

Monday, March 21, 2022



## **The International Academic Forum**

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### **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:

Roswiyani Roswiyani

OF

Tarumanagara University, Indonesia

(Presenter)

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

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

[aqp.iafor.org](http://aqp.iafor.org)

# Perceived Stress of Students during Online Learning

**Roswiyani Roswiyani & Monty P. Satiadarma**

**Universitas Tarumanagara**

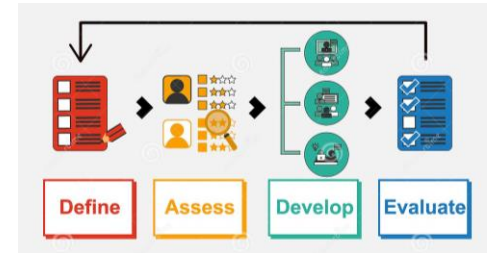
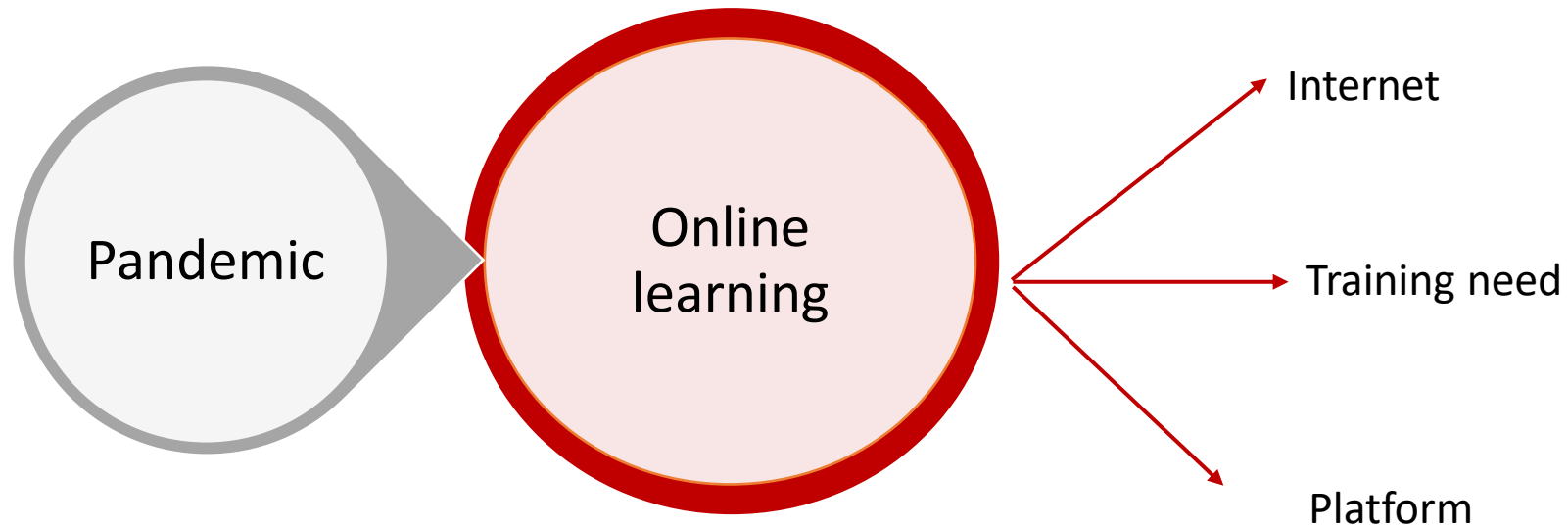
**Indonesia**

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.

