



## Description of The Level of Anxiety and Perceptions of Students in Facing The Final Project in The Nursing Study Program of STIKes Muhammadiyah Ciamis

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### ABSTRACT

The problem that arises when a student faces a thesis for no apparent reason is that some students feel anxious because they think that a thesis is something difficult to do. Sometimes this feeling of anxiety arises before the student tries to work on each stage of the thesis preparation. Anxiety affects student learning outcomes, because anxiety tends to produce confusion and distortion of perception. The method in this study is descriptive, which is research conducted to determine the value of independent variables, either one or more variables (independent) without making comparisons, or connecting with other variables. The population in this study were all final year students in the Nursing Science Study Program of STIKes Muhammadiyah Ciamis as many as 62 people. Sampling in this study used a total sampling technique, namely the entire population was used as a research sample. The results showed that the anxiety level of students in facing the final project was mostly anxious as many as 26 people (41.9%), and the perception of the final project in the Nursing Study Program of STIKes Muhammadiyah Ciamis was mostly positive as many as 34 people (54.9%). Most of them were positive, namely 34 people (54.8%).

### INTRODUCTION

Higher education is an education provider that is a continuation of secondary education in the school education channel,

while people who study at universities are known as students (KBI, 1990 in Anton, 2017). Students must take a minimum study period of 4 years or 8 semesters before finally graduating as a bachelor.

Students who are in their final semester and have completed their courses are required and required to make a scientific work, namely a thesis (Hidayat, 2015).

According to Mansur & Maryaeni (2015) thesis is a scientific paper prepared by students as one of the final requirements for graduation from the undergraduate education program (S1). Meanwhile, according to Januarti (2014) that the thesis is a measure of the extent to which students' level of understanding of their knowledge.

Composing a thesis takes a long time and process. For some students, compiling a thesis is a scary thing that inevitably must be undertaken which causes anxiety such as feeling unable and afraid to face the thesis (Hasan, 2015).

Anxiety working on a thesis experienced by students is caused by negative thoughts that are created by themselves, from these negative thoughts, uncomfortable feelings arise, uncomfortable feelings in this case are anxiety. Anxiety is a state of personality feeling, a sense of anxiety, uncertainty, fear of reality, or the perception of a threat from an unknown or known actual source (Laraia & Stuart, 2013). Meanwhile (Corey in Purba, 2013) defines anxiety as a state of tension that forces individuals to do something. Meanwhile, according to Smaltzer & Bare (2012), anxiety is a situation or an anxiety is a natural response when there is an emotional reaction to the perception of danger, either real or unreal. In line with this statement according to Alloy (2015), anxiety is a feeling of fear, excessive fear of something threatening or difficulties that do not necessarily occur, and do not actually occur in the future and can endanger their welfare.

Anxiety can also be experienced by anyone, including by students who are completing their thesis assignments. The problem that arises when a student faces a thesis without a clear cause is that some of the students feel anxious because they think that the thesis is something difficult to do. Sometimes these feelings of anxiety arise before students try to work on each stage of the thesis preparation. Anxiety affects student learning outcomes, because anxiety tends to produce confusion and distortion of perception. These distortions can interfere with learning by reducing the ability to focus attention, reducing memory, interfering with the ability to connect one thing with another (Kaplan & Saddock, 2015).

In the process of preparing a thesis, students experience many obstacles and different psychological responses, anxiety and stress are the psychological disorders most often experienced by students in completing their thesis. A lot of anxiety and stress experienced by students occurs continuously every day. Academic pressure and competence, career goals and higher education, peer pressure, expectations from parents, and conflicts between parents and children often require handling of anxiety, stress and adaptation disorders by students (Hutagalung, 2012). Anxiety working on a thesis can be detrimental to students because it can hinder the completion of the thesis, student anxiety arises due to experiencing difficulties in working on the thesis (Bolton, 2014).

Based on research conducted by Mujiah (2011), the obstacles commonly faced by students in writing the final thesis were

obtained. The most influential obstacles in the preparation of students' theses are: lack of reference books that focus on research problems (53%), laziness (40%), lecturers who are difficult to meet (36.7%), and less clear guidance (26.7%).

