

PENGEMBANGAN VIDEO TUTORIAL MENGENAI “STRATEGI *PROBLEM FOCUSED COPING* PADA STRES AKADEMIK DALAM MENGHADAPI UJIAN” UNTUK PESERTA DIDIK KELAS X SMA LABSCHOOL RAWAMANGUN JAKARTA

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ABSTRAK

Penelitian ini bertujuan untuk menghasilkan media pembelajaran berbasis video tutorial mengenai strategi *problem focused coping* pada stres akademik dalam menghadapi ujian. Metode penelitian yang digunakan adalah riset dan pengembangan. Prosedur pengembangan media dilakukan melalui : (1) Tahap studi pendahuluan, mencakup studi literatur dan studi lapangan. (2) Tahap pengembangan, merancang media dalam tiga bagian, diantaranya menyusun materi, membuat naskah dan menyiapkan *storyboard*, pembuatan dan *editing* video. Hasil penelitian ini adalah : (1) Produk berupa DVD berdurasi 18 menit dengan ukuran 2 Gb. (2) Desain video tutorial yang memuat lima teknik strategi *problem focused coping* pada stres akademik dalam menghadapi ujian (3). Evaluasi formatif yang dilakukan oleh ahli media dan ahli materi menghasilkan persentase masing-masing sebesar 90.90% dan 93.18%. Hasil uji coba terbatas pada 10 peserta didik menghasilkan persentase sebesar 88%. Hal ini menunjukkan bahwa video tutorial yang telah dikembangkan termasuk dalam kategori sangat layak.

Kata Kunci: Video Tutorial, Stres Akademik, Menghadapi Ujian, *Problem Focused Coping*

**DEVELOPMENT OF VIDEO TUTORIAL ABOUT "PROBLEM FOCUSED
COPING STRATEGY IN ACADEMIC STRESS IN FACING THE EXAM"
FOR STUDENTS IN CLASS X SMA LABSCHOOL RAWAMANGUN
JAKARTA
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ABSTRACT

The objective of this studies to result a learning media thought video tutorial about problem focused coping strategies on academic stress in facing the exam. The research method used is research and development. The procedure for developing the media passed through : (1) Preliminary study phase includes literature and field studies. (2) Development stage, designing media in three parts, including compile material, make a script and preparing storyboards, shooting and editing video. Results : (1) a DVD which 18 minutes in length and 2GB in size. (2) Design video tutorial which includes five strategies about problem focused coping in academic stress in facing the exam. (3) Formative evaluation by media expert and material expert generates a percentage of 90.90% and 93.18% respectively. The result of limited trial towards 10 students generate a percentage of 88%. These results indicate that the video tutorial that has been developed are included in the very decent category.

Keywords: Video Tutorial, Academic Stress, Facing Exams, Problem Focused Coping