

**Description of Student Academic Anxiety Level 3 Sidoarjo D3 Nursing
Program Health Polytechnic Ministry of Health Surabaya**

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ABSTRACT

WHO research results in 2019 show that depression and anxiety cause loss global economy of 1 trillion USD each the year consequence loss productivity resource human. Worry is feeling No easy, worried, all at once scared the research design used in research This is research " descriptive " design purposeful research For describe current events. According to (Cassady et al., 2019) Worry academic is room scope covering area worry related with activity academic. Study Descriptive aim For make description in a manner systematic, factual and accurate about facts , properties population area certain . Based on results study level worry student level 3 D3 Nursing Sidoarjo part big respondent experience level worry currently that is amounted to 74 students (78.7%). Obtained that aspect worry academic half from respondents (50%) experienced aspect worry academic because expectation self that is a total of 47 students level 3. Research results on show reason anxiety in students the different between One individual with others. As for the results This strengthened with question open related perceived anxiety moment this, mostly that causes student experience worry moment This is how difficult share time For do task end (KTI).

Keywords: *Anxiety , Anxiety Academic , Student*

INTRODUCTION

Mental health according to organization world health or The World Health Organization (WHO) is when somebody the feel healthy and happy, capable face challenge life as well as can accept others as should as well as have attitude positive to self myself and others. Mental health or soul based on Constitution number 18 of 2014 concerning health soul is condition Where somebody individual can develop in a manner physical, mental, spiritual and social so that individual the realize ability Alone can overcome pressure, yes Work in a manner productive, and capable give contribution For the community. Disturbance mentally can experienced by whom course, anxiety is something circumstances that make somebody feel No comfortable, anxious, afraid, worried, and not serene as well as followed various symptom physical. Anxiety is feeling worries somebody about incident scary that would be happen in Century front, no Can controlled and when happened, then will rated as something terrible. Worry is feeling No easy, worried, all at once scared. Condition That involve Good emotion nor sensation possible physical. We experience

when We experience worry or flustered about something (Aseta & Siswanto, 2022) . Anxiety is A emotions and experiences subjective from somebody Another meaning is anxiety is something circumstances that make somebody No comfortable and divided in a number of level. Worried related with feelings that don't sure and not Empower (Kusumawati, 2010) .

As for glitches anxiety can too called as disturbance abnormal psychology that touches so many people like anxiety, a feeling afraid, and worried that it is not fun, distraction This experienced with feeling experienced anxiety sufferer. the American Psychological Association says symptom physique the form sweating, shaking, dizziness, and palpitations. Anxiety and Depression of America explains that college tall is great time. However, lectures can become challenging, stressful and worrying moments for many people, No amazed survey from american Collee Health Association, find that 25.9% and 31.9% students reported experience worry (Walean et al., 2021). WHO research results in 2019 show that depression and anxiety cause loss global economy of 1 trillion USD each the year

consequence loss productivity resource human. The WHO World Mental Health Report, published in June 2022, shows that from One billion people living with disturbance souls in 2019 by 15 %, with condition general like depression and anxiety has increase more of 25% since pandemic starts, adds almost One billion people already life with mental disorders. Organization world health or The World Health Organization (WHO) states that depression and anxiety is disturbance soul with the highest prevalence . More of 200 million people worldwide (3.6% of population) suffer anxiety. Temporary That amount sufferer depression 322 million people worldwide (4.4% of population) and approx half originate from Southeast Asia and the West Pacific region . Worry This can impact with feeling depression , depression This is contributor main death consequence kill self , which is close to 800,000 occurrences kill self every the year . According to notes Basic Health Research (Rikesdas) from Ministry of Health of the Republic Indonesia in 2018, prevalence disturbance emotions in residents 15 years old to up, increase from 6% in 2013 to 9.8 %. Basic Health Research in 2013 shows that prevalence kill self consequence anxiety for residents 15 years old to above (N=722,329) by 0.8% for women and 0.6% for men (HIMPSI, 2020) .