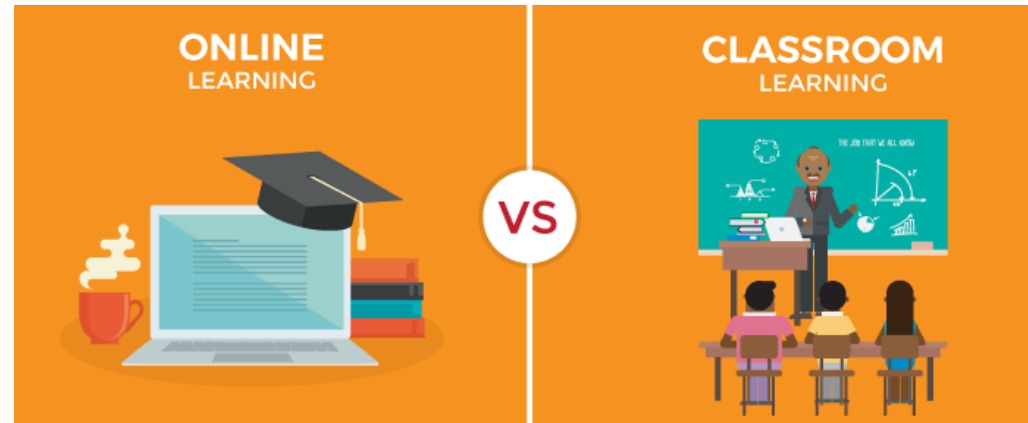


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# Online vs Classroom



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.

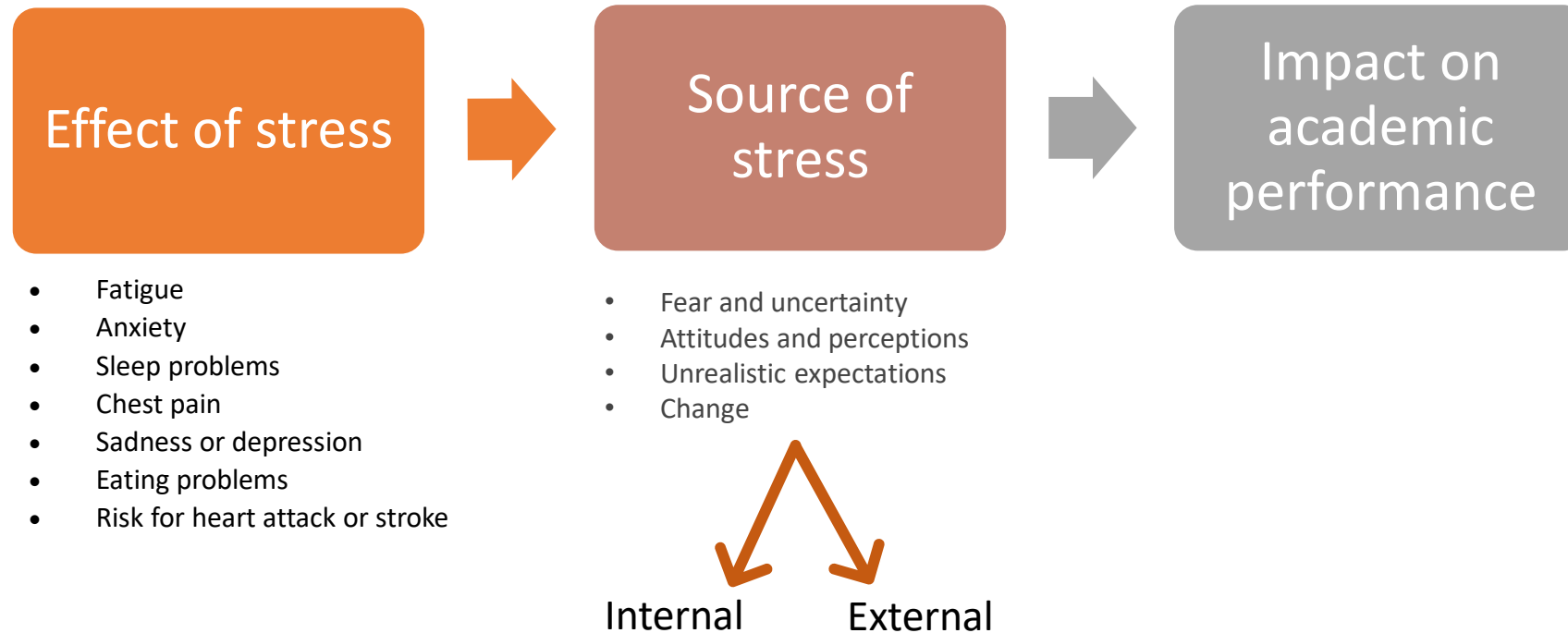


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# Stress



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.

