



PALUPI TRIWAHYUNI

Universitas Advent Indonesia

Palupi Triwahyuni, a faculty member of the School of Nursing at Universitas Advent Indonesia, hails from Lampung, Indonesia. She finished her Master of Health at Gadjah Mada University in Yogyakarta, Indonesia. She loves to promote health through education. Her research interests include health behavior and the Human Immunodeficiency Virus.

Description of Stress Levels among Nursing Students in West Indonesia

Palupi Triwahyuni¹, Mangadar Simbolon²,

Charissa Angie Victorine Simboloni³

^{1,3}*Faculty of Nursing, Universitas Advent Indonesia*

²*Faculty of Philosophy, Universitas Advent Indonesia*

palupi.triwahyuni@unai.edu

Adolescence, a transitional phase of life, occurs when one individual needs to get good attention and understanding. It is one's stage in life wherein human beings are not free from stress. This descriptive analysis, a quantitative study, employs survey questionnaires to document the stress level of students in one class at a private tertiary institution in West Indonesia. It uses purposive sampling. It employs the Student Nursing Stress Index questionnaire, consisting of 18 statements that have been modified by Zazirotul with a calculated validity value of > 0.633 . Respondents to this study are thirty-four adolescent freshmen nursing students. Each respondent's answers from the questionnaire are summarized and interpreted as a stress rating, namely: mild stress (18-42), moderate stress (43-66), and severe stress (67-90). Stress levels range from mild to moderate to severe. This study reveals that all respondents experience stress (from mild stress to severe stress levels). Thus, this suggests that respondents should have strategies to cope with and deal with stress to minimize each stress level and be able to manage school activities. Also, it suggests that further study may employ another measurement tool aside from the Student Nursing Stress Index to check students' stress levels and increase the number of respondents.

Keywords: *adolescence, stress level, nursing students, private tertiary institution, West Indonesia*

In this era, many health problems arise. These health problems are not only physical health problems but also mental or mental health problems as well. Mental health problems can occur at all ages, including teenagers. This happens because adolescence is a time when they can still be influenced by the environment and cannot fully overcome their own problems. According to the Ministry of Health of the Republic of Indonesia (Sonang et al., 2019), the age range for late adolescence is: 17-25 years.

Mental health problems are certainly a very serious problem for teenagers because they can reduce their quality of life and affect their mental development. Youth is a national asset. According to Choirunissa et al. (2020), in many countries, the government is very concerned about the mental health problems of adolescents. It is stated as an example that in the United States, parents contribute reports regarding their children's mental problems. There are mental problems that cause teenagers to experience difficulties in learning. Teenagers experience depression, resulting in behavioral and emotional problems.

Based on the analogy, it is stated that mental health is not just the absence of mental or mental disorders but rather a picture of the balance between the physical and the soul, which then reflects a picture of a person's personality that reflects maturity in attitude and balance in behavior, which behavior will be accepted by the people around him. (Ayuwatini et al., 2018).

A big problem that needs attention is mental health, especially in children and adolescents. This will indirectly affect the quality of the future for the child or teenager. The results of data collection from Basic Health Research in East Java Province in 2018 found that the mental health problems experienced by those aged over 15 years were symptoms of depression and anxiety. The prevalence of emotional mental disorders is said to be a major psychological problem that must be considered and addressed (Syarofi, 2019).

In Indonesia, people who are in the age category of 15-24 years experience depression by 6.2% of the total population. The experience of having mild depression has the potential to become major depression for people who experience it. The tendency for severe depression also has the potential for these sufferers to self-harm to the point of suicide. Data for suicides in Indonesia reaches 10,000 incidents. Of these incidents, it turns out that around 90% of suicides are caused by depression and anxiety. Of this number, it turns out that 6.9% were students in the category where they had suicidal thoughts, and another 3% had attempted suicide. (Nugroho et al., 2022). This is certainly very unfortunate if it happens and is not immediately addressed because teenagers, in this case, students, are valuable assets for the country.

