

# Hubungan antara karakteristik dan kecemasan dengan mekanisme koping orang tua melepas anak SD menggunakan sistem pembelajaran luring = The correlation between characteristics and anxiety with parental coping mechanisms releases elementary school children using the system offline learning

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## Abstrak

Penurunan kasus COVID-19 memberikan dampak positif pada bidang pendidikan, yaitu dengan diperbolehkannya pembelajaran tatap muka dengan tetap mematuhi peraturan kesehatan yang dikeluarkan oleh pemerintah. Diterapkannya kembali pembelajaran tatap muka di tengah-tengah kasus COVID-19 menimbulkan beberapa kecemasan yang dihadapi oleh orang tua siswa. Penelitian ini bertujuan untuk mengidentifikasi lebih lanjut terkait hubungan antara karakteristik dan kecemasan dengan mekanisme koping yang digunakan oleh orang tua siswa kelas 5 dan kelas 6 saat melepas anak menggunakan sistem pembelajaran luring saat COVID-19. Kriteria pada penelitian ini yaitu; Siswa Sekolah Dasar kelas 5 dan 6 yang berlokasi di Kelurahan Abadijaya; Siswa yang tinggal serumah dengan orang tua, Siswa sudah belajar secara luring, orang tua yang paling intens mendampingi anak belajar. Metode penelitian yang digunakan adalah riset kuantitatif dengan desain penelitian deskriptif-korelasi, serta pendekatan potong lintang. Sebanyak 200 orang tua siswa kelas 5 dan kelas 6 SDN Mekarjaya 13 dan SDN Mekarjaya 14 terlibat dalam penelitian ini, serta dikumpulkan dengan menggunakan teknik stratified random sampling. Instrumen yang digunakan dalam penelitian ini yaitu Depression Anxiety Stress Scale (DASS) untuk variabel tingkat kecemasan dan Ways of Coping untuk variabel mekanisme koping. Analisis univariat menggunakan uji proporsi menunjukkan bahwa sebanyak 48% responden memiliki tingkat kecemasan ringan dan menggunakan mekanisme koping berfokus pada emosi. Sedangkan analisis stratified bivariat menggunakan uji kai kuadrat menunjukkan adanya hubungan yang signifikan antara variabel karakteristik kelas anak dan tingkat kecemasan ( $p=0,032$ ), variabel karakteristik rata-rata penghasilan orang tua dan mekanisme koping ( $p=0,040$ ) akan tetapi variabel tingkat kecemasan dan mekanisme koping ditemukan tidak memiliki hubungan yang signifikan ( $p=0.836$ ). Temuan penelitian ini dapat membantu pengembangan pelayanan, pendidikan, maupun penelitian keperawatan terkait pencegahan terhadap peningkatan kecemasan dan penggunaan mekanisme koping, serta meminimalisasi fenomena kecemasan di kalangan orang tua siswa.

.....The decreased of COVID-19 case has had a positive impact in education sector, known by allowing offline learning the government. The re-implementation of face-to-face learning during the COVID-19 case engender some anxiety as perceived by parents. This study aims to further identify the relationship between characteristics and anxiety with the coping mechanisms used by parents of 5th and 6th grade students during their children using the offline learning system. The criteria in this research that is; Elementary school students grade 5 and 6 located in the Abadijaya Village; Students who live at home with their parents, students have studied offline, parents are the most intense in accompanying children to learn. The research method used is quantitative research with a descriptive-correlation research design, as well as a cross-sectional approach. A total of 200 parents of 5th grade and 6th grade students in SDN Mekarjaya 13 and SDN Mekarjaya 14 were involved in this research and were collected using a stratified random sampling

technique. The instrument used in this study is the Depression Anxiety Stress Scale (DASS) for the variable level of anxiety and Ways of Coping for the variable coping mechanism. Univariate analysis using the proportion test showed that as many as 48% of respondents had a mild level of anxiety and used coping mechanisms that focused on emotions. While the stratified bivariate analysis using the kai-squared test showed a significant relationship between the characteristics of the child's grade level and the level of anxiety ( $p=0.032$ ), the variable characteristics of the average income of parents and coping mechanisms ( $p=0.040$ ) but the variable level of anxiety and coping mechanisms were found to have no significant relationship ( $p=0.836$ ). This research finding supposed to assist the development of services, education, and nursing research related to the prevention of increased anxiety and the use of coping mechanisms, as well as minimizing the phenomenon among parents.