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## The Corporate Mechanism Relationship with Stress Levels in Final State Students of Nursing

Dini Nur Fauziah<sup>1</sup>, Aap Apipudin<sup>2</sup>, Adi Nurapandi<sup>3</sup>, Elis Rahmawati<sup>4</sup>

<sup>1,2,3,4</sup> STIKes Muhammadiyah Ciamis, Ciamis, Indonesia

\*Correspondence : [dinyf09@gmail.com](mailto:dinyf09@gmail.com)

### ABSTRACT

**Purpose:** The most difficult tasks for final year students is thesis. this study aims to determine the relationships between coping mechanisms and stressed levels in Nursing STIKes Muhammadiyah Ciamis undergraduate students. **Methods:** The design in this study was cross sectional. Sampling was done by using total sampling. The sample in this study amounted to 83 people. **Results:** The results of statistical tests showed that there was a relationship between stressed levels and coping mechanisms in final year undergraduate students of Nursing STIKes Muhammadiyah Ciamis 2-8 July 2023 ( $p=0.022$ ). This study provides an overview for undergraduate nursing students to be able to understand and improve emotional intelligence , so that they are able to motivated themselves and can withstand stress.

**Keywords:** Coping mechanisms, final year students, stress level

### Introduction

Stress is a condition that arises as a result of the interaction between an individual and his environment, which results in a difference between a person's situational needs and his biological, psychological and social functions. Stress is also often defined as a negative response to pressure, tension, or disturbance from external factors. The impact of stress can affect physical and mental health, such as feelings of anxiety, depression, decreased immune system, headaches, heart problems, fatigue, and blood pressure instability. Worrying processing thesis cause not enough Sleep, No can alone, feel the demands or burdened moment do task end. If matter This going on long, students will experience depression Which can harm himself Alone ( Lestari et al , 2021). Stress can be interpreted as a condition in which a person feels overwhelmed by demands that exceed his capacity. In the context of nursing students, stress can have a negative impact on academic achievement, as it may result in decreased concentration and poor decision making and is often associated with feelings of depression. When stress is sustained, it can contribute to the development of serious psycho - emotional disorders ( Sebastian Pratama Sondakh & Ria Maria Theresa, 2020).

According to data from World Health Organization (WHO) in 2020, the prevalence of stress globally is quite high, with nearly 350 million people worldwide experiencing stress, making it the 4th ranked disease in the world. In particular, final year students who are completing their thesis face a significant level of stress. Based on research (Yunalia et al , 2021). the prevalence of stress in final year students around the world ranges from 38% to

71%, while in the Asian region the figure ranges from 39.6% to 61.3%. Stress has the potential to have both good and bad effects. In the student context, the positive effects of stress include encourage personal growth and stimulate creativity. however , The negative effects of stress can result in difficulty concentrating during college, decreased interest in activities that are usually undertaken, reduced motivation, and even . disturbance behavior coping when follow process orientation thesis with mentor. Stressor Which considered in outside ability And ability somebody can raises threat like difficulty finish thesis Which it seems Not yet finished, leave thesis Which No complete And cycle study Which long (Gamayanti et al., 2018).

The effects of stress can have an impact on general health, including physical symptoms such as headaches and indigestion. In addition, stress also has a psychological impact that can be manifested in cognitive, emotional, and behavioral symptoms. Emotional stress can produce negative feelings about oneself, induce anxiety, and stimulate feelings of depression. On the other hand, intellectual stress can interfere with the ability to think clearly and accurately, which in turn impairs one's perception and skills in solving problems or challenges. Overall, the impact of stress involves both physical and mental aspects, and can cause a number of symptoms that affect various areas of an individual's life. Therefore, it is important for individuals to deal with stress in a healthy and effective way (Madaniah, 2020).

Increased stress can cause changes in body temperature, heart rate and breathing. Various physiological responses can occur when a person is injured or experiences emotional stress . Responses that often arise due to stress include symptoms such as chest pain, diarrhea, indigestion, headaches (dizziness), nausea, difficulty sleeping, excessive fatigue, and fast or pounding heartbeats. These symptoms can be physical and can greatly affect a person's well-being. In situations of severe stress, this reaction can be an indicator that the body is responding to the stress experienced by the individual. Mental reactions include nervousness, irritability , poor memory, depression, motivation ( low willpower), inability to complete a task started and overreact to trifles. Mental reactions such as confusion, frustrated, scared, helplessness, depression and loss of enthusiasm ensue (Arisandi & Setia, 2021).

## Methods

This study applies a quantitative descriptive method with a cross-sectional approach . The sample consisted of 83 respondents selected through sampling using total sampling which means the entire population was taken as a sample in this study. This research was conducted at STIKes Muhammadiyah Ciamis.

## Results

### a. Characteristics of Stress Levels

**Table 1. Frequency Distribution Stress Level**

Stress Level	F	%
Normal	37	44,5
Light	46	55,5
Currently	0	0
Heavy	0	0
<b>Total</b>	<b>83</b>	<b>100</b>

Based on table 1. on shows the frequency of the highest respondent characteristics, namely as many as 46 respondents experienced mild stress (55.4%).

b. Characteristics of Coping Mechanisms

**Table 2. Frequency Distribution of Coping Mechanisms**

Coping Mechanism	F	%
Adaptive	43	51,8
Maladaptive	40	48,2
<b>Total</b>	<b>83</b>	<b>100</b>

Based on table 1. above shows that the frequency of the highest respondent characteristics as many as 43 respondents has an adaptive coping mechanism (51.8%) .

c. The relationship between coping mechanisms and stress levels in final year students of Nursing STIKes Muhammadiyah Ciamis

**Table 3. The relationship between coping mechanisms and stress levels**

Variable	Mechanism coping						P-Value
	Adaptive		Maladaptive		Total		
	F	%	F	%	F	%	
Stress level							
Normal stress	14	16,8	23	27,7	37	44,6	0,022
Light stress	29	34,9	17	20,5	46	55,4	

Based on table 3. it shows that the mother's readiness in facing menopause is highest in the ready category as many as 37 people (82.2 %).