A report from the Association of Indonesian Psychologists in 2020, based on Basic Health Research records, stated that in Indonesia there was an increase in the prevalence of emotional disorders in people aged 15 years and over. This is reflected in the prevalence of suicide attempts, which is 0.8% for women and 0.6% for men. Likewise, cases of serious mental disorders increased by 7% in 2018. This is monitored through the Healthy Families application managed by the Indonesian Ministry of Health. Law of the Republic of Indonesia No. 18 of 2014 states that mental health is a state of an individual who has ideal physical, mental, spiritual, and social development so that the individual is able to understand their independence to overcome pressure so that they can productively contribute to their environment (HIMPSI, 2020).

Adolescence is a time when individuals need to receive good attention and understanding. This is because teenagers are individuals who have various unique qualities. According to Nita et al. (2020), teenagers have several unique qualities, including: 1) unique needs; 2) unique personalities; 3) unique intelligence, 4) unique talent. Adolescents have basic needs and the ability to develop themselves. Adolescents' personalities are a

totality, which will then shape their attitudes in life. Adolescents also have the potential to develop their intelligence, which in general has potential mental abilities. Teenagers also have the potential to develop unique talents. These uniquenesses have potential that can be developed to the fullest.

In this study, the informants who participated were students who were in the adolescent age category. Teenagers who are currently studying at tertiary institutions are referred to as students. Students, as individuals who study at tertiary institutions, cannot be separated from stress in their activities. According to Damanik, usually one of the successes in education shown by students is their academic achievement. Academic achievement will ideally be successful if the student meets all the demands set by the university where the student is studying. The purpose of education is to form attitudes, knowledge, and skills for learning. Failure to meet these demands will lead to a decrease in performance. One of the causes of failure is when students are unable to solve the problems they face as stressors that make them stressed (Damanik, 2020).

In Indonesia, there are several private universities that provide living facilities, namely dormitories. Dormitories are provided on campus and, in general, also provide guidance and counseling services for students studying at these educational institutions. Ideally, these service facilities can help students overcome problems, especially mental health problems. Students have the potential to have various problems in life on campus and in dormitories—academic, physical, mental, social, and even spiritual. Students need strength or strategies to face these problems. Students must be able to understand their ability to overcome all problems that occur. Students must have good coping strategies to overcome all the pressures they face (Agustiniingsih, 2019). Stress experienced by students is usually expressed in almost the same behaviors, namely: irritability, decreased academic grades, inability to sleep, and less harmonious interpersonal relationships. Individuals respond to stress in different ways. This

is influenced by physical health, age, gender, coping mechanisms, and the severity of the stressors they face (Rosa et al., 2021).

Methodology

Research Design

This type of research is quantitative and uses descriptive methods. Descriptive research is research with methods to describe research results. This type of descriptive research aims to provide a description, explanation, and validation regarding the phenomenon being researched (Ramdhan, 2021). The variables examined in this study are coping strategies and academic stress.

Population and Sampling Technique

The population in this study were students of the Faculty of Nursing majoring in Bachelor of Nursing. The samples were 2nd semester students who were members of the researcher's academic guidance, totaling 34 people. The sampling technique used is purposive sampling. Sampling in this study used a purposive sampling technique, which is a technique for taking a group of subjects based on certain characteristics or characteristics that are considered to have a close relationship with the characteristics or characteristics of a previously known population (Sari & Siswati, 2022).

Instrumentation

The instrument used to collect data in this study is the Student Nursing Stress Index (SNSI) questionnaire, consisting of 18 statements that have been modified by Zaziratul (2021) with a validity value of r count > 0.633 . The instrument in this study was a questionnaire using a Likert scale of 1-5 with scores of 1 (not stressed), 2 (slightly stressed), 3 (sometimes stressed), 4 (stress), and 5 (very stressful). The next step is for each respondent's answer from the questionnaire to be summarized and interpreted as a stress rating, namely: mild stress (18-42), moderate stress (43-66), and severe stress (67-90).

Analysis of Data

Furthermore, the research data were analyzed using a descriptive method where the researcher presented them in the form of a frequency distribution table and summarized them in the form of a narrative. The data that has been obtained is then analyzed using the descriptive analysis method, by describing the facts, which are then described and reviewed with explanations. (Jembarwati, 2020).

