



Students' Academic Resilience During the COVID-19 Pandemic: A Literature Review

Raffa Adhira Okto Binanta ^{1*}, Zaenal Akbar Arrifqi ², Putri Eka Prasetya Rahma Wardani ³, Khanaya Icha ⁴

¹⁻⁴ Universitas Semarang, Indonesia

Email : psikologi@usm.ac.id *

Abstract. *This literature review explores academic resilience among students during the COVID-19 pandemic. The pandemic caused unprecedented educational disruptions, forcing students to adapt to online learning, social isolation, and increased psychological stress. Academic resilience defined as the capacity to maintain or regain academic functioning despite adversity emerged as a crucial factor in students' adaptation. This review synthesizes findings from national and international studies published between 2020 and 2024, identifying key protective factors such as self-regulated learning, parental support, digital literacy, and school engagement. The study also discusses implications for educational policy and mental health interventions to support student well-being. The findings highlight the importance of systemic support in fostering resilience beyond individual traits.*

Keywords: *academic resilience, COVID-19, online learning, psychological well-being, student adaptation*

1. INTRODUCTION

The COVID-19 pandemic has posed significant challenges to the global education system, including Indonesia. The sudden implementation of distance learning requires students to adapt to new and uncertain learning conditions. Amidst these conditions, the concept of academic resilience becomes relevant to measure the extent to which students are able to maintain or improve their academic performance despite facing pressure. Academic resilience is influenced not only by individual factors such as motivation and self-efficacy, but also by social support and the education system itself. This study aims to delve deeper into how students demonstrate academic resilience during the pandemic, as well as the factors that support or hinder it, based on previous studies.

2. METHODS

This study employed a systematic literature review method, collecting articles from databases such as Google Scholar, Scopus, and DOAJ, published between 2020 and 2024. Inclusion criteria included articles in Indonesian or English that discussed students' academic resilience during the COVID-19 pandemic, with a focus on primary and secondary education. Fifty selected articles were analyzed using a thematic approach, grouping protective and risk factors that influence academic resilience.

3. RESULTS

The study results show that there are four main themes that play a role in shaping students' academic resilience: (1) Self-regulation skills, (2) Social support, especially from parents and teachers, (3) Access and ability to access online learning technology, and (4) A conducive learning environment at home. Students who have time management skills and internal motivation tend to be more successful in adapting to online learning systems. In addition, the role of responsive teachers and supportive families also strengthens students' academic resilience. However, disparities in digital access remain a major challenge, especially in 3T areas.

4. DISCUSSION

These findings align with previous research confirming that academic resilience is the result of an interaction between individual and environmental factors. Students with high resilience not only demonstrate stable academic performance but also better psychological well-being. Furthermore, limited infrastructure and a lack of digital literacy are major barriers to online learning in Indonesia. Therefore, strategies to improve academic resilience need to encompass a holistic approach, encompassing both psychosocial aspects and educational policy. This discussion also highlighted the importance of teacher training, improved internet connectivity, and flexible learning approaches as long-term strategies.

5. CONCLUSION

Students' academic resilience during the pandemic is a crucial element in determining their success in navigating the educational crisis. This literature review shows that factors such as self-regulation skills, social support, and technological readiness significantly influence students' resilience levels. To strengthen academic resilience in the future, integrated interventions between schools, families, and the government are needed. Further research is expected to develop a resilience model that is contextual and applicable to Indonesian educational settings.

REFERENCE

Afiffah, N. P. (2023). Resiliensi Akademik Dengan Stres, Kecemasan dan Depresi Remaja SMA Dimasa Pandemi Covid-19. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 8(1), 41. <https://doi.org/10.32419/jppni.v8i1.366>