Based on the results of a preliminary study conducted on December 04, 2017 with the interview method by researchers on 10 students of Class 9 Year 2018 S1 Nursing Study Program STIKes Muhammadiyah Ciamis who were facing their final project, 7 out of 10 students stated that they were anxious about facing the final project because they were afraid of facing the supervisor and also worried because of the difficulty of finding reference books related to the focus of research problems, thus making students anxious in facing the final project, besides that based on the observations of researchers many students have difficulty making background, theoretical and methodological problems, pressure from lecturers and from parents, boredom and others. From the explanation above, the researcher is interested in researching further about "Description Of The Level Of Excitement And Perception Of Students In Facing The Final Task In The Study Program S1 Keperawatan Stikes Muhammadiyah Ciamis".

## METHOD

This study uses a descriptive research type with a quantitative approach. Quantitative research methods are research methods based on the philosophy of positivism, used to research on certain populations or samples, data collection using research instruments, quantitative or statistical data analysis, with the aim of testing

predetermined hypotheses (Sugiyono, 2012).

Descriptive research in this study is intended to obtain descriptions and information regarding the description of the level of anxiety and perceptions of students in facing the final project in the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis.

## RESULTS AND DISCUSSION

From the results of data collection, namely the description of the level of anxiety and perceptions of students in facing the final project in the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis is as follows:

- a. Anxiety Level Overview  
Students in Facing the Final Project  
Final Project in the S1 Nursing Study Program STIKes Muhammadiyah Ciamis

**Table 4.1**  
Frequency Distribution of Level Student Anxiety Level in Facing the Final Project at S1 Nursing Study Program Stikes Muhammadiyah Ciamis

No	Category	F	%
1.	No Anxiety	6	9,7
2.	Mild anxiety	18	29
3.	Moderate Anxiety	26	41,9
4.	Severe Anxiety	12	19,4
5.	Severe anxiety = panic	0	0
	<b>Total</b>	<b>62</b>	<b>100</b>

Based on table 4.1, it is known that the level of anxiety of students in facing the final project in the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis, the highest frequency is in the category of moderate anxiety as many as 26 people (41.9%), and the lowest frequency is in the category of no anxiety as many as 6 people (9.7%).

b. An Overview of Perceptions About the Final Project in the S1 Nursing Study Program STIKes Muhammadiyah Ciamis

**Table 4.2** Frequency Distribution of Perceptions about Final Project in the S1 Study Program Stikes Muhammadiyah Ciamis Nursing

No	Category	F	%
1.	Positif	34	54,8
2.	Negatif	28	45,2
	<b>Total</b>	<b>62</b>	<b>100</b>

Based on table 4.4, it is known that the perception of the final assignment in the S1 Nursing Study Program STIKes Muhammadiyah Ciamis, the highest frequency was in the positive category as many as 34 people (54.8%) and the lowest frequency was in the negative category as many as 28 people (45.2%).

1. Student Anxiety Level in Facing Final Project in the S1 Nursing Study Program at STIKes Muhammadiyah Ciamis  
Mathematical Formulas

The results showed that the level of anxiety of students in facing the final project in the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis, the highest frequency was in the category of moderate anxiety as many as 26 people (41.9%). This is because the process of preparing a thesis is a new thing that must be done and must be completed on time, many changes occur or differences arise from the usual learning process with the thesis preparation process, this triggers anxiety stressors.

This is in accordance with the theory put forward by Laraia & Stuart, (2013) which states that the anxiety of working on a thesis experienced by students is caused by negative thoughts that are created by

themselves, from these negative thoughts, uncomfortable feelings arise, uncomfortable feelings in this case are anxiety. Anxiety is a state of personality feeling, a sense of restlessness, uncertainty, fear of reality, or the perception of a threat from an unknown or known actual source. Meanwhile (Corey in Purba, 2013) defines anxiety as a state of tension that forces individuals to do something. Meanwhile, according to Smaltzer & Bare (2012), anxiety is a natural situation or response when there is an emotional reaction to the perception of danger, either real or unreal.

In line with this statement according to Alloy (2015), anxiety is a feeling of fear, excessive fear of something threatening or difficulties that do not necessarily occur, and do not actually occur in the future and can endanger their welfare. Added by the theory of Kaplan, Sadock and Grebb (2012) anxiety is a response to certain situations that are threatening and is normal to occur due to a new or unprecedented experience, as well as in finding self-identity and the meaning of life. Based on data on demographic characteristics, the majority of respondents are female as many as 47 people (75.8%), so they get moderate anxiety. This is in accordance with Myers' theory (1983, in Creasoft, 2012), which states that women are more anxious about their inadequacy than men, because men are more anxious about their inadequacy. compared to men, because men are more active, explorative, while women are more sensitive. men are more relaxed than women.

