

## DESCRIPTION OF STUDENTS' ACADEMIC STRESS LEVELS IN COMPLETING THEIR FINAL THESIS ASSIGNMENTS AT THE FACULTY OF MEDICINE AND HEALTH SCIENCES UNIVERSITAS JAMBI

Marta Prima Yuda <sup>1</sup>, Indah Mawarti <sup>1</sup>, Muthia Mutmainnah <sup>1</sup>

<sup>1</sup> Study Program Nursing Faculty Medicine and Health Sciences Universitas Jambi

Email : martaprimayudaa@gmail.com

### Abstract

*Stress academic is condition student faced with with a demands academics who are not capable overcome with Good so that can bother smoothness academic. Thesis is one of demands academic Where Lots student experience stress academic. Prevalence students who experience stress academics in Indonesia amounted to 36.7-71.6%. Research This aiming For know description level stress academic student in finish task end thesis at the Faculty Medicine and Health Sciences, University of Jambi. Type study This is study descriptive quantitative use technique cluster random sampling with amount sample as many as 97 students faculty medicine and science health class of 2019. Instruments used is Student-life Stress Inventory. Data analysis using analysis univariate For see description descriptive. Research results obtained part big Respondent various sex Woman as many as 62 respondents (63.9%) compared to man with results highest that is level stress currently as many as 83 respondents (83.6%) from the source from coercion self and react to behavior. A total of 83 students experience stress level while the source is from coercion self and react stress to behavior. Share student For can more active in look for information or high insight to avoid from stress academic in finish task end thesis.*

**Keyword:** Student, Academic Stress, Final Assignment

### Introduction

Stres that is pressure caused by the presence of mismatch between desired situation with hope, where there is inequality between demands from environment with ability individual For fulfill it, which has the potential can dangerous, threatening, or bother individual. Data from *World Health Organization* ( WHO) in 2019 almost as much as 264 million world population is experiencing stress and depression. <sup>1</sup>

Stres academic is condition students who do not can face demands academic and perceiving demands academically accepted as disturbance. stress academic is perception somebody to stressor academic consists of from frustration, conflict, pressure, change and coercion self as well as How reaction to stressor academic consisting of reaction physical, emotional, behavioral and cognitive to stressor said. A survey conducted by *the American College Health Association*, approximately 32% of student state that stress academic result in

lectures that are not finished (*drop out*) or lower value.<sup>2</sup> Whereas Prevalence stress academic in Indonesia students who experience stress academic that is by 36.7- 71.6%.<sup>1</sup>

Thesis is one of demands academic so that can it is said as stressor academic, and stress academic often happen in circles students. Stress in students who are do thesis happen Because student No capable overcome difficulties encountered. Research conducted by Giyarto (2018 ) shows that symptoms stress academic in students is anxiety, problems digestion, pain in the neck or shoulders, and migraines. Besides that, students also find it difficult concentrate and calm self Because always worry about the problem.<sup>3</sup>

The image shows stress in students is mental breakdown and decline optimistic in the middle workmanship thesis caused obstacles encountered and not existence desire For try, therefore writing thesis in view in a way negative as heavy duty for student. Individuals when experience pressure so in a way No direct body will respond matter said. If the more Lots pressure obtained so will the more tall level stress experienced individual that. The amount pressure and demands experienced student moment do task end or thesis make student the will experiencing stress.<sup>4</sup>

Based on a preliminary survey to student faculty medicine and health science Universitas Jambi Final Semester class of 2019 who are currently finish task end, at the time interviewed researcher ask related matters with condition physical, psychological, behavioral and cognitive student end. The results of the interview that the researcher do student convey that they feel in condition stress since undergo settlement task end thesis. From the data above, then researcher interested For researching about “ image” level stress academic student in finish task end thesis in faculty medicine and science jambi university health.”

Objective study This is For know description stress academic student in finish task end thesis in faculty medicine and science Jambi University Health. With objective special For he knows characteristics respondents, it is known overview level stress academic, overview source stress and image reaction stress.

