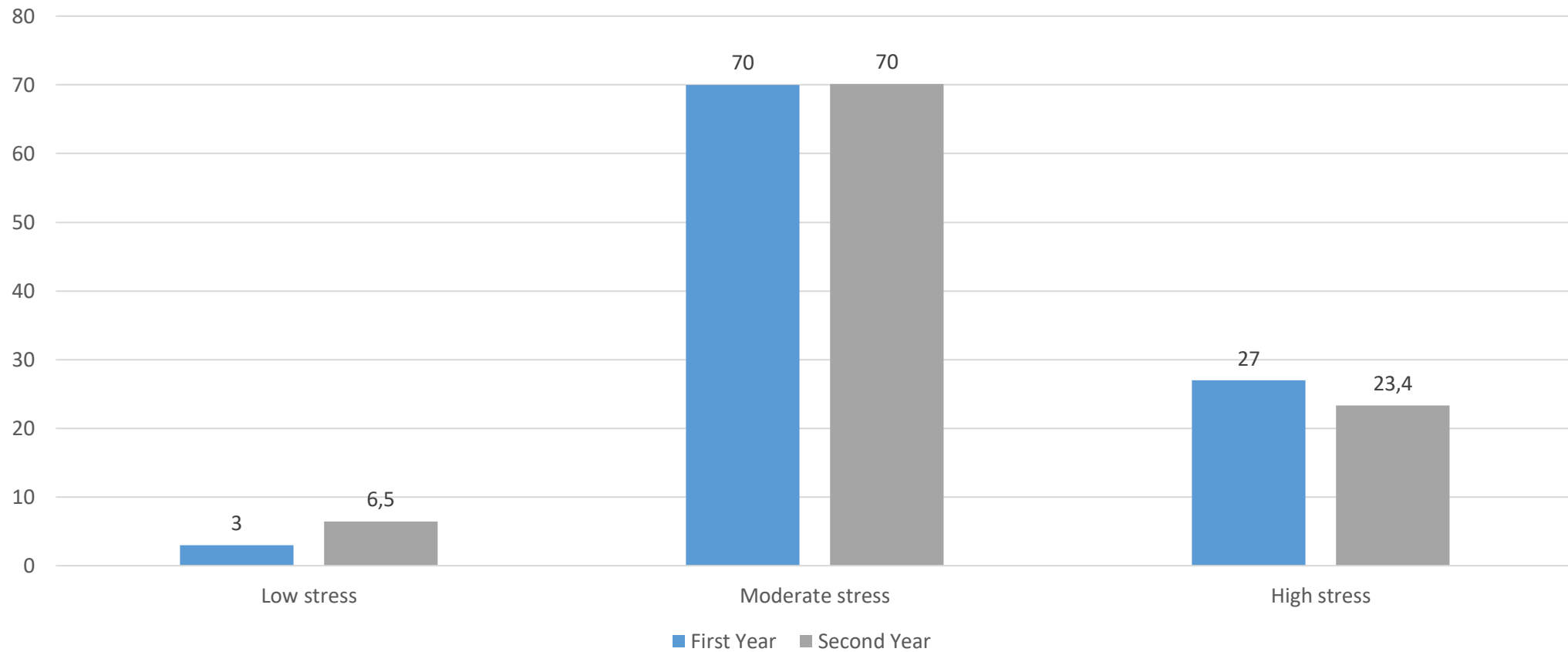


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Stress level (year of school)

