

ABSTRACT

The change of education system during COVID-19 pandemic was a big challenge for teachers. Unfamiliar learning systems require teachers to adapt to current situation in a very short time. A sudden change of learning systems can cause psychological distress such as anxiety, stress, and depression. However, psychological distress that occurred can be controlled by implementing appropriate coping strategies for each individual. This study aims to describe the psychological perceptions, psychological distress, and coping strategy of teachers in the midst of COVID-19 pandemic.

This study used quantitative descriptive method with cross sectional design to describe psychological perceptions, general psychological distress including anxiety, stress, and depression, and also the description of coping strategy of Al-Muttaqien Islamic Boarding School Foundation in Balikpapan city. There are 17 research subjects who were determined by using the total sampling method. The questionnaire was distributed to all subjects to obtain information of research variables.

The results showed that there were 15 subjects who felt anxious about COVID-19 pandemic. Of the 15 subjects, 3 people experienced moderate anxiety, 1 experienced moderate stress, and 2 experienced mild depression. Of the 2 research subjects who said they were not worried about COVID-19 pandemic, 1 of them experienced mild depression. About 58,8% of subjects tended to use the EFC (Emotion Focused Coping) and 41,2% used the PFC (Problem Focused Coping). The most frequently used of sub-copings are planful problem solving and accepting responsibility.

The conclusion of this study is that the majority of research subjects feel anxious about COVID-19 pandemic. However, most subjects were able to manage and control feelings that interfere with mental health such as anxiety, stress and depression by applying efficient coping strategies for each person.

Keywords : Teacher, Psychological Distress, Coping Strategy, COVID-19

ABSTRAK

Perubahan proses belajar mengajar selama pandemi COVID-19 merupakan tantangan besar bagi para pendidik. Sistem belajar yang kurang familiar menyebabkan guru harus beradaptasi dalam waktu yang singkat. Perubahan sistem yang terjadi secara tiba-tiba dapat menyebabkan timbulnya *distress* psikologis seperti kecemasan, stress, hingga depresi. Namun, *distress* psikologis tersebut dapat dikendalikan dengan mengimplementasikan strategi koping yang tepat bagi masing-masing individu. Penelitian ini bertujuan untuk mendeskripsikan gambaran persepsi psikologis, *distress* psikologis dan strategi koping guru ditengah pandemi COVID-19.

Penelitian ini menggunakan metode deskriptif kuantitatif dengan rancangan cross sectional untuk mengetahui gambaran persepsi psikologis, *distress* psikologis meliputi kecemasan, stres, dan depresi, serta gambaran strategi koping guru Yayasan Pondok Pesantren Modern Al-Muttaqien kota Balikpapan. Subjek penelitian berjumlah 17 responden yang ditentukan menggunakan metode *total sampling*. Kuesioner dibagikan kepada seluruh responden untuk mendapatkan informasi mengenai variabel yang diteliti.

Hasil penelitian menunjukkan bahwa terdapat 15 responden yang merasa cemas dengan adanya pandemi COVID-19. Dari 15 responden, 3 orang mengalami kecemasan pada kategori sedang, 1 orang mengalami stres pada tingkat sedang, dan 2 orang mengalami depresi ringan. Dari 2 responden yang mengaku tidak cemas terhadap pandemi COVID-19, 1 orang diantaranya mengalami depresi ringan. Sebanyak 58,8% responden cenderung menggunakan strategi koping EFC (*Emotion Focused Coping*) dan 41,2% menggunakan strategi koping PFC (*Problem Focused Coping*). Sub koping yang paling sering digunakan responden adalah *planful problem solving* dan *accepting responsibility*.

Kesimpulan dari penelitian ini adalah mayoritas responden merasakan cemas dengan adanya pandemi COVID-19. Namun sebagian besar responden mampu mengelola dan mengendalikan perasaan yang mengganggu kesehatan mental seperti kecemasan, stres dan depresi dengan mengaplikasikan strategi koping yang efisien bagi setiap responden.

Kata Kunci : Guru, *Distress* Psikologis, Strategi Koping, COVID-19