

**FAKULTAS ILMU KESEHATAN  
PROGRAM STUDI S1 KEPERAWATAN  
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
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**TINGKAT STRES PEMBELAJARAN ONLINE PADA MAHASISWA  
DIMASA PANDEMI : *LITERATURE REVIEW***

**ABSTRAK**

ix bagian awal + 71 halaman + 3 bagan + 4 lampiran  
Prevalensi Covid-19 cukup tinggi menyebabkan kegiatan yang melibatkan banyak orang harus dihindari, salah satunya adalah kegiatan pembelajaran berubah menjadi daring. Proses pembelajaran daring menimbulkan beberapa kendala yang dihadapi oleh mahasiswa yaitu signal internet yang jelek, tugas yang banyak, kurang fokus dalam mengikuti proses perkuliahan, serta kesulitan tidur sehingga hal tersebut menyebabkan stress akademik pada mahasiswa. Tujuan penelitian untuk mengetahui tingkat stres pembelajaran online pada mahasiswa dimasa pandemi. Metode penelitian yang digunakan *literature review* dengan penelusuran artikel jurnal melalui *search engine Google Scholar* dan *Proquest*, didapatkan 10 artikel yang sesuai dengan kriteria yang ditetapkan. Tahapan yang dilakukan diawali dengan identifikasi masalah, screening, penilaian kualitas dimana artikel dapat diakses lengkap teksnya, analisa data dengan IMRAD dan terahir menyusun laporan hasil. Hasil penelitian berdasarkan *literature review* diperolah bahwa terdapat hubungan pembelajaran online dengan tingkat stress terhadap mahasiswa pada masa pandemi. Kesimpulan dengan pembelajaran daring memiliki beberapa dampak terhadap mahasiswa yang mengakibatkan stress. Hal tersebut diharapkan dapat menjadi evaluasi agar pembelajaran daring dapat diupayakan diterima dengan baik oleh mahasiswa tanpa mengurangi esensi pendidikan itu sendiri.

**Kata Kunci** : Pandemi Covid-19, Pembelajaran Online, Tingkat Stres  
**Pustaka** : 19 (2016-2021)

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***STRESS LEVEL OF ONLINE LEARNING IN STUDENTS DURING  
PANDEMI: LITERATURE REVIEW***

***ABSTRACT***

*ix start section + 71 pages + 3 charts + 4 appendices*  
*The prevalence of Covid-19 is quite high, causing activities that involve a lot of people to be avoided, one of which is learning activities turned online. The online learning process raises several obstacles faced by students, namely poor internet signal, a lot of assignments, lack of focus in following the lecture process, and difficulty sleeping so that it causes academic stress on students. The purpose of the study was to determine the stress level of online learning in students during the pandemic. The research method used was literature review by searching journal articles through the Google Scholar and Proquest search engines, obtained 10 articles that matched the established criteria. The stages that are carried out begin with problem identification, screening, quality assessment where the full text of the article can be accessed, data analysis with IMRAD and finally compiling a report on the results. The results of the study based on a literature review showed that there was a relationship between online learning and stress levels for students during the pandemic. The conclusion with online learning has several impacts on students which causes stress. This is expected to be an evaluation so that online learning can be sought to be well received by students without reducing the essence of education itself.*

**Keywords :** Stress Level, Covid-19 Pandemic, Online Learning  
**Libraries :** 19 (2016-2021)