2. Student perceptions of the final project in the S1 Nursing Study Program at STIKes Muhammadiyah Ciamis

The results showed that the perception of the final assignment in the S1 Nursing Study Program STIKes Muhammadiyah Ciamis, the highest frequency was in the

positive category as many as 34 people (54.8%). This is because the purpose of this final project is to get a nursing degree so that students have a positive perception in dealing with it, the attitude of values and beliefs of students also affects their perceptions, for example, students who are preparing a thesis will focus more on their thesis than on other things Based on the questionnaire statement stating that the thesis provides motivation, the majority of respondents answered agree (60%), the questionnaire statement stating that the thesis is important for the future, the majority of respondents answered agree (55%) and the questionnaire statement about being able to complete the thesis on time, the majority answered strongly agree (58%), This is in accordance with the theory put forward by Hidayat (2012) that perception is the process of a person understanding the environment, including organizing and interpreting stimuli in a psychological experience, the cognitive process of interpreting objects, symbols and people with relevant experiences, the process of extracting information in preparation for response. Perception receives, selects, organizes, stores and interprets stimuli into a complete and meaningful picture of the world. In line with the above theory Achamd (2012) states that beliefs and needs or motives are one of the factors that influence student perceptions. Motivation in learning activities is a force that can be a driving force for students to complete the tasks being done.

## **CONCLUSIONS AND RECOMMENDATIONS**

Based on the results of research on the relationship between personal hygiene and the incidence of typhoid fever in the Ciamis Health Center Working Area, Ciamis Regency, the following conclusions can be drawn:

1. Personal hygiene in adolescents in the Ciamis Health Center Working Area, Ciamis Regency is mostly categorized as poor as 34 people (59.6%).
2. The incidence of typhoid fever in adolescents in the Ciamis Health Center Working Area, Ciamis Regency is mostly categorized as yes as many as 32 people (56.1%).
3. There is a significant relationship between personal hygiene and the incidence of typhoid fever in the Ciamis Health Center Working Area, Ciamis Regency because the value of  $\alpha > p$  value ( $0.05 > 0.000$ ) and the value of chi square ( $\chi^2$ ) count  $>$  chi square ( $\chi^2$ ) table ( $29.085 > 3.841$ ), namely the better personal hygiene, the smaller the occurrence of typhoid fever in adolescents and vice versa the less good personal hygiene, the more the occurrence of typhoid fever in adolescents. paragraph form (not numerical), contain research findings as a synthesis between the results of data analysis and the results of the discussion, as well as highlighting new things that are new. contribution to the development of medical science. The thing to note] is the consistency triangle (problems-objectives-conclusions must be consistent).

## **Suggestion**

1. For Educational Institutions  
The results of this study are expected to increase health information, especially about the incidence of typhoid fever and can be used as reference material, especially for the nursing field. Educational institutions should also be able to develop their knowledge in depth related to interventions on personal hygiene in adolescents so as to reduce the incidence of typhoid fever in adolescents.



2. For the Health Center  
Further improve health promotion or health counseling regarding personal hygiene and the incidence of typhoid fever in adolescents, for example by conducting health promotion through community movement counseling both in groups and face-to-face counseling by health service workers intensively and continuously, conducting home visits. Then for how to deliver information using simpler ways such as by distributing leaflets or brochures about personal hygiene so that it can reduce the incidence of typhoid fever in adolescents.
3. For adolescents  
The results of this study are expected to be taken into consideration by adolescents to improve diet, healthy lifestyle and personal hygiene so as to reduce the incidence of typhoid fever in adolescents.
4. For Further Researchers  
This study examines the relationship between personal hygiene and the incidence of typhoid fever in adolescents, there are several things that have not been explored more deeply. Therefore, further researchers are advised to explore other factors associated with the incidence of typhoid fever in adolescents with more appropriate methods such as the title "factors that affect the incidence of typhoid fever in adolescents". Suggestions for further research to cover research deficiencies. Does not contain outside suggestions for further research. Suggestions are made concisely, clearly and concisely, and are made in paragraph form (not numerical). (Sandy, 2014)

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