Interview results at ten student level medium ending undergo level 3 at the Health Polytechnic of the Ministry of Health Surabaya D3 Nursing Study Program Sidoarjo year Academic 2022/2023 obtained that four student experience worry weight, five students experience worry medium, and one student experience worry in level light. Based on background behind above it is known that level 3 students of D3 Nursing Sidoarjo experience anxiety when working on KTI, it is difficult to meet lecturers, busy lecture schedules, short time to work on KTI. Therefore, Researcher interested For researching about Anxiety Academic Level 3 Student of D3 Nursing Study Program Sidoarjo Ministry of Health Surabaya Health Polytechnic .

As for goals study This aim For identify Anxiety Description Academic Level 3 Student of D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic. Worry is something circumstances that make somebody feel No comfortable, anxious, afraid, worried, and not peace followed various symptom physical. American Psychological Association say symptom physique the form sweating, shakin, dizziness, or tick fast heart. Basically, anxiety is matter naturally can felt everyone. Even worry has considered as part from life everyday (Walean et al., 2021) . According to Gail W. Stuart in (Muyasaroh, 2020)

group deep anxiety response behavioral, cognitiv, and affective , including ;

1. Behavior, including : anxiety, tension physical, tremor, reaction surprised, talk fast less coordination, inclined experience injured , interesting self from interpersonal relations, inhibition, escape self from trouble, avoidance, hyperventilate, and be very alert .
2. Cognitive, including : attention distracted, concentrating bad, forgetful, wrong in give assessment , preoccupation , inhibition think, space perception decrease, creativity decreases, productivity decreased, confused, very alert, awareness yourself , lost objectivity, fear lost control, fear of visual images, fear injury or death, flash back, and dream bad.
3. Affective, including : easy distracted, no impatient, anxious, tense, nervous, scared, wary, horror, worry, anxiety, numbness, guilt, and shame .

According to (Cassady et al., 2019) Worry academic is room scope covering area worry related with activity typical academic. Afraid will more performance low compared to with Friend peers, worries handle not quite enough answer, and experience stress in space class is component basic. Worry academic is encouragement thoughts and feelings in self containing individual afraid will danger or future threats come without because special, so resulted the disturbance pattern thought and response physique as well as behavior as results pressure in implementation various tasks and activities in situation academic .

RESEARCH METHOD

Method study is plan and structure organized research such shape so that researcher will can obtain answer For questions research and plans That is something scheme comprehensive research program (Heriyanto, 2017). The research design used in research This is research "descriptive" design purposeful research For describe (explain) the events of the present, carried out in a manner systematic and more emphasizes factual data from inference with conduct a survey on variables (Nursalam, 2011).

Population is whole from something related variables the problem under study. Population is deep data source study certain have amount many and wide. Population said as the generalization area it comprises from object or possessing subject quality and characteristics specified by the researcher For studied Then pull in conclusion (Sugiyono, 2020). Population used as study is student level 3 Poltekkes Ministry of Health

Surabaya DIII Nursing Study Program Sidoarjo , totaling 94 students.

Sample is part from population that the researcher wants to examine . Sample is part from the number and characteristics possessed by the population the . So that sample is part from existing population, for taking sample must use method based on certain considerations (Sugiyono, 2020). Sample from study This is the total population that is student level 3 Poltekkes Ministry of Health Surabaya DIII Nursing Study Program Sidoarjo , totaling 94 students.

a. Criteria inclusion

Criteria inclusion is must features fulfilled by everyone member population that can taken as sample (Notoatmodjo , 2012). Criteria inclusion in study This are :

1. Student active level 3 in D3 Nursing Sidoarjo Ministry of Health Surabaya Health Polytechnic.
2. Willing become respondent study

The sampling technique is a process of selecting a portion of the population to be able to represent the population (Nursalam, 2011). In this study the sampling technique used was saturated sampling or total sampling (Heriyanto, 2017). Total sampling is a sampling technique where the sample is equal to the population. In this study the researchers determined the sample based on total sampling, namely Level 3 Students of D3 Nursing Study Program, Sidoarjo Health Polytechnic, Ministry of Health, Surabaya.

Variable study is inherent characteristics of the population, vary, between one person with another and examined in something research. Variables used researchers in this study is variable free, Variable free is variable independent which variable This its nature of course free. That is, variable free can stand Alone without influenced by variables other. Variable free to use namely the level of anxiety Level 3 Student of D3 Nursing Study Program Sidoarjo Ministry of Health Surabaya Health Polytechnic.