- Agustin, R., & Handayani, I. (n.d.). *Kemandirian Belajar dan Resiliensi Mahasiswa Tingkat Awal Pendidikan Matematika Selama Masa Pandemi COVID-19*. 05(02), 1877–1885.
- Bki, P., Parepare, I., Della, A., Laras, A., & Fajriani, N. (2021). Indonesian Journal of Islamic Counseling. In *Indonesian Journal of Islamic Counseling* (Vol. 3, Issue 2). <http://ejurnal.iainpare.ac.id/index.php/ijic>
- Carina, M., Rikumahu, E., Nugraheni, M., Rahayu, M., & Info, A. (2022). Resiliensi Akademik Pada Mahasiswa: Bagaimana Kaitannya Dengan Optimisme Selama Masa Pembelajaran Daring? *Jurnal Imiah Psikologi*, 10(3), 575–584. <https://doi.org/10.30872/psikoborneo.v10i3>
- Chita Putri Harahap, A., Rivai Harahap, S., Permatasari Harahap, D., Bimbingan Konseling Fakultas Ilmu Tarbiyah dan Keguruan Universitas Islam Negeri Sumatera Utara Medan, D., Willienn Iskandar pasar Medan Estate, J. V, Serdang, D., Utara, S., Bimbingan Konseling SMA Negeri, G., Besar Sidamanik Kab Simalungun provinsi Sumatera Utara, J., & Fakultas Psikologi, D. (n.d.). *Gambaran Resiliensi Akademik Mahasiswa pada Masa Pandemi Covid-19*. <http://jurnal.uinsu.ac.id/index.php/al-irsyad>
- Dewi Kumalasari, Azmi Luthfiyani, N., & Grasiawaty, N. (2020). Analisis Faktor Adaptasi Instrumen Resiliensi Akademik Versi Indonesia: Pendekatan Eksploratori dan Konfirmatori. *JPPP - Jurnal Penelitian Dan Pengukuran Psikologi*, 9(2), 84–95. <https://doi.org/10.21009/jppp.092.06>
- Durrotunnisa, D., Munifah, M., Silalahi, M. F., & Nurwahidin, M. (2022). Life satisfaction, kesyukuran, dan resiliensi siswa pasca pandemi Covid-19. *Jurnal Konseling Dan Pendidikan*, 10(2), 364. <https://doi.org/10.29210/181000>
- Dwiastuti, I., Hendriani, W., & Andriani, F. (2021). Perkembangan Penelitian Resiliensi Akademik Di Indonesia: Scoping Literature Review. *Jurnal Psikologi TALENTA*, 7(1), 23. <https://doi.org/10.26858/talenta.v7i1.23748>
- Dwi Indrasti, O., Woro Kasmini Handayani, O., & Desy Putriningtyas, N. (2022). Indonesian Journal of Public Health and Nutrition Stres Akademik, Pola Makan, dan Aktivitas Fisik Dengan Kejadian Obesitas Remaja Pada Masa Pandemi Article Info. *IJPHN*, 2(2), 215–221. <https://doi.org/10.15294/ijphn.v2i2>
- Faturrohman, A., & Sagita, D. D. (2022). Resiliensi Akademik Siswa Sekolah Menengah Pertama dalam Mengikuti Pembelajaran Tatap Muka Terbatas (TMT) di Daerah Khusus Ibukota (DKI) Jakarta. *Bulletin of Counseling and Psychotherapy*, 4(2), 167–178. <https://doi.org/10.51214/bocp.v4i2.188>
- Hasibuan, M., & Astuti, W. (2024). Gambaran Resiliensi Akademik Pada Mahasiswa Universitas Malikussaleh Description of Academic Resilience in Malikussaleh University Students. *INSIGHT: Jurnal Penelitian Psikologi*, 2(1), 102–108. <https://ojs.unimal.ac.id/index.php/jpt/index>
- Husna, N., Intan Savitri, S., Suciyan Sriyanto, A., & Akademik Mahasiswa Skripsi Di Masa Pandemi, R. (n.d.-a). *How to cite*.
- Husna, N., Intan Savitri, S., Suciyan Sriyanto, A., & Akademik Mahasiswa Skripsi Di Masa Pandemi, R. (n.d.-b). *How to cite*.