## Discussion

### 1. Univariate Analysis

a. Frequency Distribution Stress Level

Based on the results of research conducted at STIKes Muhammadiyah Ciamis on final year undergraduate students in Nursing, it was found that the most respondents were at normal stress levels, namely 46 respondents (55.4%), while 37 respondents (44.6%) had stress levels light. This shows that almost half of the respondents experienced normal stress. Some students also experience stress due to internal factors, namely a lack of prejudice in understanding and responding to problems appropriately due to external factors, namely problems from friends, family, permanent assignments or stress can be caused by learning load, the higher the level, the higher the level. Lots of students suffer from normal to mild stress. This is also in line with research from (Lestari et al ., 2021).

Khamida, Siti Rabiatul Zulfah, (2019) also conveyed in his research the stress factor that is related to external and internal factors. Internal factors, namely from within ourselves, such as not being able to address problems properly and external factors, such as the work environment, relationships with other people. Stress is the body's reaction to changes that require physical, psychological and emotional responses, adjustments or adaptations originating from any situation, condition, thought or status, thus causing frustration, anger and anxiety.

b. Frequency Distribution of Coping Mechanisms

Based on the research results in Table 4.2, it shows that of the 83 respondents, 43 people have adaptive coping mechanisms (51.8%) and as many as 40 people have coping mechanisms maladaptive (48.2%) and Based on a total of 83 respondents, the highest or highest results were based on age, namely 22 years, 56 respondents (67.5%) and the highest gender was female, 49 respondents (59.0%). Wibobwo (2018) In this study, it was found that as many as 45.2% of nursing professional

students from STIKES Insan Unggul Surabaya used coping mechanisms that were maladaptive. It is important to note that effective (adaptive) coping has a central role in maintaining a healthy body and increasing the body's ability to ward off disorders and diseases, both physically and psychologically, socially, and spiritually (Potter & Perry, 2017).

Coping mechanisms is strongly influenced by how individuals deal with the challenges they face. Each individual has a unique way of dealing with problems, and the coping mechanisms used can vary significantly. Nonetheless, in general, coping is an automatic response when individuals face stressful and threatening situations (Rafilia Adhata et al, 2022). In research conducted by (Lavari, 2019) it was found that the majority of coping mechanisms were in the late adolescent and young adult age groups, where the respondents were is a maladaptive coping mechanism, reaching about 55%. These results can be explained by the characteristics of the transition from adolescence to young adulthood, where individuals tend to experience emotional changes and do not have sufficient experience in dealing with problems or conflicts. As a result, the problem or conflict at hand may be difficult to resolve, and it is possible for the problem to continue without adequate resolution. In addition, in late adolescence and young adulthood, individuals are still in the stage of recognizing their emotions. Teenagers in this group tend to experience more extreme emotions and emotional changes more quickly than adults. It can also contribute to the use of less effective coping mechanisms, as the study found.

## 2. Bivariate Analysis

Based on the bivariate analysis listed in Table 4.3 it can be observed that in the stress level variable, respondents who experienced normal stress levels as much as 44.6% overall had adaptive coping mechanisms. On the other hand, for respondents who experienced mild levels of stress, there was a percentage of 55.4% who used maladaptive coping mechanisms . After going through the chi-square statistical test , the p- value obtained was 0.022. Because this p- value is below the significance limit of 0.05, the null hypothesis (H0) is rejected. This means that there is a significant relationship between stress levels and coping mechanisms in final year students of the Bachelor of Nursing program at STIKes Muhammadiyah Ciamis in 2023.

Findings from research (Tendean, 2020) at Klabat University, North Minahasa, also support similar results, namely that there is a significant relationship between stress levels and coping mechanisms . Similar results were also found in research conducted by Mushoffa, 2017) which showed a relationship between stress levels and coping mechanisms in nursing professional students at STIKES Insan Unggul Surabaya, with a p-value of 0.002. Statistically, these results indicate that respondents with mild levels of stress tend to have adaptive coping mechanisms, with a proportion of around 55.4% and 51.8%. On the other hand, respondents who experience normal levels of stress tend to have maladaptive coping mechanisms, with a percentage of around 44.6%. These findings provide additional evidence about the close relationship between stress levels and how individuals deal with it through coping mechanisms, especially among college students.

## Conclusion

Based on the results of research on the relationship between stress levels and coping mechanisms in final year students of the Bachelor of Nursing program at STIKes

Muhammadiyah Ciamis, researchers have come to the following conclusions: Based on the highest results, it shows that as many as (55.4%) experienced mild stress. Based on the research results, the highest data shows that as much as 51.8% of respondents use adaptive coping mechanisms. Based on the results of statistical tests, it was obtained that the p value was  $0.022 < 0.05$ , which means that there is a relationship between stress levels and coping mechanisms in undergraduate students in nursing at STIKes Muhammadiyah Ciamis.

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