Definition operational is description about limitation the variable in question or what is measured by the variable in question (Notoatmodjo, 2010). Definition operational is definition variable in a manner operational based on observed characteristics, so possible researcher For do observation or measurement in a manner careful to something object or phenomenon.

Instrument study can interpreted as tool that can used measure phenomenon natural nor observed and collected data during research. Because of the instrument study will used For do measurement with objective produce accurate

quantitative data, then every instrument must have scale (Sugiyono, 2020). Instruments used in study This is created questionnaire for obtain data regarding level worry in Level 3 Students of D3 Nursing Study Program Sidoarjo Ministry of Health Surabaya Health Polytechnic.

Place study This is at the Health Polytechnic of the Ministry of Health Surabaya D3 Nursing Study Program Sidoarjo. As for research time started since March - April 2023.

Research Ethics, In study must watching problem ethics, among others are :

1. Consent sheet (Informed Consent)

Consent sheet given to the subject to be researched, researcher explain intents and purposes researchers conducted. If the respondent agree for researched so respondent will choose the YES option on the google form questionnaire and if choose No will automatic No can answer questionnaires and researchers must No force and respect right from the respondents the.

2. Without name (Anonymity)

For guard secrecy identity student or respondent, researcher No will include Name respondents on the sheet data collection, enough initials just.

3. Confidentiality

In charging information given by the respondents guaranteed confidentiality by researchers. This done so that things are secrecy respondent No known by the public. Confidentiality information respondent must maintained by researchers, and will reported as results his research is group certain.

RESULT

Table 1
Characteristics Respondents Level 3 Student of D3 Nursing Study Program Sidoarjo in April 2023 (n = 94)

No	General Data	Frequency	Percentage (%)
1.	Age		
	20-21	88	93.6
	22-23	6	6.4
2.	Type Sex		
	Woman	87	92.6
	Man	7	7.4
3.	Place Stay		
	cost	28	29.8
	Stay with Family	66	70.2

Table 2
Distribution Anxiety Level Frequency
Academic Level 3 Student of D3 Nursing Study
Program Sidoarjo in April 2023

No.	Academic Anxiety Level	Frequency	Percentage (%)
1.	Light	8	8.5
2.	Currently	74	78.7
3.	Heavy	12	12.8
	Total	94	100.0

Table 3
Distribution Frequency Aspect Worry
Academic Level 3 Student of D3 Nursing Study
Program Sidoarjo In April 2023 (n = 94)

N o	Aspect Worry Academic	Ye s	Percenta ge (%)	N o	Percenta ge (%)
1.	Expectation Self	47	50	47	50
2.	Task Studying	28	29.79	66	70.21
3.	Trust self lectured	39	41.49	55	58.51
4.	Feeling worried in the classroom	43	45.75	51	54.25
5.	Lecturer	17	18.08	77	81.92
6.	Feel Sick	13	13.82	81	86.18

DISCUSSION

Discussion will outlined in a manner descriptive and detailed from results study level worry student level 3 D3 Nursing Study Program Sidoarjo Ministry of Health Surabaya Health Polytechnic , research This conducted in April 2023 at the D3 Nursing Study Program Sidoarjo with a total of 94 respondents . In discussion this will explained about description level worry academic student level 3 D3 Nursing Study Program Sidoarjo.

Anxiety level academic student level 3 D3 Nursing Study Program Sidoarjo

Based on results research conducted can seen that part big respondent experience level worry academic currently that is totaling (78.7%) 74 students level 3 D3 Nursing Study Program Sidoarjo Ministry of Health Surabaya Health Polytechnic.

Research results This in line with yes conducted by (Fariza, 2021) From the results research already obtained that is of the 162 respondents who participated as well as in study this, as many as 22 respondents (13.6%) experienced worry mild, anxious currently as many

as 78 respondents (48.1%), anxiety heavy as many as 40 respondents (24.7%), and panicked as many as 22 respondents (13.6).