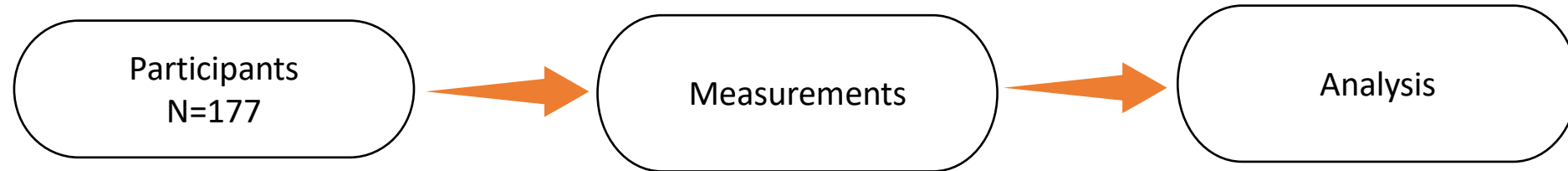


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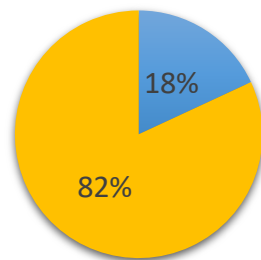
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# Methods



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)



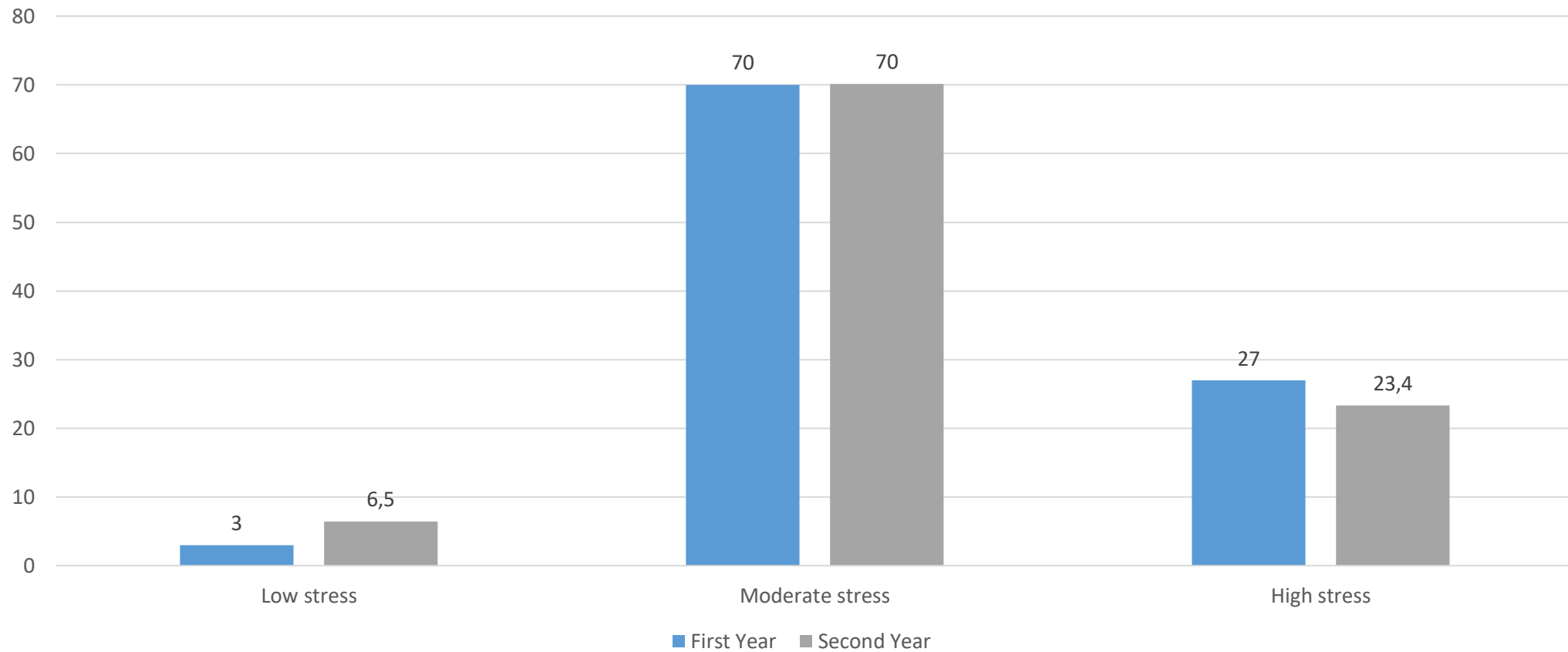
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# Stress level (year of school)