## Method

Type research used is study descriptive quantitative that is research conducted For take a picture a condition or the phenomenon that occurs in a group subject certain. Research This aiming For know description level stress academics for students who are finish task end thesis in faculty medicine and science health university Jambi. Population in study This is student class of 2019 at the Faculty Medicine and Health Sciences, University of Jambi which is currently finish task end thesis with amount population as many as 628 students. Large sample in research This as many as 97 students. The sampling technique sample in study This is with use *cluster random sampling*. Research This use instrument *Student-life Stress Inventory (SSI)* with 51 statement items was tested for validity, resulting in 37 items. of these 51 valid items obtained  $r$  count value  $> r$  table (0.05 or 5%). The results of the instrument reliability test showed that *Cronbach Alpha* is 0.931 which means rally a bell.

## Results

### 1. Distribution Frequency Characteristics Respondents

Based on results data collection on 97 respondents obtained characteristics Respondent that is as following :

**Table 1. Characteristics Respondent**

Category	f	%
<b>Age</b>		
20	10	10.3%
21	53	54.6%
22	28	28.9%
23	6	6.2%
<b>Type Sex</b>		
Man	35	36.1%
Woman	62	63.9%
<b>Study program</b>		
Medical	24	24,7 %
Nursing	14	14,4 %
Psychology	14	14,4 %
Pharmacy	12	12,5 %
Public Health Science	33	34,0 %
<b>Total</b>	<b>97</b>	<b>100%</b>

Based on Table 1 shows that part big Respondent 21 years old that is as many as 53 people (54.6%), some of them big Respondent various sex Woman that is as many as 62 people (63.9%) and some big Respondent from the study program Knowledge Community error as many as 33 people (34.0%).

## 2. Distribution Stress Level Frequency Academic Student

**Table 2. Distribution Stress Level Frequency Academic Student**

<b>Stress Level</b>	<b>f</b>	<b>%</b>
Stres Light	3	3.1%
Moderate Stress	87	89.6%
Stres Heavy	7	7,3 %
<b>Total</b>	<b>97</b>	<b>100 %</b>

Based on from Table 2 shows that distribution level stress Respondent divided become stress light with frequency 3 (3.1%), stress currently with frequency 87 (89.6%) and stress heavy with frequency 7 (7.3%).

## Discussion

### 1. Characteristics Respondents

Based on results research conducted researcher that age most respondents that is aged 21 years (54.6%) amounted to 53 respondents. Based on results study This in line with study Indarwati et al (2018) at the Faculty of Medicine and Health Sciences UIN Alaudin Makassar was obtained that 21 years old is Respondent with percentage highest that is totaling 37 respondents from 54 respondents. <sup>5</sup>

Student level end is individuals who are finish task end or thesis, where the average age is 20-24 years, in general psychological age the Already entering a period of development mature beginning. Individuals who have already entering adulthood beginning in a way cognitive should be more Serious in thinking about the future. In the period This student Already own maturity optimal thinking for duties and responsibilities answer in the future. <sup>6</sup>

Research results obtained in the group type sex most respondents that is various sex Woman with percentage 63.9% as many as 62 respondents while the type is sex male 35 respondents with percentage 36.1%. Neurobiological is the underlying thing consequence contrasting mental health from stress psychosocial in men and women. This is related with activity of the HPA (*hypothalamic-pituitary-adrenal*) axis is related with arrangement hormone cortisol. Hormone This arrange pulse heart and pressure blood. Response from HPA found more height in men mature than women adults. A number of study observe difference type different gender in regulation HPA axis as response to stress, and it is suspected that difference This part can explain domination woman in stress related mental disorders.<sup>7</sup> Based on results study Ambarwati (2017) obtained that type sex Woman more dominant experience stress medium and heavy, with the number of people experiencing level stress currently as many as 34 students (33.6%) and for level stress the lightest of the types sex men, namely as many as 19 students (18.8%), while those who experienced level stress heavy as many as 4 students (4.0%).<sup>1</sup>

