

**COLLEGE STUDENT'S PERCEIVED STRESS DURING THE COVID-19
PANDEMIC**

A Study by A Psychology College Student

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ABSTRACK

The Covid-19 pandemic has caught attention of many countries around the world. The Covid-19 pandemic affect several fields like psysical health, education, and mental health. This study aimed to determine the perceived stress of students during the Covid-19 pandemic by using a descriptive quantitative survey to reveal incidence and interrelation between perceived stress and gender as demogra[hic variable. The subject of this study were 250 students from the class of 2017 to 2020. Data were colleted using the Perceived Stress Scale (PSS). This scale was adapted by Puernami and Sawitri (2019). The result of this study showed overall level of student perceived stress during the Covid-19 pandemic in June 2021 was normal. Research also indicates there are difference between the perceived stress of male and female students. Female students tend to have a higher level of perceived stress that male students.

Keyword : perceived stress, college student, descriptive survey

PERCEIVED STRESS MAHASISWA PADA MASA PANDEMI COVID-19

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Frederica Ayu Wulandari**ABSTRAK**

Pandemi Covid-19 menyita perhatian di berbagai negara di seluruh dunia. Pandemi Covid-19 berdampak pada beberapa bidang yaitu kesehatan fisik, pendidikan, dan kesehatan mental. Penelitian ini bertujuan untuk mengetahui *perceived stress* mahasiswa pada masa pandemi Covid-19 dengan menggunakan desain survei kuantitatif deskriptif untuk mengungkapkan dua hal yaitu insidensi dan interelasi antara *perceived stress* dengan variabel demografis jenis kelamin. Subjek penelitian ini berjumlah 250 mahasiswa angkatan 2017 sampai dengan 2020. Pengambilan data menggunakan *Perceived Stress Scale* (PSS-10) yang diadaptasi oleh Purnami dan Sawitri (2019). Hasil penelitian menunjukkan bahwa tingkat *perceived stress* mahasiswa pada masa pandemi Covid-19 dalam sebulan terakhir dibulan Juni 2021 secara keseluruhan mahasiswa mengalami stres normal. Penelitian juga menunjukkan terdapat perbedaan antara *perceived stress* mahasiswa laki-laki dan mahasiswa perempuan. Mahasiswa perempuan mengalami tingkat *perceived stress* yang lebih tinggi dibanding laki-laki.

Kata kunci : *perceived stress*, mahasiswa, survei deskriptif