



Research Article

STRESS LEVEL OVERVIEWS OF FINAL SEMESTER STUDENTS IN FACULTY OF HEALTH UNIVERSITAS NAHDLATUL ULAMA SURABAYA

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ABSTRACT

Stress is a condition in which we generally feel when we are under pressure, feel overwhelmed, or have difficulty dealing with a situation. Stress can come from external factors originating from the environment or caused by the individual's internal perception. Stress in students can also be caused by stress in the form of parental demands, the complexity of the courses used in the thesis, a bad environment, conflict with friends, meeting supervisors, and other people. This research provides an overview of the stress level in final-semester students at the Faculty of Health, Universitas Nahdlatul Ulama Surabaya. The research design used in this research is pre-experimental. The variables used are a quantitative approach that focuses on one variable, namely stress levels. The research results showed that respondents experienced high stress with a percentage of (71%) and those who experienced low stress were (29%). This study used five indicators of stress sources including lack of understanding of the topic of 8 students (11%). This economic factor indicator is one of the factors widely experienced by students with a total of 28 students (39%), in comparison concerns about not being able to take the exam 27 students (37%). In addition, two other indicators, namely family and friend support as many as 7 students (10%) and 2 students (3%) came from supervisors.

Keywords : Final-semester, student, indicator, stress

INTRODUCTION

A person's health condition greatly affects a person's productivity and health status. Health status is not only physical but also mental. One of a person's health statuses that can be seen mentally is stress levels. Mental conditions due to stress can affect the comfort of a person's activities (Sunaryo, et al., 2023). In psychology, stress is a feeling of pressure and mental tension. Low levels of stress may be desirable, beneficial, and even healthy. Stress can have a positive impact, namely it can improve performance. Positive stress is considered one of the important factors for motivation,



adaptation, and reacting to the surrounding environment. However, high levels of stress can result in biological, psychological, and social problems and even serious harm to a person. Stress can come from external factors originating from the environment, or caused by the individual's internal perception (Lina, 2021)

Stress is a condition in which we generally feel when we are under pressure, feel overwhelmed, or have difficulty dealing with a situation. A person usually experiences stress because they have a heavy burden. This stress can be caused by failure that causes emotional stress on students because they are unable to fix certain problems or make changes that can cause stress (Aap Apipudin, et al., 2021). Academic stress is a condition where students face academic demands that they are unable to cope with so that it can hinder their academic progress. (Marta, et al., 2023)

The status of students is seen more than students so that the demands on students themselves are higher, one of which is making a final assignment, namely a thesis (Rosyad, 2019). Students are individuals in higher education who are struggling to study or have a burden of assignments and must work hard to complete their studies during the required period in order to obtain a bachelor's degree (Hariyadi, 2018). Stress in students can also be caused by stress in the form of parental demands, the complexity of the courses used in the thesis, a bad environment, conflicts with friends, difficulty meeting supervisors, and so on.

This study aims to identify the picture of stress levels of final semester students of the Faculty of Health and to deepen understanding between stress levels and sources of stress as seen from several indicators that we use. The selection of this population as a research subject was due to the large number of complaints of stress in final year students of the UNUSA Faculty of Health. This is supported by several literatures that examine the stress of final year students in the Faculty of Health. such as research conducted by Ruriyanti.R (2023) that final year students of the Faculty of Health who experienced high stress were 27%, moderate stress was 31% and low stress was 5%. Practically, the results of our research can potentially be used to design more adaptive and effective educational strategies in educational and government institutions

