

HUBUNGAN ANTARA COPING STRATEGIES DAN PERCEIVED STRESS PADA STUDENT-ATHLETE UNIVERSITAS SELAMA PANDEMI COVID-19

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ABSTRAK

Pandemi COVID-19 membawa berbagai dampak bagi tatanan kehidupan manusia, dan institusi pendidikan adalah satu ranah yang paling terdampak. Salah satu pihak yang sangat terdampak adalah *student-athlete* universitas. Mahasiswa *student-athlete* yang sedari awalnya memiliki tanggung jawab yang cukup besar, yakni harus menyeimbangkan antara kewajibannya sebagai mahasiswa dan disisi lain sebagai atlet. Melalui berbagai kebijakan yang dikeluarkan dan diberlakukan pemerintah, *student-athlete* universitas dituntut untuk beradaptasi sebaik mungkin sehingga kualitas dirinya sebagai murid dan atlet tidak menurun. Salah satu dampak negatif yang dirasakan adalah *perceived stress* dan diperlukannya *coping strategies* untuk mengatasi hal tersebut. Penelitian ini mencoba untuk menelaah hubungan antara *coping strategies* dan *perceived stress* pada *student-athlete* universitas selama pandemi COVID-19. Partisipan yang digunakan pada penelitian ini adalah mahasiswa *student-athlete* yang sudah pernah terlibat kompetisi atau turnamen dengan membawa nama almaternya dan pengambilan sampel dilakukan dengan teknik snowball sampling. Analisis data menggunakan metode analisis deskriptif, analisis non parametrik dengan teknik Spearman, dan tabulasi silang. Penelitian ini menyimpulkan hasil bahwa terdapat hubungan yang signifikan dan negatif diantara *coping strategies* dan *perceived stress*, namun dengan catatan bahwa salah satu aspek dari *coping strategies*, yakni *maladaptive coping*, tidak berkorelasi signifikan dengan *perceived stress*.

Kata kunci: (pandemi, *student-athlete*, *coping strategies*, *perceived stress*)

RELATIONSHIP BETWEEN COPING STRATEGIES AND PERCEIVED STRESS IN UNIVERSITY STUDENT-ATHLETE DURING COVID-19 PANDEMIC

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ABSTRACT

COVID-19 pandemics brings many impacts to humanity life structure, and academic institution is no exception, on the contrary it's get so much impact from it. Parts of the academic institution, college especially, that got most affected by the pandemic is their student-athlete. College student-athlete already has so many responsibilities, like balancing student and athlete responsibilities at the same time. Through various policies issued and enforced by the government, student-athlete are required to adapt as best as they can so that their quality as students and athletes doesn't decrease. One of the perceived negative impacts is perceived stress and the need for coping strategies to overcome this. This study attempts to examine the relationship between coping strategies and perceived stress in university student-athletes during the COVID-19 pandemic. The participants used in this study were student-athlete who had been involved in competitions by the name of their university and sampling was using snowball sampling technique. Data analysis used descriptive analysis method, non-parametric analysis with Spearman technique, and cross-tabulation. This study results there is a significant negative relationship between coping strategies and perceived stress, but with notes that one aspect of coping strategies, namely maladaptive coping, is not significantly correlated with perceived stress.

Keywords: (pandemic, student-athlete, coping strategies, perceived stress)