



Description of The Level of Stress of Students in Facing The Thesis at Anesthesiology Study Program Applied Undergraduate Program at Universitas Harapan Bangsa

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Introduction:

The preparation of a thesis is one way of evaluating the final stage in Higher Education which has been determined and regulated in Government Regulation No. 30/1990 article 15 paragraph [1] namely: Examinations can be held through semester exams, final exams of study programs, thesis exams, thesis exams and dissertation exams. The statement is reaffirmed in article 16 paragraph [2], namely the thesis examination is held in the context of assessing learning outcomes at the end of the study to obtain a bachelor's degree.

Government Regulation No. 30/1990 also contains the understanding that the preparation of a thesis as a final project is not an absolute requirement for graduation but is left to the college, so it can be interpreted that the prerequisite for preparing a thesis is one of the characteristics of a college [3].

Final year students often experience stress with final assignments, especially health students who are temporarily working on a thesis or final project. Health students are also prone to experiencing stress when compiling a thesis and if not

handled properly, it will have an impact on obstructing the preparation of the thesis, reducing academic grades, and graduating not on time [4].

Data from the Social Welfare Office of Central Java Province in 2006 recorded 608,000 people who experienced stress. In relation to data from the World Health Organization (WHO), 3 per mill of the 32 million population in Central Java suffer from insanity and another 19 mill suffer from stress. If presented, this number reaches around 2.2 percent of the total population in Central Java. Research on stress levels in students according to faculty choices has been conducted at several universities in the world. The prevalence of students in the world who experience stress reaches 38-71%, while in Asia it reaches 39.6-61.3%. Meanwhile, in Indonesia alone, students who experience stress reach 36.7-71.6%. [5].

Research results from experts, as many as 28 respondents (44.4%) faced severe stress, 25 respondents (39.4%) faced more stress, and 10 respondents (15.9%) faced mild stress. Based on the information obtained, experienced in early 2018 there were close to 59% facing stress. The survey found that 30% of students faced negative stress in academic performance. For Health Study Information, said that the prevalence of mental emotional problems listed stress for ages over 15 years rose from 6% to 9, 8%. It can be concluded that stress is of a general nature, that is, all people can face stress, it's just that each person is different in the method of disclosing or overcoming it. The reflection of stress in nursing students near 67 respondents (91.8%) faced more stress, 3 respondents (4.1%) faced mild stress, on the other hand, who faced severe stress near 3 respondents (4.1%). The number of stressors and demands that students get can be a certain pressure for students, causing stress due to thesis structuring. Research conducted by Iswanto (2014), with 72 respondents who were

preparing a thesis, showed that 15, 3% of students faced severe stress, 41, 7% of students faced more stress and 43, 0% of students faced mild stress. [4].

Stress can occur to anyone and at any time, including students. Stress in students can be caused by the inability to perform their obligations as students or because of other problems, the high complexity of the problems faced, academic life, especially from external and internal demands, academic factors can cause stress for students with changes in learning styles from high school to college, coursework assignments, grade achievement targets, academic achievement, and the need to organize themselves and develop better thinking skills from high school [6] Stress in final semester students is by making a thesis or scientific paper. [7].

Based on the pre-survey conducted by researchers in classes A, B, and C of the anesthesiology nursing study program applied undergraduate program semester 8 at Harapan Bangsa University Purwokerto, the results obtained from 10 students 8 children experienced the stress mentioned above, so the researchers were interested in researching "Overview of Student Stress Levels in Facing Thesis in Anesthesiology Nursing Study Program Applied Undergraduate Program at Haparan Bangsa University Purwokerto"

Method:

This research includes descriptive quantitative research. This type of research is descriptive observational research with a cross sectional approach. Data analysis using Univariate analysis. The sampling technique in this study used convenience sampling. This research has been approved by the Harapan Bangsa University research ethics review board with number B.LPPM-UHB/2186/08/2023.

This research instrument used the Depression Anxiety Stress Scales 21 (DASS-21) questionnaire.

Study Design

This analysis uses primary data, namely the level of stress from the results of observations made of the respondents studied, namely students of the anesthesiology nursing study program, applied undergraduate program semester 8 in 2022/2023.

This research was conducted using the Depression Anxiety Stress Scales 21 (DASS-21) questionnaire.

Data Collection and Outcom Measurement

The researcher processed the data using a computer program, then editing, marking samples, entering data, cleaning up.

This study measures the level of stress in the anesthesiology nursing study program applied undergraduate program semester 8 in 2022/2023.