The results obtained from the study program medical from as many as 24 respondents (24.7%.) there were 23 respondents experience stress level medium and 1 respondent experience stress light. From the results research by researchers This in line with research conducted by Putu Kresna & Ni Ketut (2020) stated that student medical part big student experience stress currently namely 34 students and as many as 9 students experience mild stress.<sup>8</sup> Results on study program psychology there are 12 respondents experience stress medium and 2 respondents experience stress weight. Study program pharmacy of the 12 respondents (12.4 %) there were 11 respondents with level stress medium and 1 respondent with level stress light. On the study program knowledge health public As many as 33 respondents (34.0%) had 1 respondent experience stress light 29 respondents experience stress medium and 3 respondents experience stress heavy. This in line with research conducted by Ireynne (2020) on students faculty health public with In the sample of 154 there were 7 (4.5%) respondents experience stress mild, 104 (67.5%) experienced stress moderate and 30 (27.9%) experienced severe stress.<sup>9</sup>

Results on study program nursing show that Of the 14 respondents (14.4%) there were 12 respondents experience stress medium and 2 respondents experience stress heavy. This in line with research conducted by Wenny (2018) from as many as 28 respondents (44.4%) experienced

stress weight, 25 respondents (39.4) experienced stress moderate and 10 respondents (15.9%) experienced mild stress.<sup>10</sup> A number of study has show results level stress student nursing more tall compared to major other like student medicine, pharmacy, and social. The study load that is owned student nursing Enough heavy besides do activity academic, they are also required follow practice clinic and observation every changeover eye lectures, making report results observation, task lectures given lecturer, and still Lots Again so that make they Of course must guard balance in his life going to mature person.<sup>11</sup>

## **2. Stress Level Overview Academic Student in Finish Thesis in Faculty Medicine and Health Sciences University of Jambi**

Student faculty medicine and science jambi university health dominant experience stress currently in finish task end thesis. This in line with research conducted by Defty ( 2020) which shows that there were 42 respondents experience stress level low (11.29%), 83 respondents experience stress level high (22.31%) and as many as 247 respondents experience stress level moderate (66.40%).<sup>12</sup> This is also in line with study Dhicky (2017) who show student level end experience stress currently with percentage 86.5% compared to stress light 8.5% and stress weight 5%.<sup>13</sup>

## **3. Source Overview Stres Student in Finish Thesis in Faculty Medicine and Health Sciences University of Jambi**

From the results study show source stress academic student sourced from aspect coercion self. Coercion self is related matters with coercion self in students that is anxiety to all matter about thesis, want compete with friend, worried in reach goal. Students No utilise the opportunity that exists, feel Confused when finish task end and feel forced until make tired student in do task end thesis. Coercion self that causes existence the burden that will be experience stress academic. *Self imposed* that is How student burdensome himself Alone Internal stressors come from from self Alone in the form of thoughts negative, belief in self, and the personality that is possessed. Personality is characteristic behavior typical behavior someone who differentiates it with other people integration characteristics from structures, patterns behavior behavior, interest, attitude, ability or intelligence, and potential that is possessed

someone. In the research conducted by Rahmi show that source stress student That caused by Because difficulty look for book references also make frustration student Because book or required materials No there is and less support. <sup>14</sup>

#### **4. Reaction Overview Stres Student in Finish Thesis in Faculty Medicine and Health Sciences University of Jambi**

From the results study reaction stress experienced by students faculty medicine and science Jambi University's health is currently finish task end thesis obtained that reaction behavior in demand is reaction stress highest experienced Respondent. Behavior in demand can give reaction like cry, destroy self, smoking excessive, fast angry towards others, hurting others, mechanisms defense and isolation. Symptoms from reaction stress behavior experience sign like difficult concentrate, difficult make decision, easy forget, mind chaotic, power remember decreasing, often daydreaming, loss of healthy sense of humor, decreased productivity. <sup>15</sup>

#### **Conclusion**

Based on results study that level stress experienced by students faculty medicine and science jambi university health in finish task end thesis experience stress level while the source is from coercion yourself and experience reaction behavior. It is expected for agency education can make an effort in prevention stress as well as increase motivation student in finish task end thesis and for researcher furthermore can develop this research by using the method or intervention like relaxation muscle progressive and technical Benson relaxation in order to overcome impact stress experienced by students when finish task end thesis.