MATERIAL AND METHODS

A. Location

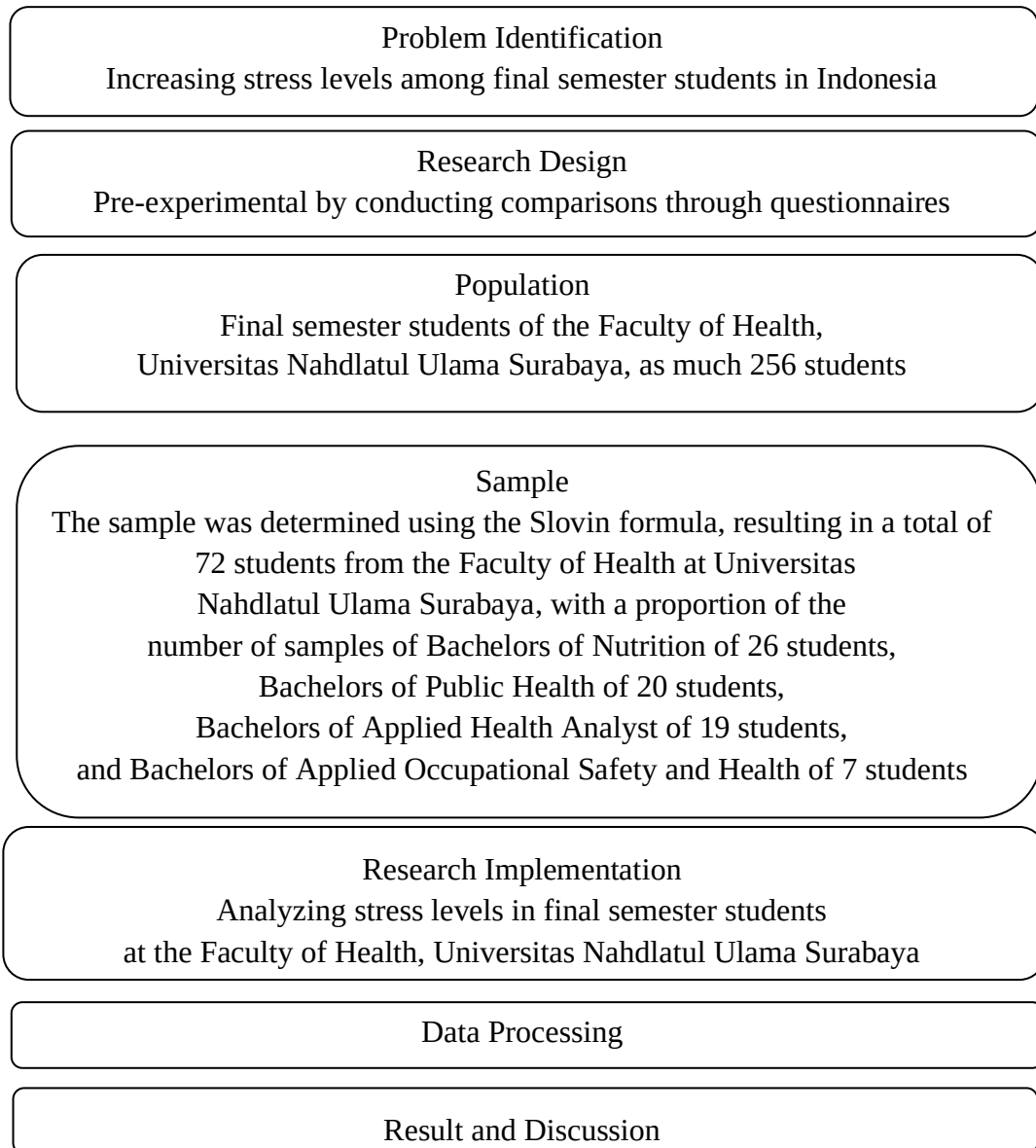
This study was conducted in May to July located at the Faculty of Health, Universitas Nahdlatul Ulama Surabaya and located at Jalan Jemursari No. 51-57 Jemur Wonosari, Kec. Wonocolo, Surabaya, East Java. The population used in this study were final semester students of the Faculty of Health, Universitas Nahdlatul Ulama Surabaya with the total of 256 students. The sample size was determined by applying the Slovin formula as explained below:

$$n : \frac{N}{1 + N (d)^2}$$
$$\frac{256}{1 + 256 (0,1)^2}$$

Sampling methods used proportion to distribute number of respondents on each study programs in Faculty of Health UNUSA. Respondents were taken from final semester students of the Faculty of Health who were divided based on study programs as follows:

Table 1. Distribution of Respondents Based on Study Program

Department	Respondents	Percentage
Bachelors of Nutrition	26 Respondents	36%
Bachelors of Public Health	20 Respondents	28%
Bachelors of Applied Health Analyst	19 Respondents	26%
Bachelors of Applied Occupational Safety and Health	7 Respondents	10%
Total	72 Respondents	100%

B. Research Flowchart**C. Types and Data Collection Techniques**

The type of data collected includes primary data, which is obtained directly by researchers (Afriansyah., 2021). In this case, researchers collect primary data through questionnaires. Primary data includes respondent characteristics, stress levels based on study programs, and descriptions of stress sources collected through the PAS (Perceived Academic Stress) questionnaire.

D. Variable Measurement

The quantitative approach focuses on two variables: Stress level and stress sources. Knowledge is measured through a questionnaire containing questions designed to assess the level of academic stress of final semester students. The questions of questionnaire represent how respondents know their own mental health condition.

RESULTS AND DISCUSSION

In this result and discussion, it will be explained about the description of stress level of final semester students of health faculty. The things listed in the discussion are comparing the research result with the concept and result of previous research.

A. Identifying Respondent Characteristics

Table 2. Respondent Characteristics

Variables	Category	Respondents	Percentage
Gender	Male	27	37%
	Female	45	63%
Departments	Bachelors of Nutrition	26	36%
	Bachelors of Public Health	20	28%
	Bachelors of Applied Health Analyst	19	26%
	Bachelors of Applied Occupational Safety and Health	7	10%
Stress Level	High	51	71%
	Low	21	29%

72 respondents in this study were distributed in four study programs with a total of (36%) from Bachelors of Nutrition, (28%) from Bachelors of Public Health, (26%) from Bachelors of Applied Health Analyst, and (10%) from Bachelors of Applied Occupational Safety and Health at the health faculty in 2024. Of these, (63%) were female, while (37%) were male. The majority of respondents experienced high stress with a percentage of (71%) and those who experienced low stress were (29%).

