

**DESCRIPTIVE STUDY OF PARENTS' STRESS PERCEPTIONS DURING
ACCOMPANYING SCHOOL CHILDREN FROM HOME**

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Abstract

The purpose of this study was to determine differences in perceptions of stress parents accompanying their children to school from home. The research method uses descriptive research methods with a quantitative approach. Data collection techniques were carried out using surveys by distributing questionnaires through social media. The measuring instrument of this study used the PSS (Perceived Stress Scale)-10 questionnaire. This research was conducted on a sample of 130 respondents. Data analysis used an independent sample t-test. The results showed that there was no difference in the perception of stress for parents who had elementary school-aged children while accompanying school children from home. Mother's stress level $M = 13.74$, $SD = 5.346$ and father $M = 13.50$, $SD = 5.191$. P -value = 0.814 ($p > 0.05$). Conclusion: there is no difference in parents' perceptions of stress while accompanying school children from home.

Keywords: perception, stress, parents, school from home.

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STUDY DESKRIPTIF PERSEPSI STRES ORANG TUA SELAMA MENDAMPINGI ANAK SEKOLAH DARI RUMAH

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Abstrak

Tujuan penelitian ini adalah untuk mengetahui perbedaan persepsi stres orang tua selama mendampingi anak sekolah dari rumah. Metode penelitian menggunakan metode penelitian deskriptif dengan pendekatan kuantitatif. Teknik pengumpulan data dilakukan dengan menggunakan survei dengan menyebarkan kuesioner melalui media sosial. Alat ukur penelitian ini menggunakan kuesioner PSS (*Perceived Stress Scale*)-10. Penelitian ini dilakukan pada sampel sebanyak 130 responden. Analisis data menggunakan uji *independent sampel t-test*. Hasil penelitian bahwa tidak ada perbedaan persepsi stres orang tua yang mempunyai anak usia Sekolah Dasar selama mendampingi anak sekolah dari rumah. Tingkat stres ibu $M = 13,74$, $SD = 5,346$ dan ayah $M = 13,50$, $SD = 5,191$. $P \text{ value} = 0,814$ ($p > 0,05$). Kesimpulan : tidak terdapat perbedaan persepsi stres orang tua selama mendampingi anak sekolah dari rumah.

Kata kunci : *persepsi, stres, orang tua, sekolah dari rumah.*

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