#### **Reference**

1. Ambarwati, P. D, Pinilih, S. S, dan Astuti, R.T. (2019). Gambaran tingkat stres mahasiswa. *Jurnal Keperawatan Jiwa*. 5(1):40.
2. Busari, A. O. (2014). Academic stress among undergraduate students: measuring the effects of stress inoculation techniques. *Mediterr J Soc Sci*. 5(27):599–609
3. Giyarto., & Uyun Z. (2018). Stres pada mahasiswa tingkat akhir fakultas psikologi universitas muhammadiyah surakarta dalam mengerjakan skripsi.
4. Arwina, A. (2021). Hubungan regulasi diri dan stres akademik dengan prokrastinasi

- akademik pada mahasiswa tingkat akhir yang sedang mengerjakan skripsi di fakultas psikologi universitas medan area. JEHS.
5. Indarwati. (2018). Gambaran stres mahasiswa tingkat akhir dalam penyusunan skripsi di fakultas kedokteran dan ilmu kesehatan UIN Alauddin Makassar.
  6. Wahyuni, S., & Setyowati, R. (2020). Gambaran stres mahasiswa tingkat akhir dalam penyusunan kti ditengah wabah covid 19 dan sistem lockdown yang diberlakukan di kampus AKPER YPIB Majalengka.
  7. Wilujeng, C., Yusuf, I., dan Dwi, A. (2023). Hubungan antara Jenis Kelamin dengan Kategori Stres pada Remaja di SMP Brawijaya Smart School. *Smart Society Empowerment Journal*. (1):6-11
  8. Kresna, P., & Ketut, N. (2020). Gambaran stresor dan coping stres dalam proses penyelesaian skripsi pada mahasiswa fakultas kedokteran universitas udayana. *e-Jurnal Medika Udayana*. 9(9)
  9. Azizah, J. (2020) Hubungan antara hardiness dengan stres akademik pada mahasiswa yang mengerjakan skripsi. *Jurnal Empati*. 9(5), 370-374
  10. Carsita, W. N. (2019). Tingkat stres pada mahasiswa keperawatan yang menyusun skripsi. *Jurnal Kesehatan Indra Husada*. 6(2):76.
  11. Peni, R., & Doni, D. (2020). Stres akademik mahasiswa dalam menyusun skripsi. *Jurnal KOPASTA*. 7(2),94-100
  12. Rahmi, S., Syafira, M., Mariana, U., dan Annisa, N. (2021). Pandemi dan tingkat stres mahasiswa dalam menyelesaikan tugas akhir kuliah: studi analitik pada mahasiswa fkm universitas mulawarman. samarinda. *Jurnal Kesehatan Masyarakat Mulawarman*.
  13. Dhicky, Z. (2017). Tingkat stres mahasiswa ketika menempuh skripsi. Malang: Universitas Muhammadiyah Malang.
  14. Praghlapati, A., & Ulfitri, W. (2019) Gambaran mekanisme coping pada mahasiswa program studi sarjana keperawatan tingkat iv yang sedang menghadapi tugas akhir di sekolah tinggi ilmu kesehatan x bandung. *Humanit (Jurnal Psikologi)*. 3(2):115–26.
  15. Gadzella, B. M & Masten, W. G. (2005). *American journal of psychological research*. History. 3(1):15.