Worry is feeling No convenience that appears from in somebody covers fear, anxiety, worry, sadness, confusion, and dread will things that haven't happened, incl believed thought can endanger or even threaten safety physical and psychological of the person experiencing it. According to (Cassady et al., 2019) Worry academic is room scope covering area worry related with activity typical academic.

As for the results questionnaire on strengthened with question open related worry perceived academic moment this, mostly that causes student experience worry moment This is how difficult share time For do task concurrent end (KTI). with practice clinic nursing intense and serious which emergency do care patient care and patient resume during practice clinic such, also exists task frequent lectures sudden period collection time timetable dense and concurrent lectures the is the one that causes the most student experience worry Because how difficult share time, in part big other worry with Exam Competence to be future Because feel not enough enough acquired knowledge during lectures going on. As for anxiety academic other because difficulty for meet lecturer mentors also get difficulty get his consent.

According to Frank (1991) in (English, 2018), anxiety can overcome with a number of stage, namely: first recognize anxiety, that is recognize about causes and appearance of anxiety. Worry arise without realizing it so that somebody No can recognized when thought negative fulfil mind someone who can change feeling until behavior someone ; second confess and reveal feeling worried the . this can done with method write in a book daily or sharing with the closest person ; third think positive, if anxious the have been recognized Because exists thought negative , should quick Possible replace it with more thoughts realistic and positive Because thought can influence feelings.

Aspect worry academic expectations self student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry academic half from respondents (50%) experienced aspect worry academic because expectation self that is a total of 47 students level 3.

According to (Aristawati et al., 2020) Worry academic is one of the most common psychological problems experienced by students. Worry academic related with exists feeling worried about

the danger to be come from environment institution academic including teacher and eyes lesson or eye studying certain.

Student tend own worry academic Because Afraid No can fulfil hope they Alone or family , have worries about the future , afraid fail in exam and emergence worries get ridicule from Friend when they get low value .

A number of thing that can done For lower worry academic expectations first self is realize that No There is perfect human among them reason easy very disappoite, hope if somebody or situation Can perfect and fit with what you want . Unfortunately, alive No like it. We must aware that No There is nobody or One possible conditions always walk in accordance with in accordance will us. When this Already embedded, then We No will Again expect too big, and it is Can prevent easy disappointed. We will more easy accept circumstances that are not in accordance desire with generous, then student should show that himself precious. So, avoid hook mark self with factor outside. For example, a student will feel valuable when own high IP value. This is often. So reason install expectation too excessive. There is a wish personal order value self in student Can boosted with get what you want. Though, value somebody That No seen from how much tall the IP value, how much clever He class. Without all that, every man that still precious.

Aspect worry academic on assignment studying student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry academic on assignment studying student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic in part small 29.79% (28 students).

According to (Princess Anggun Dwi Setya Anggun, 2002) Internal factors are sourced from individual That alone. Internal factors are often experienced by students level end in drafting and finishing task lectures and assignments end such as : a) difficulties conceptualize content task , like task end , compile formulation problem , technique writing , content and methods research used , and looking for data sources , as well difficulty in put in writing script task end. b) Student pessimistic finish task end Because feel No capable with capabilities. c) Lazy, and not enthusiastic in finish task end.

According to researcher There is relationship between task studying with level worry academic student because as many as 28 students experience worry academic with aspect

task lecture, As for the results questionnaire on strengthened with question open related perceived anxiety _ moment this, mostly that causes student experience worry moment This is how difficult share time For do task concurrent end (KTI). with practice clinic nursing intense and serious which emergency do care patient care and patient resume during practice clinic such, also exists task frequent lectures sudden period collection time timetable dense and concurrent lectures the is the one that causes the most student experience worry Because how difficult share time, in part big other worry with exam competence to be future Because feel not enough enough acquired knowledge during lectures going on.

A number of thing that can done For lower worry academic aspects task studying is with make a to - do list done, priority task with prone to the closest time, in installments task at the time free, do it task with specified time, management time yes well, and don't Once piled up task matter This can raises worry Because the more Lots delayed lever so the more too many burdens received.

Aspect worry academic on faith self lectured student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry academic on faith self lectured student level 3 ie almost half from Respondents (41.49%) were 39 students.

