

DESCRIPTION OF STRESS LEVEL OF FINAL LEVEL STUDENTS OF SUTOPO'S D3 NURSING PROGRAM IN PREPARING SCIENTIFIC WRITINGS

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ABSTRACT

Stress is an unpleasant psychological process that occurs in response to the environment. Stress occurs when there is an event which will then become something that is felt to be dangerous for the individual, from there the individual will react, both physically and psychologically. The purpose of this research is to find out how the description of the level of stress in Sutopo's final year D3 Nursing students is in compiling work scientific writing. This type of research is descriptive research using a questionnaire method using a Depression Anxiety Stress measuring instrument questionnaire (DASS 42) filled out by final year students of Sutopo's D3 Nursing Study Program. Determination of the sample in this study using random sampling, obtained 48 students. The results of this study showed that most of the characteristics of students based on age (75%) were 21 years old, almost all of the characteristics of students based on gender (89.6%) were female. Almost half of the stress levels experienced by level 3 students were moderate stress (35.4%), almost half experienced mild stress (33.3%), a small portion was severe stress (14.6%), and a small proportion were not stressed (16.7 %). From the results of this research, it can be concluded that almost half of the final year students of Sutopo's D3 Nursing Study Program experience moderate stress in compiling scientific papers.

Keywords: *Stress Level, Nursing, Students, DASS 42*

INTRODUCTION

Stress has become an unavoidable part of life for every individual. According to the Mental Health Foundation (2018), 74% of people in the world feel stress. Stress according to Hans Selye in Sary (2015) states that stress is the body's non-specific response to any demands on it. Goldenson (in Saam & Wahyuni, 2014) said that stress is an internal condition or situation in the environment that imposes demands for adjustment on the individual concerned. Stress can attack anyone and it doesn't always happen to adults but also school children.

A student who is able to write a thesis is considered capable of combining knowledge and skills in understanding, analyzing, describing and explaining problems related to the field of science they are studying. Students who write a thesis are more likely to experience stress when writing a thesis, such as difficulty choosing a title, difficulty

finding sources or references, difficulty formulating problems, difficulty writing results in scientific essay format, fear of meeting supervisors, lack of funds, and sometimes their research is not in accordance with their field. . The stress felt by final students comes from various problems and different strategies (Anastasya, 2021).

Academic stress is a stressful condition caused by academic stressors. Desmita (2017) explained that academic stress is a stressful condition faced by someone that causes feelings of discomfort. Academic stress causes a decrease in performance and this happens to both men and women (Khan, Altaf & Kausar, 2013). Sarafino and Smith (2014) define stress as a condition when individuals feel unable to face the demands of their environment, so that individuals feel tense and uncomfortable which occurs in the school or educational environment.

During the process of preparing the thesis, students often encounter obstacles due to various factors, namely internal factors and external factors. According to Polina and Siang (2009), internal factors include lack of motivation or interest in students and low academic ability as well as external factors, namely the difficulty of the material or thesis titles being worked on, the difficulty of searching literature or data, and problems with the supervisor. It is these obstacles that can make students have more burdens on their minds, it can even be said that these students experience stress. This is supported by the results of research conducted by Putri Dewi Ambarwati which produced data that the stress experienced by final semester students who were preparing KTI showed 35.6% mild stress, 57.4% moderate stress, and 6.9% severe stress. The highest level of stress was experienced by women with moderate stress at 33.6% and severe stress at 4.0%. An overview of stress levels in students at Muhammadiyah University of Magelang shows moderate stress of 33.6% (Ambarwati et al., 2019). The impact of stress that is not handled will cause health problems, decreased body resistance to disease, frequent dizziness, feeling lethargic, weak and insomnia. The behavioral impacts that arise include: delaying the completion of college assignments, being lazy to go to college, drug and alcohol abuse, engaging in excessive and risky pleasure-seeking activities (Puspitaningsih, 2015).

RESEARCH METHODS

This research is a research using descriptive method. Descriptive research design is a method used to obtain facts that describe systematically. This research aims to identify the stress level of final year students of the Sutopo D3 Nursing study program in preparing scientific papers. The population in this study were final year students of Sutopo's D3 Nursing Study Program, totaling 94 students. Sampling in this study using random sampling technique obtained as many as 48 students.

