

**HUBUNGAN STRES DENGAN KEPATUHAN *PHYSICAL DISTANCING*  
PADA MASYARAKAT DI KOTA JAMBI TERHADAP PANDEMI  
COVID-19**

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**ABSTRAK**

**LATAR BELAKANG** Banyak faktor yang dapat mempengaruhi serta mendorong subjek memiliki intensi mengalami stress, dan selama pandemi covid-19 berlangsung serta beberapa faktor yang mempengaruhi Kepatuhan *Physical Distancing* di masyarakat Kota Jambi pada masa pandemi covid-19.

**METODE** Penelitian ini merupakan penelitian kuantitatif dengan metode korelasional dan bersifat *cross-sectional*. Penelitian ini dilakukan pada masyarakat Kota Jambi dengan jumlah responden sebanyak 56 orang yang ditentukan dengan *cluster sampling*. Analisis yang dilakukan yaitu uji korelasi *pearson* menggunakan aplikasi JASP 0.9.0.0.

**HASIL** Penelitian ini menunjukkan hasil Stres dan Kepatuhan *Physical Distancing* memiliki hubungan dengan arah negative dengan nilai korelasi -0,104.

**KESIMPULAN DAN SARAN** Hasil dari penelitian ini menunjukkan bahwa individu dengan tingkat *stress* yang rendah dalam menghadapi pandemi covid-19 akan berkemungkinan memiliki Kepatuhan *Physical Distancing* yang tinggi. Diharapkan setiap individu bisa mengatasi stressnya dan tetap mematuhi *Physical Distancing*.

**Kata Kunci** : *Stres, Kepatuhan, Physical Distancing, Pandemi Covid-19*

**THE RELATIONSHIP BETWEEN STRESS AND CONFORMITY TO  
PHYSICAL DISTANCING IN THE COMMUNITY AT JAMBI CITY  
AGAINST COVID-19 PANDEMIC**

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**ABSTRACT**

**ABSTRACT BACKGROUND** Many factors that can influence and encourage subject to have the intention to experience stress and during the Covid-19 pandemic physical distancing compliance in the Jambi city community was at a low rate, where there were several factors that affected physical distancing compliance in the Jambi city community during covid-19 pandemic

**METHODS** This research is a quantitative study with a correlational method and is cross-sectional in nature. This research was conducted in the people of Jambi City with a total of 56 respondents who were determined by cluster sampling. The analysis carried out was the Pearson correlation test using the JASP 0.9.0.0 application.

**RESULTS** This study shows that the results of stress and physical distancing compliance have a relationship in a negative direction, where the correlation value is -0.104.

**CONCLUSIONS AND SUGGESTIONS** The results of this study indicate that individuals with low levels of stress in dealing with the Covid-19 pandemic will likely have high Physical Distancing Compliance. It is hoped that each individual can overcome their stress and adhere to Physical Distancing.

**Keywords** : *Stress, Conformity, Physical Distancing, Covid-19 Pandemic*