Ethical Considerations

The researcher asked permission from the Dean, and after obtaining permission, the researcher prepared a letter of approval to become a research participant. researcher prepared informed consent, which was signed by all respondents. In the statement letter, the respondent stated his willingness to participate as a respondent in the research conducted by the researcher. Researchers apply the basic principles of research ethics: respect for people, beneficence, non-maleficence, justice.

Results and Discussion

This research was conducted on 34 respondents. The results of the descriptive analysis include the characteristics of respondents and stress levels, which are displayed in the form of frequency distributions and percentages as follows:

Demographic Profile

Table 1

Frequency Distribution of Respondent Characteristics

No	Characteristic	Frequency (f)	Percentage (%)
1.	Age 17-25 years	34	100
2.	Gender:		
	Female	6	17,7
	Male	28	82,3
3.	Religion:		
	SDA	32	94
	Non-SDA	2	0,6
4.	Status of residence:		
	Dormitory	24	70,5
	Outsider	10	29,5
	Total	34	100%

Table 1 shows that all respondents have characteristics as late adolescents with an age range of 17-25 years (100%). Women dominate the gender characteristics of 28 respondents (82.3%) and 6 people (17.7%) are male. A total of 32 (94%) of the respondents were of the SDA religion, while the remainder (0.6%) were non-SDA. Not all students live in the dormitory, 24 respondents (70.5%) live in the dormitory and 10 other people (29.5%) live outside the dormitory.

Stress Level

The results of processing the description of the stress level variable data on the respondents will be described in table 2.

Table 2
Frequency Distribution of Respondents' Stress Levels

No	Stress Level	Frequency (f)	Percentage (%)
1.	Mild	20	58,8%
2.	Moderate	12	35,2%
3.	Severe	2	6%
		Total = 34	100%

Legend: mild=18-42, moderate=43-66, severe=67-90

Based on table 2, it shows that 20 people (58.8%) experienced mild stress, 12 people (35.2%) experienced moderate stress, and the remaining 2 people (6%) experienced severe stress.

Cross Data Between Demographic Profile and Stress Levels

When cross tabulation is carried out for the characteristics of respondents with stress levels, the following results are obtained:

Table 3
Cross Tabulation of Age with Stress Levels in Respondents

Ages	Stress Level				Total
	Mild (f)	Moderate (f)	Severe (f)	Total (f)	
18 years	1	-	-	1	3
19 years	10	4	1	15	4,1
20 years	9	3	-	12	35,2
21 years	1	3	-	4	11,7
22 years	-	1	-	1	3
24 years	-	-	1	1	3
				Total	34 (100%)

Legend: mild=18-42, moderate=43-66, severe=67-90

Based on the data above, it is evident that the level of stress experienced by respondents is at a mild level of stress, 1 person aged 18 years, 10 people aged 19 years, 9 people aged 20 years and 1 person aged 21 years. For moderate level stress experienced by respondents aged 19 years, there were 4 people, 3 people aged 20 years, 3 people

aged 21 years, and 1 person aged 22 years. For the level of severe stress in respondents aged 19 years, namely 1 person and 1 person at the age of 24 years.

Table 4
Cross-tabulation of Gender and Stress Levels in Respondents

Gender	Stress Level			Total	
	Mild (f)	Moderate (f)	Severe (f)	Total (f)	Total (%)
Male	1	4	1	6	17,7
Female	20	7	1	28	82,3
				Total	34 (100%)

Legend: mild=18-42, moderate=43-66, severe=67-90

The data analysis for table 4 is as follows: there is 1 male respondent who has a mild stress level, four are moderately stressed, and one is heavily stressed. Meanwhile, the female respondents who experienced mild stress totaled 20 people, seven people who were moderately stressed, and one person who stated severe stress.