- Ilmiah Untuk Peningkatan Mutu Pendidikan, J., Retno Utami, A., & Widiati, E. (2021). iMProvement RESILIENSI AKADEMIK MAHASISWA TERHADAP KEPUASAN PEMBELAJARAN DARING PADA MASA PANDEMI COVID-19 STUDENT ACADEMIC RESILIENCE TO ONLINE LEARNING SATISFACTION DURING THEPANDEMIC COVID-19. *RESILIENSI AKADEMIK... Jurnal Improvement*, 8(2), 47. <http://journal.unj.ac.id/unj/index.php/improvement>
- Khadijah, K., & Khasanah, M. F. (2021). Resiliensi Akademik Mahasiswa terhadap Pembelajaran Daring. In *Educational Guidance and Counseling Development Journal p-ISSN* (Vol. 4, Issue 2).
- Khairani Lubis, L., Mardiyah Lubis, A., Anita Siregar, Y., & Jehnah, A. (2024). Analysis of Students' Mathematical Concept Understanding Ability in Terms of Student Resilience at Ban Kadeng School Thailand. *Jurnal Matematika Kreatif-Inovatif*, 15(2), 409–422.
- Kumalasari, D., & Akmal, S. Z. (2020). Resiliensi akademik dan kepuasan belajar daring di masa pandemi COVID-19: Peran mediasi kesiapan belajar daring. *Persona:Jurnal Psikologi Indonesia*, 9(2), 353–368. <https://doi.org/10.30996/persona.v9i2.4139>
- Lailatul Khairunnisa, D., Binti Muchsini, dan, & Yang Memengaruhi Resiliensi Akade-, F.-F. (n.d.). 13 1) Emotion Regulation (52,319%), 2) Control Against Impulses (15,234%), 3) Optimism (8,966%), 4) Ability to Analyze Problems (8,389%), 5) Empathy (6,180%), 6) Self-efficacy. In *Tata Arta" UNS* (Vol. 7, Issue 2).
- Lumbantobing, M. T., Samosir, A., & Renita Br Tarigan, D. (2020). EJoES Educational Journal of Elementary School TANTANGAN PEMBELAJARAN DARING SELAMA PANDEMI COVID-19. In *Educational Journal of Elementary School* (Vol. 1, Issue 2). <http://jurnal.umsu.ac.id/index.php/EJoES/index>
- Masa, D. I., Covid-19 Riowati, P., & Maulina, M. (2022). GAMBARAN RESILIENSI AKADEMIK SISWA SMK (Vol. 11, Issue 2). <http://ejournal.uika-bogor.ac.id/index.php/TEK>
- Najib, K. H., Alvianto, A., Hidayatullah, A. S., & Trio Ardhian. (2022). Pembelajaran Selama Pandemi Covid-19: Kesiapan Belajar Daring dan Stress Akademik pada Mahasiswa. *Jurnal Imiah Pendidikan Dan Pembelajaran*, 6(2), 330–340. <https://doi.org/10.23887/jipp.v6i2.42959>
- Nuhermaria Agusta, C., & Hawadi, L. F. (n.d.). *Subjective Well-Being pada Siswa SMA selama Pandemi Covid-19: Peran Academic Hope sebagai Mediator*. <https://doi.org/10.35891/jip.v10i2>
- Paramitha, A. S., Minarni, M., & Aditya, A. M. (2023). Pengaruh Coping Stres Terhadap Resiliensi Akademik Pada Mahasiswa Selama Pembelajaran Jarak Jauh (Daring) di Kota Makassar. *Jurnal Psikologi Karakter*, 3(2), 469–476. <https://doi.org/10.56326/jpk.v3i2.2101>
- PENGARUH OPTIMISME TERHADAP RESILIENSI AKADEMIK SISWA SELAMA MASA PANDEMI COVID-19 DI SMAN 1 TRENGGALEK. (n.d.).
- Prawitasari, T., & Antika, E. R. (2022). Pengaruh Self-Efficacy Terhadap Resiliensi Akademik Siswa. 7(2), 0–00. https://ejournal2.undiksha.ac.id/index.php/jurnal_bk