The location of this research was carried out at the Sutopo D3 Campus of Nursing. This research was conducted in March 2023. The data collection method is a technique for obtaining data which is then analyzed in a research. The data collection technique used in this research is a questionnaire. Questionnaire is a data collection technique that is carried out by providing a number of questions or written statements to respondents to answer. The measuring tool used in this study was the DASS questionnaire with 42

statements with the choices never, sometimes, often and almost all the time, but in this study the researcher only chose a questionnaire that measures stress, namely 14 statements, namely numbers 1, 6, 8, 11, 12, 14, 18, 22, 27, 29, 32, 33, 35 and 39. Because these statements only refer to the assessment of stress levels. The aim of this research is to determine the level of stress in final year Sutopo D3 Nursing students in preparing scientific papers.

RESULT AND DISCUSSION

Characteristics of Respondents

Table 1
Distribution based on Age and Gender of
Sutopo's Diploma 3 Nursing Study Program
Final Year Students in March 2023

Character istics	Category	Frequ ency	%
Age	20 years	6	12.5
	21 years	36	75
	22 years		
	23 years	5	10.4
		1	2,1
Gender	Boy=boy	5	10.4
	Woman	43	89.6

Source: Primary Data March 2023

The table shows that most of the results are students aged 21 years with a total of 36 students (75%) and are female.

Student Stress Levels in Compiling Scientific Writing

Table 2
Stress Levels of Final Grade Students in
Compiling Scientific Papers of Sutopo's D3
Nursing Study Program in March 2023

NO	Stress Level	Frequency	%
1	No stress	8	16.7
2	Mild stress	16	33.3
3	Moderate stress	17	35,4

4	Severe stress	7	14.6
Amount		48	100

Source: Primary Data March 2023

From this table it can be seen that 17 students (35.4%) experienced moderate stress, 16 students (33.3%) experienced mild stress, 8 students (16.7%) had no stress, and 7 students (14.6%)) severe stress. Results of research conducted in March 2023 on final year students of the Sutopo D3 Nursing study program.

Table 3
Respondents' Stress Level Based on Age of Final Year Students of Sutopo D3 Nursing Study Program in March 2023

Variable	Age	Category							
		No stress		Mild stress		Moderate stress		Severe stress	
		F	%	F	%	F	%	F	%
Stress Level	20 years	1	12.5	2	12.5	3	17.6	0	0
	21 years	7	87.5	11	68.7	12	70.6	6	85.7
	22 years	0	0	3	18.8	1	5.9	1	14.3
	23 years	0	0	0	0	1	5.9	0	0
Total		8	100	16	100	17	100	7	100

Source: March Primary Data

Based on the table above, it was found that of the 48 grade 3 students who experienced moderate stress, as many as 70.6% were 21 years old, 17.6% were 20 years old, 5.9% were 22 years old, and 5.9% were 23 years old.

Table 4
Respondents' Stress Levels Based on Gender Final Year Students of Sutopo's D3 Nursing Study Program in March 2023

Source: Primary Data March 2023

Based on the table above, the results show that of the 48 level 3 students who experienced moderate stress, 82.4% were female, and 317.6% were male.

Variable	Gender	Category							
		No stress		Mild stress		Moderate stress		Severe stress	
		F	%	F	%	F	%	F	%
Stress Level	Man	0	0	1	6.25	3	17.6	1	14.3
	Woman	8	100	15	93.75	14	82.4	6	85.7
Total		8	100	16	100	17	100	7	100

CONCLUSION

Based on research that has been conducted on final year students of Sutopo's D3 Nursing Study Program regarding the description of the stress level of final level students in compiling scientific papers, it can be concluded that out of 48 students with moderate stress levels, 17 students (35.4%) experienced moderate stress, 16 students (33.3%) experienced mild stress, 8 students (16.7%) had no stress, and 7 students (14.6%) had severe stress.

SUGGESTION

- For Researchers
Researchers are expected to consider the existence of undesirable conditions at the research site that could affect the respondent's condition, for example, if there are other activities taking place at the research site, it is best not to collect data on that day. Researchers must ensure that respondents fill out honestly by paying attention to the distance where each respondent fills out the questionnaire. And for future researchers it is hoped that this will be used as a reference and can increase the number of respondents.
- For Students
Respondents are expected to study the title that will be proposed well, understand the content and discussion that will be researched, so that it does not seem arbitrary and ends with no knowledge of what is being researched. Next, study and know all the procedures and procedures for preparing scientific papers and all administrative matters in accordance with the written procedures issued by the lecturer so that respondents do not experience many difficulties and stress when completing their final assignments.
- For Educational Institutions
It is hoped that this research can provide information about the stress level of Surabaya Health Polytechnic students, and be able to

provide an overview of the stress level of final year students in preparing scientific papers.

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