B. Identifying The Stress Level of Final Semester Students

Table 3. Respondents Stress-Level

Characteristic	Category	Respondents	Percentage
Stress Level	High	51	71%
	Low	21	29%

The stress level of respondents was relatively high. Almost all respondents (71%) experienced high stress, only a small portion of respondents (29%) experienced low stress. The study results show that the majority of final semester students at the Faculty of Health experienced high levels of stress.. This is caused by various factors such as the demands of student duty at the Faculty of Health being heavier compared to other faculties according to research by (Amalia, 2021) in Ruriyanti.R (2023). This is based on research held by Tabroni, et al. (2021) with results that can be concluded that the stress level of students from the health study program is in the high stress category and the stressor that causes the most stress is academic stress. Academic stress can be interpreted as a condition when someone cannot face the demands of academics and views these academic demands as something that is considered a disturbance or danger to one's own condition (Barseli et al., 2017).

C. Identifying Stress Levels Based on Study Program

Table 4. Respondent' Stress Level Based on Departments

Department	Category	Respondents	Percentage
Bachelors of Nutrition	High	19	26,3%
	Low	7	9,7%
Bachelors of Public Health	High	16	22,3%
	Low	4	5,6%
Bachelors of Applied Health Analyst	High	12	16,7%
	Low	7	9,7%
Bachelors of Applied Occupational Safety and Health	High	4	5,6%
	Low	3	4,2%
Total		72	100%

Based on the identification of respondents' stress levels based on study programs as follows, the number of students in the Bachelors of Nutrition study program who suffered from high stress was (26.3%) and (9.7%) experienced low stress. In the Bachelors of Public Health study program, there were (22.3%) students experiencing high stress and (5.6%) students experiencing low stress. The number of students in the Bachelors of Applied Health Analyst study program was (16.7%) experiencing high stress and (9.7%) experiencing low stress. In the Bachelors of Applied Occupational Safety and Health study program, there were (5.6%) experiencing high stress and (4.2%) experiencing low stress.

Based on the research results, health faculty students in all study programs have a majority of high stress levels. . Many factors affect students' stress levels, one of which is the demands of graduation. In previous research at Public Health Faculty on Sam Ratulangi University of Manado, male respondents, 22.9% experienced low stress while as many as 12.1% were high stressed. The other 167 students of women, 35.0% experienced high stress while the 30.0% of them was high stressed (Kountul, 2018). Other studies conducted in University of Muhammadiyah Magelang, the results indicates that the mostly of students experienced moderate stress levels with a total of 58 students (57.4%) and 7 students (7.0%) experienced high stress levels. There are several factors that cause this to happen, including internal factors due to a lack of understanding to solve problems properly and external factors, namely problems in the community, family or those related to relationships with other people and also because the higher the level of study load, the more difficult the courses they take. During this period, final semester students also tend to experience burnout or boredom (Putri et al., 2017).

D. Identifying Stress Source Overview

Tabel 5. Stress' Sources Overview

Category	Respondents	Percentage
Lack of Understanding with the topic	8	11%
Economy	28	39%
Anxiety for can't join the Test	27	37%
Family and friends support	7	10%
Supervisor	2	3%
Total	72	100%

Identifying stress levels based on the description of the respondents' stress sources. This reasearch used five indicators of stress sources including lack of understanding of the topic of 8 students (11%). In this economic factor indicator, it is one of the factors that is widely experienced

by students with a total of 28 students (39%), while the worry of not being able to take the exam is 27 students (37%). In addition, two other indicators, namely family and friend support are 7 students (10%) and 2 students (3%) come from the supervisor.

The highest Results of identification of stress levels of final semester students based on the description of stress sources in the health faculty. As many as 28 students (38%) experienced high stress due to economic factors. This is based on research that has been conducted previously at the Faculty of Psychology, University of Indonesia. The majority of stress experienced by students comes from intrapersonal problems with a value of 29.3%. Students who experience stress from this source are mostly caused by financial problems (23%). financial problems are a source of stress for most students from this source

In financial matters, factors that can cause stress are because of the many expenses, no money to go home, thinking about tuition fees that must be paid, or for college needs such as books that must be purchased, and delays in the disbursement of scholarship funds while monthly money is almost running out. (Sugiarti et al., 2018)

CONCLUSION AND SUGGESTION

Our research activities were conducted at the Faculty of Health, Universitas Nahdlatul Ulama Surabaya. This study, titled Overview of Stress Levels Among Final Semester Students at the Faculty of Health, focuses on students in their final semester at the Faculty of Health, Universitas Nahdlatul Ulama Surabaya. Participants include students from the Nutrition, Public Health, Applied Health Analyst, and Applied Occupational Safety and Health programs. The research was initiated due to the high stress levels observed in this group, with 71% of final semester students reportedly experiencing significant stress. To investigate the sources of this stress, the study examined four key factors: supervisors, financial challenges, fear of failing to take exams, and peer support. Based on our research identification, the largest source of stress comes from economic factors, which is 44.4%. As for suggestions for further researchers, the stress level assessment process should be carried out during the thesis so that the maximum stress level can be determined and it is easy to identify the cause of the source of stress.

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