- Psikologi, J. (n.d.). *Resiliensi Akademik Mahasiswa Jurusan Psikologi Unesa Saat Perkuliahan Daring Pada Masa Pandemi* 27 *RESILIENSI AKADEMIK MAHASISWA JURUSAN PSIKOLOGI UNESA SAAT PERKULIAHAN DARING PADA MASA PANDEMI* Siti Aisyah Retnoningtyas Risky Putri Hermien Laksmiwati.
- Psikologi, J., Afriyeni-Resiliensi Akademik dengan Kepuasan Belajar Online, N., Afriyeni, N., Rahayuningsih, T., Psikologi Fakultas Kedokteran, P., & Andalas, U. (n.d.). *Resiliensi Akademik dengan Kepuasan Belajar Online pada Mahasiswa*.
- purnama sari, S., Eko Aryansah, J., & Sari, K. (2020). *Indonesian Journal of Guidance and Counseling: Theory and Application Resiliensi Mahasiswa dalam Menghadapi Pandemi Covid 19 dan Implikas-nya terhadap Proses Pembelajaran*. <https://doi.org/10.15294/ijgc.v9i1.38674>
- Puspaningrum, A. E., & Ruby, A. C. (n.d.). *Developmental and Clinical Psychology Peer Social Support and Resilience as Determining Factors of Academic Burnout in College Students*. <https://journal.unnes.ac.id/journals/dcp>
- Rahmadani, A., & Daulay, N. (2023a). Analisis Faktor Penyebab Menurunnya Resiliensi Akademik Pada Siswa MTsN. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 13(2), 417. <https://doi.org/10.24127/gdn.v13i2.7413>
- Rahmadani, A., & Daulay, N. (2023b). Analisis Faktor Penyebab Menurunnya Resiliensi Akademik Pada Siswa MTsN. *GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan Dan Konseling*, 13(2), 417. <https://doi.org/10.24127/gdn.v13i2.7413>
- Ramadhani, D. P., & Sagita, D. D. (2022). Academic Resilience of Students in The Limited Face to Face Learning Period (PTM-T). *Journal of Innovation in Educational and Cultural Research*, 3(4), 519–527. <https://doi.org/10.46843/jiecr.v3i4.210>
- RESILIENSI AKADEMIK MAHASISWA PROGRAM STUDI TEKNIK DITINJAU DARI SENSE OF BELONGING DAN SELF-REGULATED LEARNING*. (n.d.).
- Rifati, M. ', Saptandari, C. Z., Zahra, C., & Saptandari, E. W. (n.d.). *The Role of Resilience on Academic Stress Levels Among College Students During the COVID-19 Pandemics*.
- Solikhah, N., Dewi, &, & Suminar, R. (n.d.). *Harapan (Hope) dan Resiliensi Akademik Siswa SMA/SMK di Masa Pandemi COVID-19*. <http://e-journal.unair.ac.id/index.php/BRPKM>
- Sri Hertinjung, W., Yuwono, S., Koza Laksita, A., Ayu Ramandani, A., Sekar Kencana, S., Studi Psikologi, P., & Psikologi, F. (n.d.). *FAKTOR-FAKTOR YANG MEMENGARUHI RESILIENSI REMAJA DI MASA PANDEMI* (Vol. 17, Issue 2). www.kemdikbud.go.id
- Toripa, G. V., & Huwae, A. (2023). Academic Resilience and Procrastination in Students Who Study While Working. *Bisma The Journal of Counseling*, 7(1), 17–24. <https://doi.org/10.23887/bisma.v7i1.59584>
- Uicheng, R., & Chobphon, P. (2024). Factors Affecting Academic Resilience During Crises: Cases of Secondary School Students in Phuket, Thailand. *International Education Studies*, 17(3), 51. <https://doi.org/10.5539/ies.v17n3p51>

- Wiguna, F., Wijaya, A., Nabila, N., & Sawitri, D. (2024). Factors Influencing Academic Resilience Among University Student: A Systematic Literature Review. *Proceedings of the 5th International Conference on Psychological Studies, ICPSYCHE 2024*, 24 – 25 July 2024, Semarang, Central Java, Indonesia. <https://doi.org/10.4108/eai.24-7-2024.2354394>
- Zaimatus Septiana, N. (2021). HUBUNGAN ANTARA STRES AKADEMIK DAN RESILIENSI AKADEMIK SISWA SEKOLAH DASAR DI MASA PANDEMI COVID-19 THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND ACADEMIC RESILIENCE OF PRIMARY SCHOOL STUDENTS IN THE PANDEMIC COVID-19. In *SITTAH: Journal of Primary Education* (Vol. 2, Issue 1).