

Abstrak

Pandemi covid-19 yang telah berlangsung saat ini membawa era baru dalam berbagai bidang termasuk dalam bidang pendidikan. Hal ini tentu saja menimbulkan polemik dan paradigma baru dalam dunia pendidikan khususnya kepada mahasiswa, dimana mereka dituntut untuk terus berkembang seiring dengan bertumbuhnya sistem pendidikan di era pandemi saat ini. Penelitian ini bertujuan untuk mengetahui perbedaan strategi *coping* stres berdasarkan pada bentuk *problem focused coping (PFC)* dan *emotion focused coping (EFC)* antara mahasiswa Universitas Mercu Buana Yogyakarta yang mengikuti organisasi dengan yang tidak dimasa pandemi covid-19. Subjek dalam penelitian ini berjumlah 100 mahasiswa yang terdiri dari 50 mahasiswa mengikuti organisasi dan 50 mahasiswa tidak mengikuti organisasi di Universitas Mercu Buana Yogyakarta dimasa pandemi covid-19. Pengambilan sampel subjek pada penelitian ini menggunakan teknik *nonprobability sampling* dengan prosedur *purposive sampling*. Skala yang digunakan dalam penelitian ini menggunakan skala Brief COPE. Teknik analisis data menggunakan independent sample t-test. Analisis data pada PFC menunjukkan hasil uji hipotesis $t = 3,729$ dengan $p \leq 0,050$, dan pada EFC menunjukkan hasil uji hipotesis $t = 3,127$ dengan $p = \leq 0,050$. Artinya bahwa ada perbedaan strategi *coping* stres dalam bentuk *problem focused coping* dan *emotion focused coping* pada mahasiswa Universitas Mercu Buana Yogyakarta yang mengikuti organisasi dan tidak dimasa pandemi covid-19. Mahasiswa Universitas Mercu Buana Yogyakarta yang mengikuti organisasi dimasa pandemi covid-19 memiliki strategi *copings* stres pada bentuk PFC dan EFC yang lebih tinggi daripada mahasiswa yang tidak mengikuti organisasi dimasa pandemi covid-19.

Kata kunci: mahasiswa, keikutsertaan dalam organisasi, strategi *coping* stres

Abstract

The current COVID-19 pandemic has brought about a new era in various fields, including education. This of course raises polemics and new paradigms in the world of education, especially for students, where they are required to continue to develop along with the growth of the education system in the current pandemic era. This study aims to determine the differences in stress coping strategies based on the form of problem focused coping (PFC) and emotion focused coping (EFC) between Mercu Buana University Yogyakarta students who joined the organization and those who did not during the covid-19 pandemic. The subjects in this study were 100 students consisting of 50 students participating in organizations and 50 students not participating in organizations at Mercu Buana University Yogyakarta during the covid-19 pandemic. Sampling of the subjects in this study used a non-probability sampling technique with a purposive sampling procedure. The scale used in this study uses the COPE Brief scale. The data analysis technique used independent sample t-test. Data analysis on the PFC showed the results of hypothesis testing $t = 3.729$ with $p \leq 0.050$, and the EFC showed the results of hypothesis testing $t = 3.127$ with $p \leq 0.050$. This means that there are differences in stress coping strategies in the form of problem focused coping and emotion focused coping at Mercu Buana University Yogyakarta students who join the organization and not during the covid-19 pandemic. Mercu Buana University Yogyakarta students who participated in the organization during the covid-19 pandemic had higher stress coping strategies in the form of PFC and EFC than students who did not participate in the organization during the covid-19 pandemic.

Keywords: *students, participation in organizations, stress coping strategies*