

# Hubungan antara self efficacy, resiliensi dan strategi koping dengan tingkat stres ibu rumah tangga selama mendampingi anak sekolah dasar menjalani PJJ = The relationship between self-efficacy, resilience, and coping strategies with stress level of housewives while accompanying elementary school children undergoing distance learning

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## Abstrak

Pembelajaran jarak jauh meningkatkan stres ibu rumah tangga. Upaya ibu rumah tangga mengatasi masalah pembelajaran jarak jauh dipengaruhi keyakinan dan ketangguhan ibu. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara efikasi diri, resiliensi, dan strategi koping dengan tingkat stres ibu rumah tangga saat mendampingi anak belajar di rumah. Penelitian kuantitatif dengan desain deskriptif-korelasi, pendekatan retrospektif, dan teknik potong lintang melibatkan 110 ibu rumah tangga yang memiliki anak Sekolah Dasar Kelas 1-3, didapatkan melalui teknik *quota sampling*. Hasil analisis bivariat dengan uji kai kuadrat menunjukkan ada hubungan antara efikasi diri dengan tingkat stres ( $p=0,008$ ), ada hubungan resiliensi dengan tingkat stres ( $p=0,037$ ), dan ada hubungan strategi koping dengan tingkat stres ( $p=0,005$ ). Penelitian ini membantu pengembangan instansi kesehatan dan pendidikan; pendidikan dan penelitian keperawatan terkait efikasi diri, resiliensi, strategi koping, dan tingkat stres. Pelatihan dan peningkatan pengetahuan ibu tentang cara pendampingan anak serta penguatan sistem pendukung bagi ibu direkomendasikan.

.....Distance learning increases the stress of housewives. The efforts of housewives to overcome distance learning problems are influenced by self-efficacy and resilience. This study was aiming to identify the relationship between self-efficacy, resilience, and coping strategies with the stress level of housewives when accompanying children to study at home. Quantitative research with descriptive-correlation design, retrospective approach, and cross-sectional technique involving 110 housewives who has elementary school children in 1st-3rd grade, obtained through quota sampling technique. The results of the bivariate analysis with the chi square test showed that there was a relationship between self-efficacy and stress levels ( $p=0.008$ ), there was a relationship between resilience and stress levels ( $p=0.037$ ), and there was a relationship between coping strategies and stress levels ( $p=0.005$ ). This research helps the development of health and education institutions; nursing education and research related to self-efficacy, resilience, coping strategies, and stress levels. It is recommended that training and increasing knowledge of mothers on how to assist children and strengthening the support system.