

**Academic Resilience Among Psychology Students In The Faculty Of
Medicine And Health Sciences University Of Jambi Using Online Learning
During Pandemic Situations**

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ABSTRAK

Latar Belakang : The COVID-19 pandemic has pushed students to be able to shift their study methods online. This change made students find warns heademic difficulties, difficulties that couldn't be overcome will jeopardize the continuity of student education. To be able to overcome these difficulties, academic resilience was needed.

Objective : This study aimed to describe the academic resilience of psychology students at the Faculty of Medicine, Jambi University in online learning situations during the pandemic in terms of aspects/dimensions of academic resilience and demographic variables.

Methods : This research was a quantitative research using the descriptive method. The research sample was 145 students of the 2018-2020 psychology class at the Jambi University obtained by using a stratified random sampling technique. The research trials and data sample was collected online using google form. The reability of the academic resilience is 0.942

Results : Overall, from 145 respondents, as many as 57 people (39.31%) had academic resilience in the medium category, 5 people (3.45%) in the very low category, 44 people (30.34%) in the low category, 30 people (20.69%) with high category, 9 people (6.21%) with very high category.

Conclusions and suggestions : Self-Reflection and Seeking Help Adaptively are the aspects with the moderate category with the greatest frequency. The majority of each demographic characteristic have a moderate level of academic resilience.

Keywords : Academic resilience, covid-19, online learning, psychology students.

Resiliensi Akademik Mahasiswa Jurusan Psikologi FKIK Universitas Jambi Pada Situasi Pembelajaran Daring (Dalam Jaringan) Di Masa Pandemi

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ABSTRAK

Latar Belakang : Pandemi *COVID-19* menyebabkan mahasiswa dituntut untuk bisa belajar secara daring/virtual. Adanya perubahan membuat mahasiswa menemukan berbagai kesulitan akademik, kesulitan-kesulitan yang tidak dapat diatasi akan membahayakan keberlangsungan pendidikan mahasiswa. Untuk dapat mengatasi kesulitan tersebut diperlukan resiliensi akademik.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran resiliensi akademik mahasiswa psikologi FKIK Universitas Jambi pada situasi pembelajaran daring di masa pandemi ditinjau dari aspek/dimensi resiliensi akademik serta variabel demografi.

Metode : Penelitian ini merupakan penelitian kuantitatif menggunakan metode deskriptif. Sampel penelitian sebanyak 145 mahasiswa angkatan 2018-2020 psikologi Universitas Jambi yang diperoleh dengan teknik stratified random sampling. Pengumpulan uji coba penelitian dan pengambilan data dilakukan secara online menggunakan google form. Reabilitas skala resiliensi akademik sebesar 0,942.

Hasil : Hasil penelitian menunjukkan bahwa dari 145 responden, sebanyak 57 orang (39.31%) memiliki resiliensi akademik dengan kategori sedang, 5 orang (3.45%) dengan kategori sangat rendah, 44 orang (30.34%) dengan kategori rendah, 30 orang (20.69%) dengan kategori tinggi, 9 orang (6.21%) dengan kategori sangat tinggi.

Kesimpulan dan Saran : Refleksi diri dan mencari bantuan secara adaptif merupakan aspek dengan kategori sedang dengan frekuensi paling besar. Mayoritas pada masing-masing karakteristik demografi memiliki tingkat resiliensi akademik sedang.

Kata Kunci : *covid-19*, mahasiswa psikologi, pembelajaran daring, resiliensi akademik.