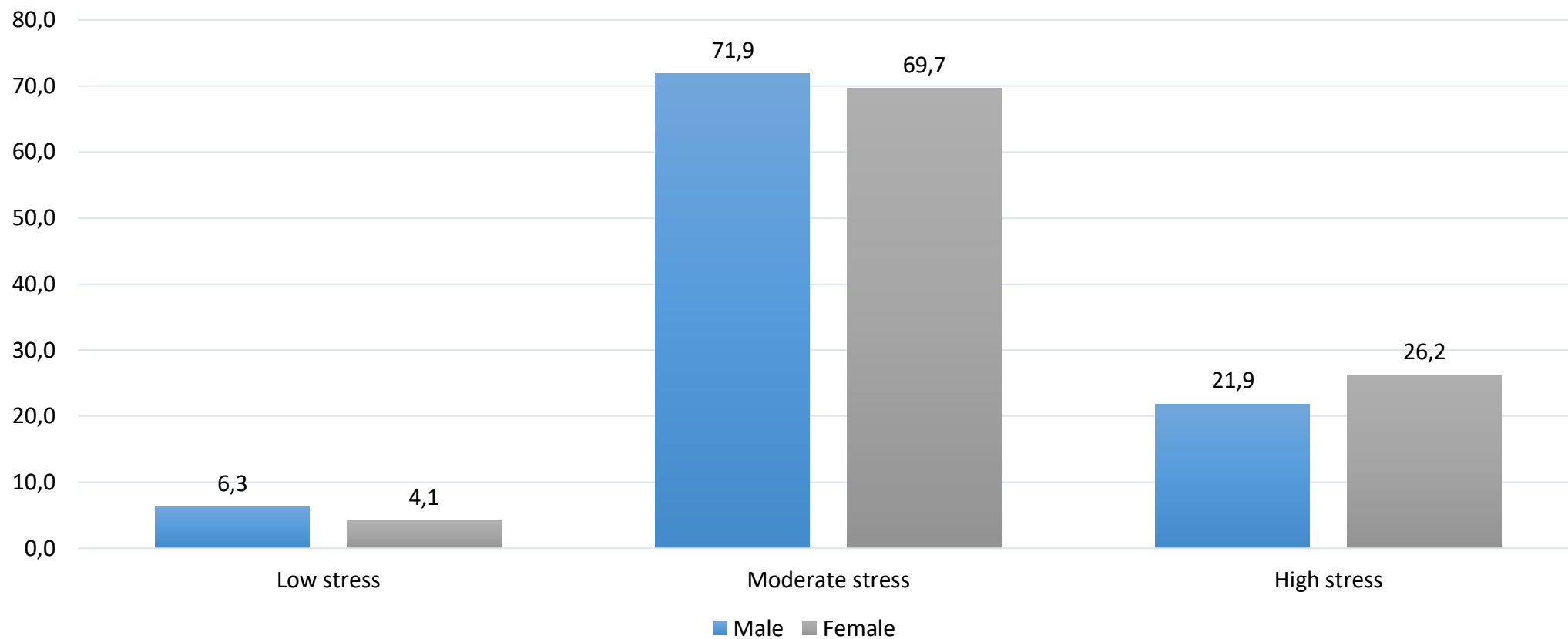


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# Stress level (gender)