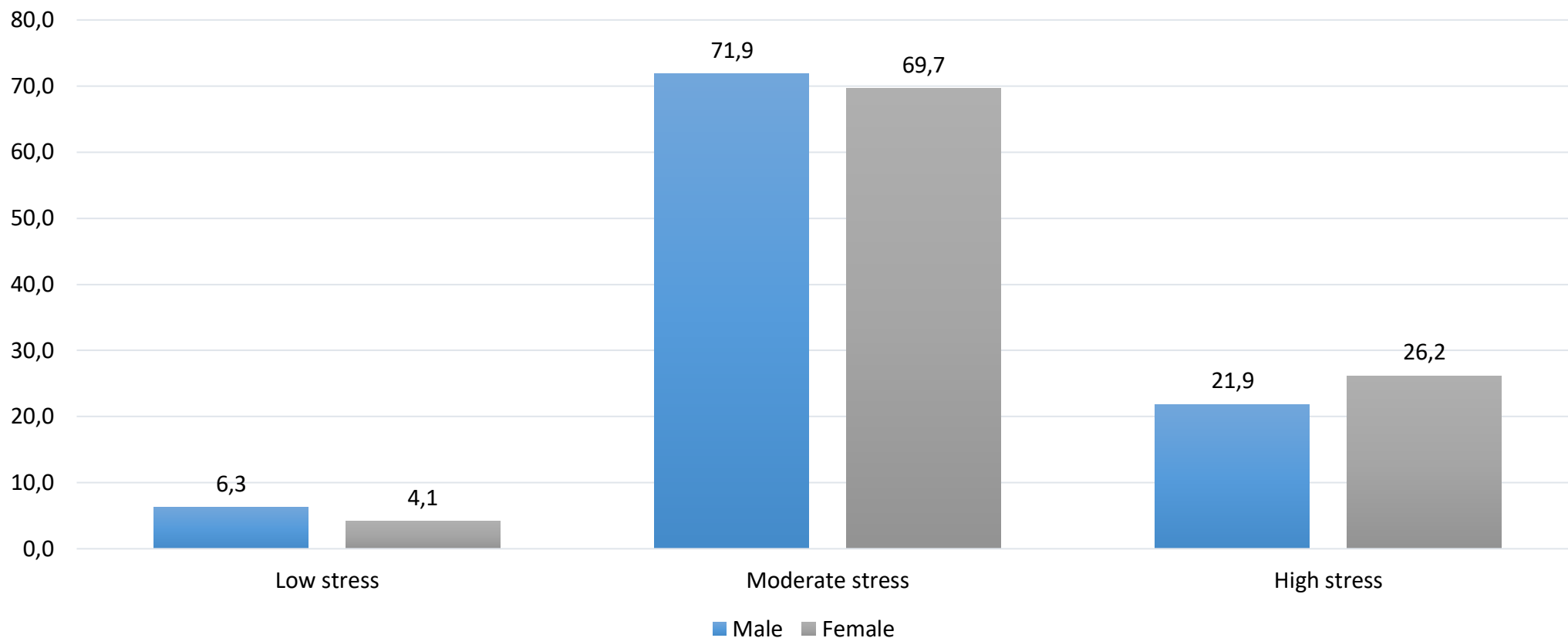


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Stress level (gender)

