

ABSTRACT

EXPLORATION OF *COPING* STRATEGIES AMONG FIRST-YEAR UNDERGRADUATE NURSING STUDENTS IN MANAGING ACADEMIC STRESS AT BINA SEHAT PPNI UNIVERSITY MOJOKERTO

BY:

ERIKA LUTFIA CAHYANI

Academic stress is a common problem experienced by first-year university students due to academic demands and the adaptation process to higher education. This study aimed to explore the experiences of first-year undergraduate nursing students in using coping strategies to manage academic stress. This study employed a qualitative method with a phenomenological approach. A total of 11 participants were selected using sequential sampling based on the Perception of Academic Stress Scale (PAS) screening results, with moderate to high levels of academic stress. Data were collected through in-depth interviews and analyzed using the Van Manen phenomenological method. The findings revealed five themes: forms of academic stress experienced by first-year students, coping strategies used by students, the process of implementing coping strategies in managing academic stress, factors influencing the selection of coping strategies among first-year students, and the meaning and impact of coping strategy use among first-year students. Students perceived coping strategies as efforts to manage stress in order to adapt to academic demands. This study concludes that coping strategies help first-year students manage academic stress adaptively and support the continuity of their learning process.

Keywords: academic stress, *coping* strategies, first-year students, interpretative phenomenology, nursing.

BINA SEHAT PPNI

ABSTRAK

EKSPLORASI STRATEGI *COPING* MAHASISWA TINGKAT PERTAMA S1 KEPERAWATAN DALAM MENGHADAPI STRES AKADEMIK DI UNIVERSITAS BINA SEHAT PPNI MOJOKERTO

BY:

ERIKA LUTFIA CAHYANI

Stres akademik merupakan permasalahan yang sering dialami mahasiswa tingkat pertama akibat tuntutan akademik dan proses adaptasi di perguruan tinggi. Penelitian ini bertujuan mengeksplorasi pengalaman mahasiswa tingkat pertama S1 Keperawatan dalam menggunakan strategi coping untuk mengelola stres akademik. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Sebanyak 11 partisipan dipilih menggunakan teknik sequential sampling berdasarkan hasil skrining Perception of Academic Stress Scale (PAS) kategori stres sedang hingga tinggi. Data dikumpulkan melalui wawancara mendalam dan dianalisis menggunakan metode Van Manen. Hasil penelitian menghasilkan lima tema, yaitu bentuk-bentuk stres akademik yang dialami mahasiswa tingkat pertama, strategi coping yang digunakan mahasiswa, proses penerapan strategi coping dalam mengelola stres akademik, faktor yang memengaruhi pemilihan strategi coping pada mahasiswa tingkat pertama, serta makna dan dampak penggunaan strategi coping pada mahasiswa tingkat pertama. Mahasiswa memandang strategi coping sebagai upaya mengelola stres agar mampu beradaptasi dengan tuntutan akademik. Penelitian ini menyimpulkan bahwa strategi coping membantu mahasiswa mengelola stres secara adaptif dan mendukung keberlangsungan proses belajar.

Kata kunci: stres akademik, strategi *coping*, mahasiswa tingkat pertama, fenomenologi interpretatif, keperawatan.