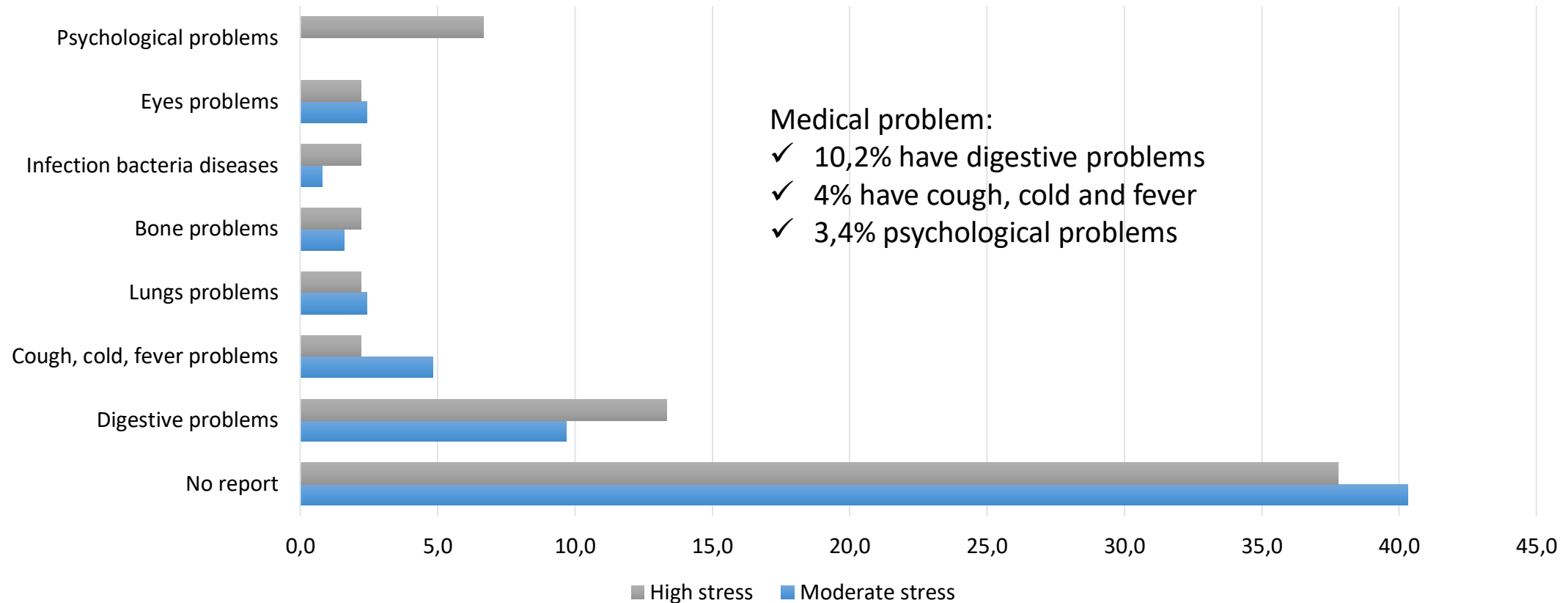


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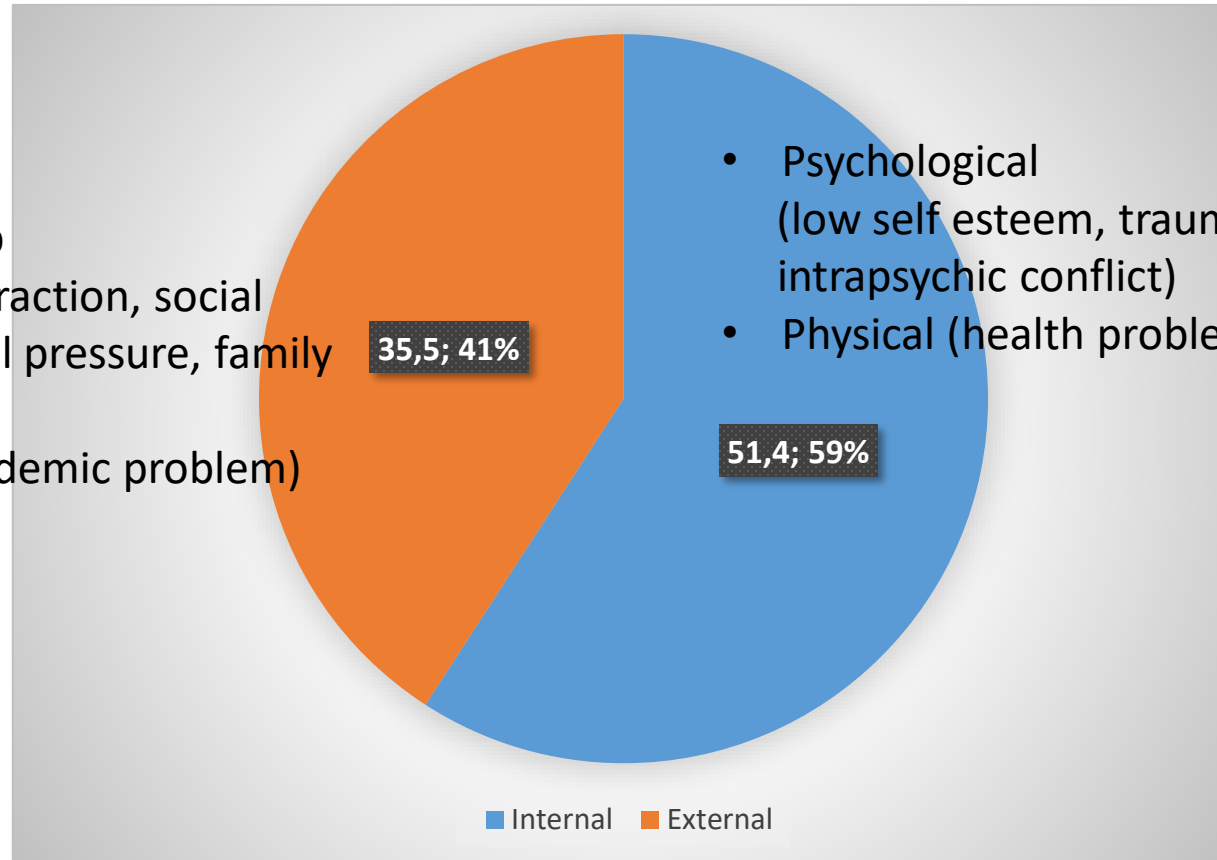
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# Medical problems

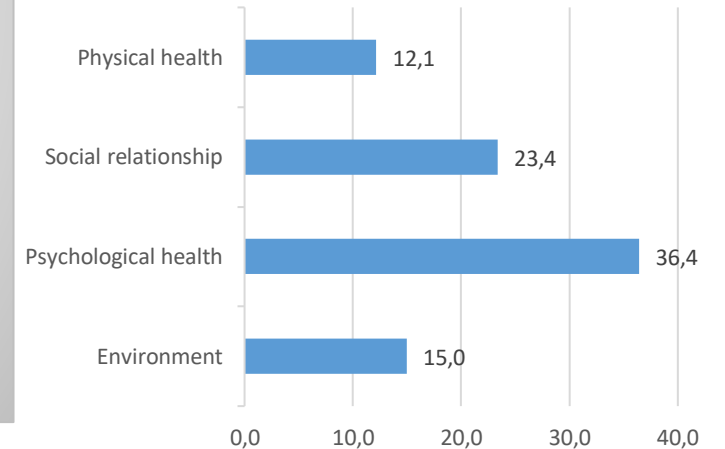


# Source of stress

- 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)