Trust self is attitude on ability self Alone in actions , can feel free For do the things he likes and is responsible for answer on his demeanor , warm and polite in interact with other people, can accept and respect others, as well can know advantages and disadvantages (Lauster, 2002) .

From the results study researcher get trust self lectured matter This caused behavior student changed after pandemic Because There is restrictions meeting. So, learning stare advance No Can done and require online. Specifically student class of 2020 who are used to it with online learning. Obstacles faced is in matter communication and response to various demands academic. Basic nature human who is creature social become limited. Need student For practice his skills socialize become constrained. Because online, finally Skills the No formed ripe. Trust self Not yet honed with well , so method communicate , deliver thinking , and choosing correct diction For expressed to the lecturer feels too less. it Far different , with students who are not force Covid-19. In fact, way less communication. Good That Can make misunderstanding in interpret talks lecturer. Sometimes interpreted as something pressure or anger lecturer to his student.

A number of things that can be done to increase trust in the self: the first lecture with make-belief in the self. Alone every time you feel bad or say something negative about yourself, turn those words around to become something positive. Reassure yourself. Alone every morning that will experience good things and bad things will let those who don't good spoil it. The technique usually known as technique affirmative positive. Second, Grow happy together with support system and a healthy environment, stop is at with those who brought influence negative. Start now, try create system supporters that contain people who inspire and create believe self. Next, stop compare self with other people. Then, give award or self praise. Alone with become supporters biggest for self alone. Don't forget give praise and appreciation on self alone and above whatever has done.

Aspect worry academic on feelings worried in the classroom student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry Academic on Feelings worried in the classroom obtained that is as much almost half from respondent namely (45.75%) as many as 43 students level 3.

Worry is a demonstrated psychological problem with attitude worry to something perceived thing not enough well by individuals. According to (Kartono, 2012) states that worry is something experience subjective about mental tension and anxiety as reaction common and not ability face problem or there is a sense of security. According to West & Turner (in Muslim, 2014) Anxiety speak that is afraid form feeling perceived negative individual in do communication, usually form feeling tense, nervous or panic in do communication. In line with opinion Little John and Foss (2009: 99) said "fear communicate is part from group composed concept on avoidance social anxiety social anxiety interact and shy social". Natural anxiety student in follow learning in the classroom can raises impact. Experienced impact tend difficult concentrate, no can Study in a manner effective, less believe self will readiness Study as well as feel No convenient, easy feel panic as well as hand become sweat cold. Besides that, when worry what happened happen in period long time, will bother condition psychological student so that can impact to psychosomatic. Psychomatic will arise if somebody feel worried excess even can raises depression. Worry moment is at in the classroom because current speak in front of class can because exists inability compile message as reticence. Retention is attitude closed mouth or attitude silence experienced by someone.

Difficulty main reticence is not on knowledge but inability in convey arrangement of words that have prepared (McCroskey, 2013).

From the results study obtained that almost half from respondent experience worry academic aspects feeling worried in class, feelings worried is reasonable feeling because usually student worry less understand material, difficulty do task with Good according to the time limit, have limitations in access the internet, face various constraint technical, and feel worry face material on the level next.

A number of things that can lower feeling worried in the classroom with create atmosphere Study in the classroom with fun and conducive, overcome worry in a manner together like Study together, exchange think, discuss and solve problem together with friends other. If skipped together so worry will reduced.

Aspect worry academics to lecturers student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry academic aspects lecturer a very small amount from respondent namely (18.08%) 17 students level 3. This accordance according to (Wibowo & Zebua, 2020) Capital for carry out the learning process character in college tall involve role a lecturer. Lecturer role as mentor academic to formation character student own impact positive to performance in field education and teaching, research, as well as devotion to society. Influencing factor mentor academic can include: effort build and change paradigm think student, difference psychological, social emotional and cultural in a manner continuous, through classroom learning, and consulting, perception student about role mentor own impact positive to implementation lectures, exams, and services academic. On the contrary If role lecturer mentor who doesn't active can also affect the drafting process thesis student become walk not enough ok. So that will trigger anxiety in students in do task end, This in accordance with influencing factors level worry is connection social and exam, in matter This connection student with lecturer in consultation task end and at the time exam task end.

