

ABSTRAK

Hubungan antara Dukungan Sosial Suami dan *Coping Stress* Istri dalam Mendampingi Anak Belajar Daring Serta Tinjauannya dalam Islam

Pada masa pandemi COVID-19 ini seluruh siswa dianjurkan untuk melakukan proses belajar dari rumah yang biasa disebut dengan belajar ‘daring’. Dalam membimbing anaknya belajar dari rumah, para ibu tentu mengalami *stress* karena harus membagi waktunya juga untuk mengurus pekerjaan rumah. Oleh karena itu para ibu membutuhkan strategi penanggulangan *stress* yang biasa disebut sebagai *coping stress*. Strategi *coping stress* tersebut berkaitan erat dengan beberapa hal seperti dukungan sosial. Dukungan sosial adalah bentuk kenyamanan yang bermanfaat dari orang lain baik secara fisik maupun psikologis yang diberikan saat mengalami situasi menekan. Penelitian ini dilakukan kepada 101 ibu rumah tangga yang memiliki anak berusia 7 – 12 tahun yang masih duduk di bangku Sekolah Dasar untuk mengetahui hubungan antara dukungan sosial suami dan *coping stress* istri dalam mendampingi anak belajar daring. Berdasarkan hasil uji korelasi, dukungan sosial suami dan *coping stress* memiliki hubungan positif yang signifikan ($r=0.549$, $p<.001$). Menurut pandangan Islam, seorang suami harus bisa memberikan dukungan, arahan dan membimbing istri agar sang istri dapat melakukan strategi penyelesaian masalah pada situasi menekan.

Kata kunci: Dukungan sosial suami, *Coping stress*, Belajar daring, Pendampingan belajar anak

ABSTRACT

The Relation between Husband Social Support and Wife's Stress Coping in Accompanying Children for Online Learning and its Perspective of Islam

During the COVID-19 pandemic, all students are encouraged to carry out the learning process from home which is commonly referred to as online learning. In order to guide their children to learn from home, mothers surely got stressful situation because they have to divide their time to do the housework. Therefore, mothers need stress coping strategies. Stress coping strategies are closely related to several things such as social support. Social support is a form of useful comfort from others, both physically and psychologically, that is provided when experiencing stressful situations. This study was conducted on 101 housewives who have children aged 7-12 years who are still in elementary school to find out the relation between husband's social support and wife's coping with stress in accompanying children in online learning. Based on the results of the correlation test, husband's social support and coping with stress had a significant positive relationship ($r=0.549$, $p<.001$). According to the perspective in Islam, as a Muslim, a husband must be able to provide support, direction and guide his wife so that she can carry out problem-solving strategies in stressful situations

Keywords: Husband Social Support, Coping Strategies, Coping stress, Online Learning