Strees Scale

Normal: if the score is 0-7, Mild: if the score is 8-9, Moderate: if the score is 10-12, Severe: if the score is 13-16, Very severe: the score is 17>.

Statistics analyses

All statistical analyses in this study used SPSS statistics with Version 25.0; IBM. Analyzing the description of student stress levels in the anesthesiology nursing study program applied undergraduate program semester 8 year 2022/2023.

This study uses univariate analysis. For univariate analysis in this study to determine the description of student stress levels.

Result

Based on the results of this study, students who experienced a normal level of stress were 42 (42%) respondents, a description of the characteristics of respondents based on gender and age at the

stress level of Applied Bachelor of Anesthesiology Nursing students at Harapan Bangsa University found that 24 (38.1%) female respondents experienced a normal level of stress and 40 (40.8%) respondents aged 22 years experienced a normal level of stress.

Table 1. Frequency Distribution of Gender in Undergraduate Students of Applied Anesthesiology Nursing at Harapan Bangsa University

| Type of Gender | Frequency (f) | Percentage (p) |
|----------------|---------------|----------------|
| 1. Male | 37 | 37.0 |
| 2. Female | 63 | 63.0 |
| Total | 100 | 100 |

Based on the table above, it can be seen that the gender variable is men totaling 37 (37.0%), women totaling 63 (63.0%).

Table 2. Frequency Distribution of age in Applied Bachelor of Anesthesiology Nursing Students at Harapan Bangsa University

| Age | Frequency (f) | Percentage (p) |
|-----------------|---------------|----------------|
| 1. 21 years old | 20 | 20.0 |
| 2. 22 years old | 62 | 62.0 |
| 3. 23 years old | 18 | 18.0 |
| Total | 100 | 100 |

Table 4.2 shows the results of the majority of students aged 22 years as many as 62 respondents (62.0%).

Table 3. Frequency Distribution of Stress Levels in Applied Bachelor of Anesthesiology Nursing Students at Harapan Bangsa University

| Stress levels | Frequency (f) | Percentage (p) |
|---------------|---------------|----------------|
| 1. Normal | 42 | 42.0 |
| 2. Light | 21 | 21.0 |
| 3. Medium | 25 | 25.0 |
| 4. Heavy | 9 | 9.0 |
| 5. Very heavy | 3 | 3.0 |
| Total | 100 | 100 |

Table 4.3 shows the results that the most dominant students experience normal stress

categories as many as 42 respondents (42%).

Table 4.4 An Overview of Characteristics Based on Gender on the stress level of Applied Bachelor of Anesthesiology Nursing Students at Harapan Bangsa University

| Type of Gender | Stress levels | | | | | | | | | | | |
|----------------|---------------|-------------|-----------|-------------|-----------|-------------|----------|------------|------------|------------|------------|------------|
| | Normal | | Light | | medium | | Heavy | | Very heavy | | Total | |
| | f | % | f | % | f | % | f | % | f | % | f | % |
| Male | 18 | 48.6 | 10 | 27.0 | 6 | 16.2 | 2 | 5.4 | 1 | 2.7 | 37 | 100 |
| Female | 24 | 38.1 | 11 | 17.5 | 19 | 30.2 | 7 | 11.1 | 2 | 3.2 | 63 | 100 |
| Total | 42 | 42.0 | 21 | 21.0 | 25 | 25.0 | 9 | 9.0 | 3 | 3.0 | 100 | 100 |

Table 4.4 shows that 24 respondents with female gender (38.1%) experienced normal

stress levels and 2 respondents (3.2%) with very severe stress levels.

Table 4.5 Overview of age-based characteristics on the stress level of Applied Bachelor of Anesthesiology Nursing Students at Harapan Bangsa University

| Age | Stress levels | | | | | | | | | | | |
|--------------|---------------|-------------|-----------|-------------|-----------|-------------|----------|------------|------------|------------|------------|------------|
| | Normal | | Light | | Medium | | Heavy | | Very Heavy | | Total | |
| | f | % | f | % | f | % | f | % | f | % | f | % |
| 21 | 9 | 45.0 | 3 | 15.0 | 7 | 35.0 | 1 | 5.0 | 0 | 0.0 | 20 | 100 |
| 22 | 21 | 33.9 | 15 | 24.2 | 16 | 25.8 | 7 | 11.3 | 3 | 4.8 | 62 | 100 |
| 23 | 12 | 66.7 | 3 | 16.7 | 2 | 11.1 | 1 | 5.6 | 0 | 0.0 | 18 | 100 |
| Total | 42 | 42.0 | 21 | 21.0 | 25 | 25.0 | 9 | 9.0 | 3 | 3.0 | 100 | 100 |

Table 4.5 shows that the most dominant respondents aged 22 years experienced normal stress levels as many as 21

respondents (33.9%) and the lowest results with very severe stress levels as many as 3 respondents (4.8%).