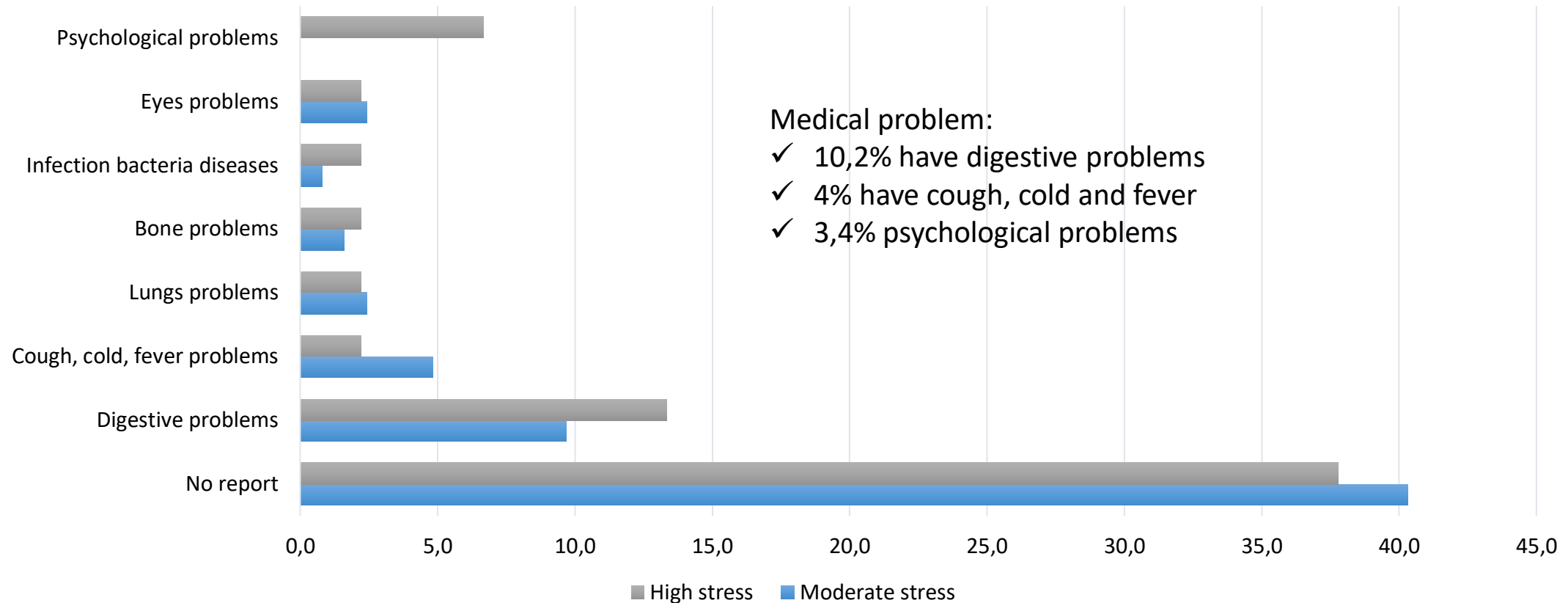


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