According to researcher experienced anxiety respondent because lecturer mentor in the guidance process mentor difficult encountered, the guidance process that is not erratic, the guidance of the old and only give A little time For guidance, inside give guidance not enough obviously, no happening good coordination between supervisor I with II, and when do guidance often lecturer mentor more role as tester beginning than as partner discussion,

sometimes mentor only looking for error without give definite solution. Next, lecturer tester, famous tester difficult make student afraid before exam going on. Worry the embedded in the perception student as scary thing.

A number of thing that can reduce worry moment meet with lecturer is with understanding what to make student afraid, of course, a lot very reason from fear arises. Like lack of trust self or something else. trust self in the body of course sometimes Can just lost. If p the Already lost, found confirmed only stay afraid tat's all that's left. Then, Think positive and attitude relax, Fix appearance with good looking neat, clean will increase trust self student. During this, a lot affected students, towards others. Example small, that is Lots student said that lecturer it is very difficult , firm and disciplined . Yet, not yet Of course matter That right. So, students No can affected completely. Can course, knowing information that lecturer it is very difficult, firm and disciplined. But, what better not affected towards others. However, rest assured yourself for Can do it with seriously. All things that are informed by other people, only as addition just. So, student No will Afraid Again For meet with lecturer. Don't forget For pray especially first.

Aspect worry academic on feel Sick student level 3 D3 Nursing Study Program Sidoarjo

Based on results research in table 3.3 is obtained that aspect worry academic aspects feel Sick a very small amount from respondent namely (13.82%) 13 students level 3.

Anxiety is feeling worries somebody about incident scary that would be happen in Century front , no Can controlled and when happened , then will rated as something terrible. Worry is feeling No easy, worried, all at once scared. Condition That involve Good emotion nor sensation possible physical We experience when We experience worry or flustered about something (Aseta & Siswanto, 2022).

Worry This make student experience anxiety on results obtained and all something matter bad to performance or task that has been he did. Worry can appear as something response physiological For anticipate something possible problem will come or appear as disturbance If arise excessive. Until moment this feeling worried Still is disease. Generally, feelings anxiety and restlessness is symptom disease soul or sheer mental breakdown, but feeling excessive anxiety can also attack organs us.

As for things that can lower worry with method First recognize anxiety, that is recognize about reason from emergence of anxiety. Worry

arise without realized so that when thought negative fulfil mind somebody can change feeling until his behavior. Second, Confess and reveal feeling worried the this can done with method write in the book daily or share with the closest people . Third, think positive, if anxious. That has recognized Because exists thought negative, then should sea Possible We replace it with more thoughts realistic and positive Because thought can influence feelings.

CONCLUSION

Based on aims that have made so can pulled something conclusions, including :

1. Level of anxiety academic student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic of 78.7% (74 students) have level worry medium.
2. Aspect worry academic expectations self student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic half from respondents 50% (47 students).
3. Aspect worry academic on assignment studying student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic in part small 29.79% (28 students).
4. Aspect worry academic on faith self lectured student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic almost half from respondents 41.49% (39 students).
5. Aspect worry academic on feelings worried in the classroom student level 3 D3 Nursing Study Program Sidoarjo Surabaya Ministry of Health Health Polytechnic almost half from respondents 45.75% (43 students).
6. Aspect worry academics to lecturers student level 3 D3 Nursing Study Program Sidoarjo The Health Polytechnic of the Ministry of Health in Surabaya is very small from respondents 18.08% (17 students).
7. Aspect worry academic on feel Sick student level 3 D3 Nursing Study Program Sidoarjo The Health Polytechnic of the Ministry of Health in Surabaya is very small from respondents 13.82% (13 students).

SUGGESTION

Based on research that has carried out and the results obtained hence the necessary suggestions endeavored namely:

1. Share Researcher Furthermore
For researcher furthermore recommended For examine the factors main

cause anxiety in students level 3 that will future.

2. For Respondents Student

For respondent student experienced level 3 worry recommended For recognize signs and symptoms the anxiety she felt as well as do possible ways lower level worry that is with deep breathing therapy, yoga, listening preferred music, and perform something he likes like futsal, volleyball, basketball and so on.

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