Discussion

Overview of student stress levels related to the process of working on a thesis at the Harapan Bangsa University Anesthesiology Nursing Study Program.

1. Type of Gender

Based on the gender table above, it shows that the gender of respondents, namely men, totaled 37 (37.0%), women totaled 63 (63.0%).

2. Age

Based on the age table, the results show that the majority of students are 22 years old as many as 62 respondents (62.0%).

3. Stress Level in Applied Bachelor of Anesthesiology Nursing Students at Harapan Bangsa University

Based on table 4.3 shows the results that, most of the 2019 class respondents at Harapan Bangsa University in 2023 experienced normal levels of stress as many as 42 (42%) respondents. Stress is a person's non-specific reaction psychologically, physiologically and behaviorally when getting stressors well Rosyad (2019). Someone who experiences stress and is unable to manage it will have a negative impact on him, such as overeating, smoking, drinking, and feelings of depression,

anxiety, and thoughts of ending life Nabila & Sayekti (2021). The cause of students experiencing stress is due to the demands and problems they face. The obstacles experienced by students are in the form of internal (self) and external (supervisor) obstacles.

4. An overview of the characteristics of respondents based on gender at the stress level of Bachelor of Applied Anesthesiology Nursing students at Harapan Bangsa University.

Based on table 4.4 shows the results that in the Harapan Bangsa University Anesthesiology Nursing Study Program in the final semester 24 (38.1%) respondents with female gender experienced normal category stress levels, 11 (17.5%) respondents experienced mild category stress levels, 19 respondents (30.2%) experienced moderate category stress levels, 7 (11.1%) respondents experienced severe category stress levels, 2 (3.2%) respondents experienced a very severe category stress level, while respondents with male gender got the results of 18 (48.6%) respondents experiencing normal category stress levels, 10 (27.0%) respondents experiencing mild category stress levels, 6 (16.2%) respondents experiencing moderate category stress levels, 2 (5.4%) respondents experiencing severe category stress levels and 1 (2.7%) respondent experiencing very severe category stress levels. Research by [3] on factors influencing the stress of Nursing transfer program students who are compiling a thesis found the most gender results, namely women with 63 people (86.3%). This is because women have higher stress levels than men, because men use logic so they are more relaxed in dealing with stress while women use feelings so they are more vulnerable to stress.

5. Characteristics of student stress levels based on age in Bachelor of Applied Anesthesiology Nursing students at Harapan Bangsa University

Based on table 4.5, the results show that the most dominant respondents with 22 years of age experienced normal category stress levels as many as 21 respondents (33.9%) and the lowest results with very severe category stress levels as many as 3 respondents (4.8%). Age 22 years is the age of early adulthood. Early adulthood is an age full of emotional tension, periods of social isolation, periods of commitment, dependence, creativity and adjustment to new patterns of life. At this stage it is classified as late adolescence to early adulthood and in terms of development at this age it is stabilizing in the establishment of life and identity, already understanding what good things to do and bad things not to do. [8].

Limitations and Future Research

The limitation of this study is that researchers cannot fulfill the existing sample because many respondents do not fill in the google form that has been distributed via private messages and whatsapp groups, therefore researchers have difficulty in collecting data that should be fulfilled 151 samples so researchers only get 100 samples.

Conclusion

Overview of student stress levels related to the process of working on a thesis at the Harapan Bangsa University Anesthesiology Nursing Study Program 42 (42%) students experienced normal levels of stress. The description of the characteristics of respondents based on gender on the stress level of Applied Bachelor of Anesthesiology Nursing students at Harapan Bangsa University found that 24 (38.1%) female respondents

experienced normal stress levels. An overview of the characteristics of respondents based on age at the stress level of Applied Undergraduate students in the Anesthesiology Nursing Study Program at Harapan Bangsa University found that 40 (40.8%) respondents aged 22 years experienced normal stress levels.

Declaration of Conflicting Interest

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Autho's Contributions.

All authors contributed equally to the conception and design of the study, databases search, methodology, interpretation, review, and editing. All authors were accountable in each stage of the study and agreed with the final version of the manuscript to be published.

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