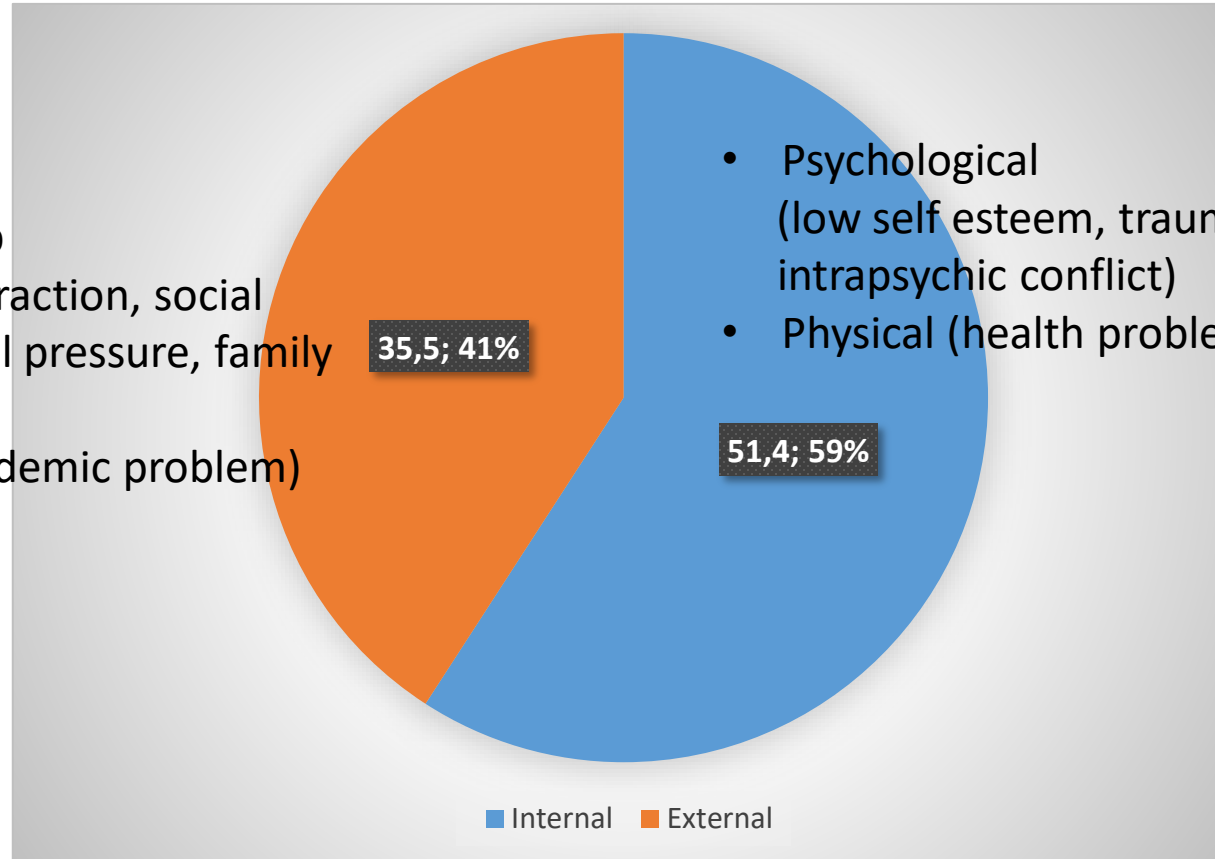
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Medical problems