Table 5
Cross Tabulation of Religion and Stress Levels in Respondents

Religion	Stress Level			Total	
	Mild (f)	Moderate (f)	Severe (f)	Total (f)	Total (%)
SDA	20	11	1	32	94,2
Non-SDA	1	-	1	2	5,8
				Total	34 (100%)

Legend: mild=18-42, moderate=43-66, severe=67-90

The results of data processing for table 5 show that of the SDA religious respondents, there were 20 people experiencing mild levels of stress, 11 people with moderate levels of stress and 1 person with severe levels of stress. Meanwhile, 1 person who was not a natural resource religion experienced mild stress and 1 person experienced a high level of stress.

Table 6
Cross-tabulation of Residence Status and Stress Level of Respondents

Residence	Stress Level			Total	Total
	Mild (f)	Moderate (f)	Severe (f)		
Dormitory	19	5	-	24	70,6
Non-Dormitory	2	6	2	10	29,4
Total				34	(100%)

Legend: mild=18-42, moderate=43-66, severe=67-90

Table 6 shows that the majority of respondents live in dormitories. Of the 24 people living in the dormitory, 19 had mild stress levels and 5 other people had moderate stress levels. For respondents who live outside the dormitory, 2 people have a mild stress level, 6 people have a moderate stress level, and 2 people have a high stress level.

Based on the results of data analysis, it was concluded that the highest level of stress experienced by respondents occurred in respondents aged 19 years with mild levels of stress, while respondents aged 19 years and 24 years had severe levels of stress. According to research conducted by Mamnuah (2021), age is very closely related to tolerance for stress experienced by individuals. Teenagers are said to have a vulnerability to stress. As you get older, the management or coping of stress will get better (Khasanah & Mamnuah, 2021). This study shows that all respondents fall into the category of late adolescents. From the total number of respondents, it was shown that all experienced stress, but at various levels. This shows that respondents who fall into the late teenage age category also experience stress in the hope of developing good coping skills as they get older.

In this study, the number of respondents of female gender had lower levels of stress, this was because the number of research respondents was dominated by women. But according to research conducted by Adryana et al. (2020), women tend to experience stress more easily. This is because

women have character, attitude, are emotional, and are more sensitive to their environment. But according to Smeltzer & Bare (2008) in Khasanah & Mamnuah (2021). that the stress level in both male and female sexes, if it occurs continuously, will result in the potential for disease in adolescents. Therefore, it is necessary for adolescents to have good coping in dealing with stress in their lives.

This study did not look for a relationship between the religion adhered to and the level of stress experienced by respondents. But the research results show that all respondents who have beliefs or religions experience stress. But even though respondents who fall into the teenage age category have varying levels of stress, there is a strategy for managing stress, namely religious coping. Several studies show that religious coping has good effects on an individual's physical and mental health. For individuals who fall into the adolescent age category, the development of their religiosity has entered the reflective-individuative stage, namely that adolescents have begun to be able to account for their faith in a reasonable and logical way (Supradewi, 2019).

The majority of respondents in this study resided in dormitories. All respondents who live in the dormitory or outside the dormitory have varying levels of stress. This is inseparable from the stressors faced both academically and non-academically. The instrument used in this study is based on a modification of the SNSI measurement tool. According to the results of data processing, the stress experienced by respondents came from academic burdens, personal problems, and personal worries. However, it is possible that teenagers who face stress sometimes have a longing for family, a longing for home. Academic stress will be lower if teenagers have closeness with peers (Aulya et al., 2022). Therefore, it is hoped that respondents, whether they live in a dormitory or outside a dormitory, live far from their parents and family or live with their parents and family, must still have maturity in dealing with stress in their lives.

Conclusion and Recommendation

The conclusion of this research is that there is a description of the level of stress experienced by 34 nursing student respondents who are in the late teenage age category, both living in the dormitory and outside the dormitory. Stress levels range from mild, moderate to severe. This is shared by both male and female respondents, both SDA and non-SDA religions. The respondents, in this case, nursing students should be able to have coping strategies in dealing with stress in order to reduce the level of stress they experience. This study recommends that to researchers who are interested in researching stress in nursing students use the SNSI measurement tool without modification by including more complete items.

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