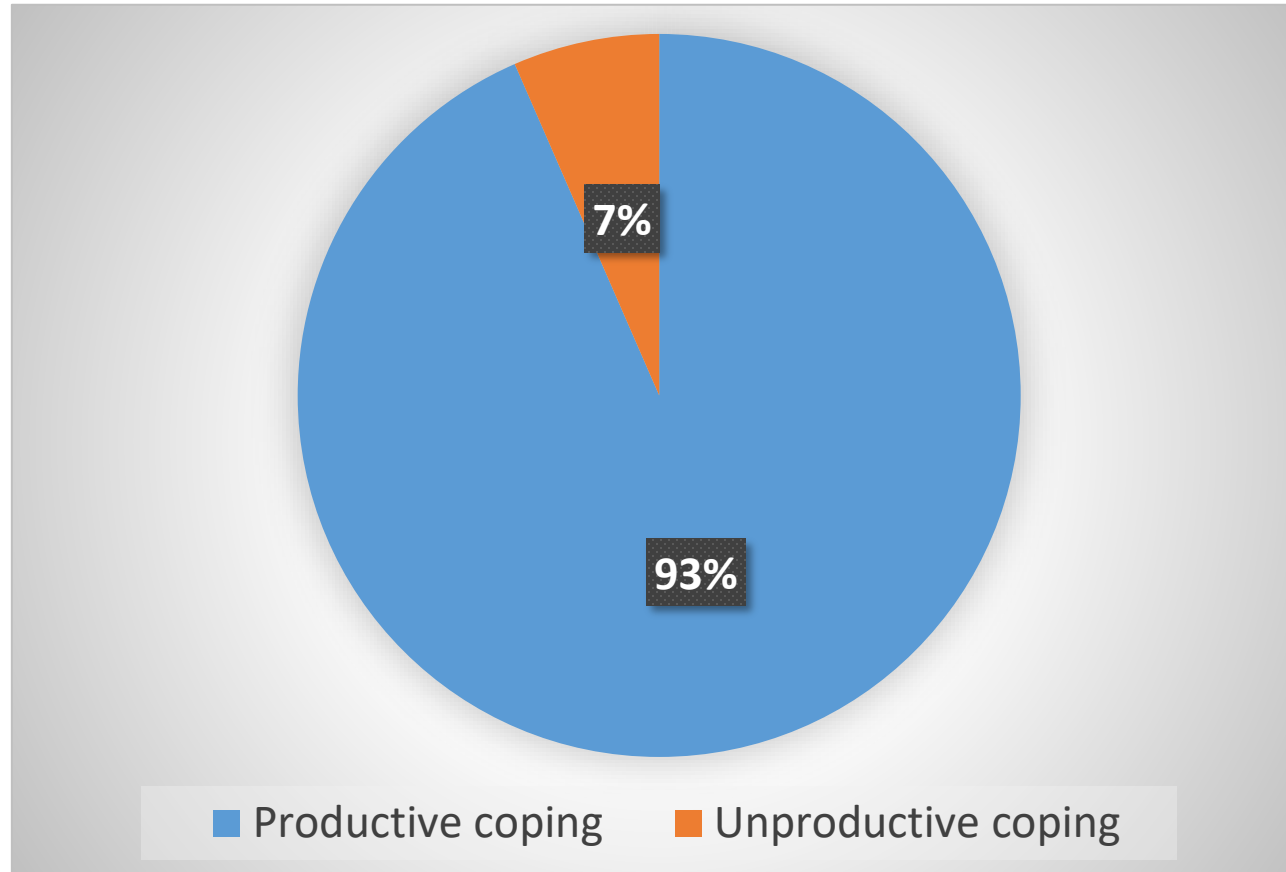
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# Coping strategies

- 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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# 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

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THE INTERNATIONAL ACADEMIC FORUM

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## **The Asian Conference on Psychology & the Behavioral Sciences (ACP2022)**

Online from Tokyo, Japan | March 29-31, 2022

Organised by The International Academic Forum (IAFOR) in association with the IAFOR Research Centre at Osaka University and IAFOR's Global University Partners

### **Certificate of Presentation**

**Roswiyani Roswiyani**  
(Tarumanagara University, Indonesia)

has presented the research entitled:

*Perceived Stress of Students During Online Learning*

This is to confirm that Roswiyani Roswiyani, having presented the above research, actively participated in The Asian Conference on Psychology & the Behavioral Sciences (ACP2022), and thereby contributed to the academic success of the event.

On behalf of the ACP2022 Organising Committee:



**Dr Joseph Haldane**

Chairman & CEO, The International Academic Forum (IAFOR)