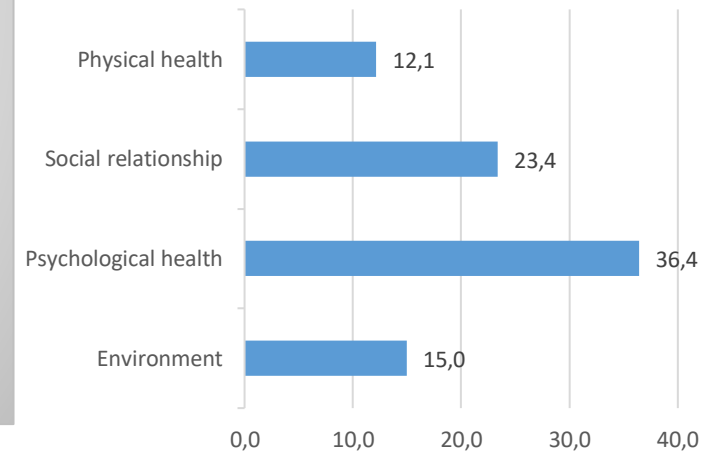


Source of stress

- Social relationship (lack of social interaction, social comparison, social pressure, family problems)
- Environment (academic problem)

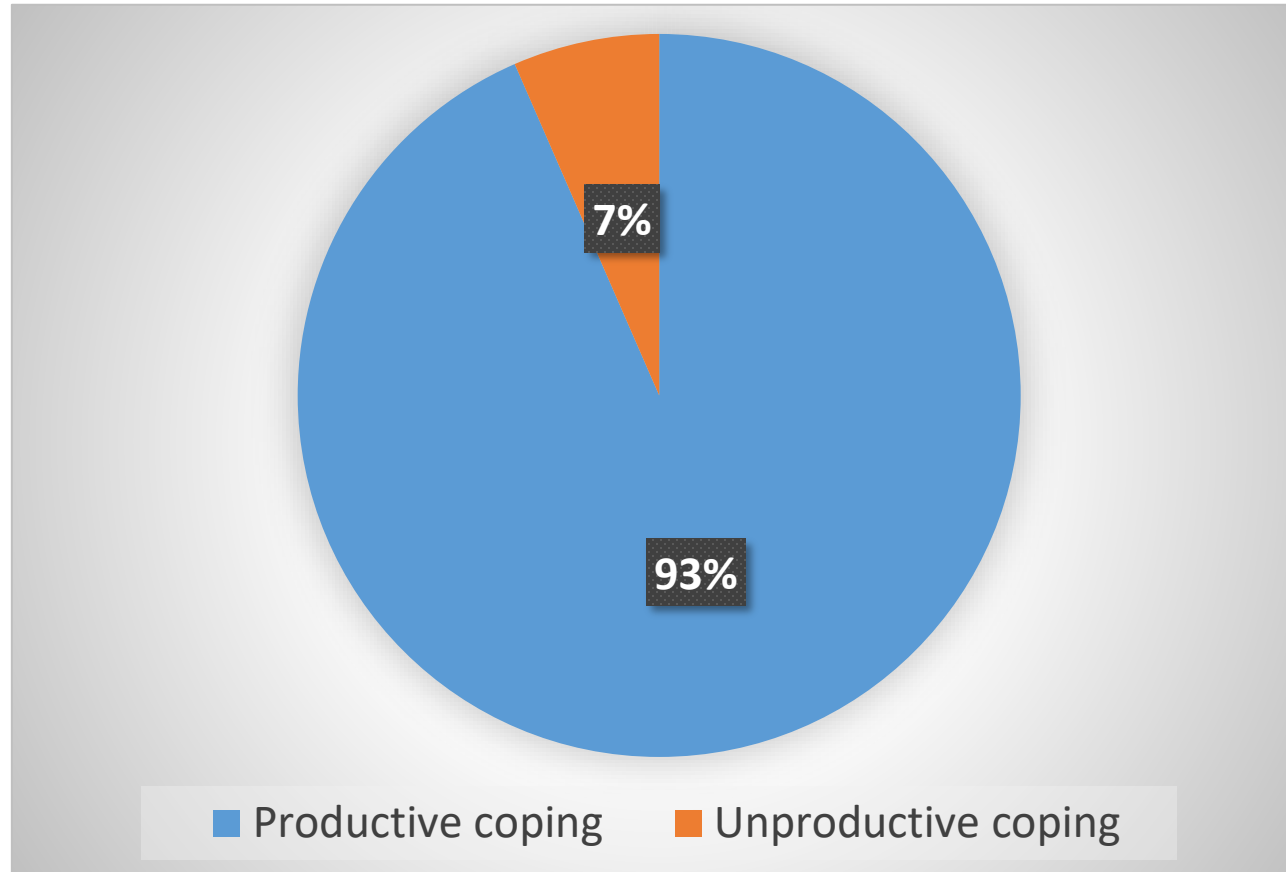


- Psychological (low self esteem, trauma, anxiety, intrapsychic conflict)
- Physical (health problems)



Coping strategies

- Self-acceptance
- Do academic activity
- **Do leisure activity**
- Calm down
- Positive thinking
- Socialization
- Sharing the problems
- Do exercise
- Gratitude
- Writing
- Reappraisal



- **Avoidance**
- Do religious activity
- Emotional expression



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QS STARS
RATING SYSTEM
2019

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CPA
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Discussion

- Sample size
- Location
- Activity as coping strategies: leisure
- No additional data to compare
- Other factors that contribute to coping strategies



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Thank you

Email:

- roswiyani@fpsi.untar.ac.id
- monty_satiadarma@yahoo.com



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Monday, March 21, 2022



The International Academic Forum

Office Address:
Sakae 1-16-26 201
Naka-ku, Nagoya-shi, Aichi-ken
460-0008 JAPAN
Tel: (+81) (050) 5806 3184

LETTER OF INVITATION TO ACP 2022

On behalf of the International Academic Forum and its International Partners, it gives us great pleasure to extend the warmest possible welcome to:

Monty P. Satiadarma

OF

Tarumanagara University, Indonesia

(Presenter & Session Chair)

Who is invited to attend as a Presenter & Session Chair, The Asian Conference on Psychology & the Behavioral Sciences (ACP 2022).

The conference will be held online from Tokyo, Japan from March 29-31, 2022.

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