16. Dida, M. D., Takaeb, A. E. L., Romeo p. Gambaran Stres Mahasiswa Tingkat Akhir dalam Penyusunan Skripsi di FKM Universitas Nusa Cendana Kupang. *Sehat Rakyat J Kesehatan Masy.* 2024;3(3):130-139.
17. Jaskia, R., Aviani YI. Gambaran Stres Pada Mahasiswa Tingkat Akhir Di Kota Bukittinggi. *Edu Sociata ( J Pendidik Sosiologi).* 2024;7(1):339-345.
18. Harahap, S. S. M., Wulandari, N., Sinaga, R., Siregar SSF. Hubungan Tingkat Stress Dengan Kualitas Tidur Pada Mahasiswa Akhir Fakultas Kesehatan Masyarakat di Universitas Islam Negeri Sumatera Utara Medan. *J Heal Relig.* 2024;1(1):38-46.
19. Kurniawati, W., Setyaningsih R. Manajemen Stress Pada Mahasiswa Tingkat Akhir dalam Penyusunan Skripsi. *J An-Nur Kaji Pendidik dan Ilmu Keislam.* 2020;5(3):248-253.
20. Mubarakah, R., Restiana, N., Gunawan, I., Muttaqin Z. HUBUNGAN TINGKAT STRES DENGAN MEKANISME KOPING PADA MAHASISWA SEMESTER 8 DI. *SENAL Student Heal J.* 2024;1(3):55-61.
21. Al Yusran YAH. Sistem Pakar Mendeteksi Tingkat Stres Mahasiswa Dalam Penyusunan Skripsi. *J Sintaks Log.* 2024;4(1):42-50.
22. Bastian, R., Metty, W. AT. Hubungan Dukungan Sosial Teman Sebaya Dengan Stres Pada Mahasiswa Yang Mengerjakan Skripsi Di Fakultas Keperawatan Unklab. *Klabat J Nurs.* 2021;3(2):10.
23. Fradisa, L., Primal, D., Gustira I. Hubungan Tingkat Stres Dengan Pola Tidur Mahasiswa Keperawatan Dalam Menyusun Skripsi Di Universitas Perintis Indonesia. *J Pendidik dan Konseling.* 2022;4(3):1246-1251.
24. Damayanti, F. E., Dayu, G, O. S. Studi Korelasi Tingkat Stres dengan Optimisme Mahasiswa Keperawatan dalam Menyelesaikan Tugas Akhir. *J Keperawatan Malang.* 2023;8(2):419-434.
25. Alfitriani., Idealistiana L. Hubungan Pola Tidur Dan Dukungan Keluarga Dengan Tingkat Stres Pada Mahasiswa S1 Keperawatan Yang Sedang Menyusun Skripsi Di STIKES Abdi Nusantara Jakarta. *MAHESA MALAHAYATI Heal STUDENT J.* 2025;5(2):600-612.
26. Pertiwi, I., Haryati, V., Lestari P. Hubungan Mekanisme Koping Dengan Tingkat stres Mahasiswa Semester Akhir Dalam Menyusun Skripsi Program Studi Sarjana Keperawatan Tahun 2023 Di Universitas Ichsan Satya. Published online 2023.

27. Fajriawan, R., Pranatha, A., Puspanegara A. Faktor-Faktor Yang Berhubungan Dengan Tingkat Stres Pada Mahasiswa Tingkat Akhir S1 Keperawatan Stikes Kuningan Dalam Menyusun Skripsi. *J Nurs Pract Educ.* 2022;3(01):42-50.
28. Dwiputri A., R., Idris, F. P., Gobel, F. A., Asrina, A., Rahman H. Faktor Yang Berhubungan Dengan Tingkat Stres Mahasiswa Dalam Menyusun Skripsi. *Wind Public Heal J.* 2023;4(4):567-577.
29. Rizdanti, S., Akbar S. Hubungan Religiusitas Dengan Tingkat Stres Dalam Menyusun Skripsi Di Fakultas Kedokteran Universitas Islam Sumatera Utara. *J Kedokt STM (Sains dan Teknol Med.* 2022;5(2):94-100.
30. Hariaty., Elita, V. Dilaluri A. Gambaran Stres Pada Mahasiswa Tingkat Akhir Yang Sedang Mengerjakan Skripsi. *J Keperawatan Prof.* 2023;11(1):45-51.