GUIDENA
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Research Article

Stress Conditions in Students Completing Thesis

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Abstract: This study aimed to describe the condition of stress student in completing the thesis viewed from a physiological reaction, psychological, cognitive and behavioral. This study was a descriptive study with a sample of 93 people using simple random sampling. The instrument used in this study is the Student Stress Measurement Scale Completed Thesis (SPSMMS). The study findings revealed that 1) most of the students in completing the thesis stressed in general at a moderate level with a percentage of 35.5%, 2) most of the students in completing the thesis under stress with physiological reactions at a moderate level with a percentage of 40%, 3) most of the students in complete the thesis experiencing psychological stress reactions at a moderate level with a percentage of 38%, 4) most of the students in completing the thesis stressed with cognitive reaction at a moderate level of 35.5%, 5) most students in completing the thesis stressed by the reaction behavior at moderate levels 38.7%. The study recommends necessary counseling services in order to reduce student stress conditions in completing the thesis.

Keywords: stress; thesis; counseling services

INTRODUCTION

A Thesis is a work written by undergraduates to an end of the study based on the results of research or development to a problem that is done carefully (Darmono & Hasan, in Yuliansyah, Andayani, et al. 2013). Furthermore, Muslich (2013) confirms the thesis is a scientific paper prepared by students as one of the final requirements of graduation bachelor's degree program. Furthermore,

Davidson (in Leo, 2013) adds thesis is a scientific paper on the subject of specific disciplines in which students through research and given to undergraduates. A thesis can be summed scientific papers written by undergraduates as ended the phase of the study is a prerequisite to graduation.

Completion of the thesis as a graduation prerequisite is a crucial step in achieving a college degree, effort and hard work that has

been done many years earlier would be wasted if the student fails in the process of completing the thesis (Darmono, in Rozaq, 2014). The process takes place individually complete the thesis differently when students attend a learning process on other subjects that are generally performed in the classical or groups (Ningrum, 2013). The process of completing the thesis requires students to be independent and discipline to set a schedule for reaching the target thesis by conducting field surveys or observation, think logically and rationally, and do the counseling process with the supervisor (Leo, 2013).

Then, Slamet (in Gunawati, Hartati, et al., 2006) describes the process of completing the thesis makes students experience problems among which does not have the ability in writing, academic skills are inadequate, and students less on research and their anxiety in the face of the supervisor. Anxiety face of lecturers and other problems experienced in completing the thesis will have a negative impact on the psychological condition of the students. Leo (2013) describes the impact of the problems experienced by these students is stress in written thesis. Stress is a pressure or demand experienced by the individual so that he is able to self-adaptation (Nevid, Spencer, et al., 2005).

Kendall & Hammen (in Safaria & Saputra, 2012) add "stress can occur in individuals when there is an imbalance between the situations in which the individual feelings on its ability to meet the demands for these". The high demands from parents, friends and the learning process becomes the cause of the increased stress what else did not have a good preparation to learn (Bariyyah, K. 2015), another opinion states that students prone to stress and other psychological symptoms (Ifdil, I., & Taufik, T. 2012). Of opinion on It can be concluded that stress occurs in the student in completing the thesis emerged as a result of the inability of students to face the demands that come from himself or from the environment related to the completion of the thesis.

Based on the research results on UNESA reveal stress levels students who are working on the thesis is high, namely 97.0% (General & Budiani, 2013). Then, the stress students of the Faculty of Da'wa University Sunan Ampel Surabaya in the process of working on the thesis that high 30.76% and 69.23% was the most frequent symptoms are symptoms of tendon tension, irritability, decreased productivity, difficulty making decisions, and quieted the other (Rozaq, 2014). Then, there are students experiencing high stress 21.50% and 57.94% experienced moderate stress in completing the thesis (Black, 2011).

Moreover, based on the right identification with the student's initial FIP found several students UNP stress in the process of settlement of the thesis with the physiological reaction that is often perceived as a headache, insomnia and eating disorders. Later, some students who are experiencing stress in the settlement process of thesis experience also undergo a psychological reaction that is fearful and anxious to see the supervisor. Recently, some students who are experiencing stress in the settlement process of thesis experiencing cognitive reaction is distracted.

Based on the phenomenon that occurs. This research to identify the initial conditions (preliminary research) was carried out to reveal the initial conditions of stress conditions seen students in completing the thesis of physiological reaction, psychological, cognitive and behavioral.

METHOD

This research is descriptive quantitative (Arikunto, 2010; Joseph, A. M., 2005) d ith sample of 93 people maha students were selected by simple random sampling technique (Babbie, 2015; Houser, 2015). The instrument used was the Student Stress Measurement Scale Completed Thesis (SPSMMS). Data analyzed using descriptive analysis techniques use SPSS 20 for Windows.

RESULT AND DISCUSSION

Based on the results of data processing, the results of this study can be described as follows:

Conditions of Student Stress

Based on the research results, it can be described regarding stress conditions students

in completing the thesis in general. As for the description of the study are as follows:

Table 1. Stress Condition (n = 93)

Category	Interval Scores	f	%
Very High	≥ 147	10	10,8
High	≥ 130 s/d <147	19	20,4
Middle	≥ 113 s/d < 130	33	35,5
Low	≥ 95 s/d <113	25	26,9
Very Low	< 95	6	6,45

In Table 1 seen in general, most of the students in completing the thesis experience stress at a moderate level. This indicates that the student can simply p stress in the process of completing a thesis that is characterized by a physiological reaction, psychological, cognitive and behavioral. Stress experienced by the student in completing the thesis caused by pressure or problems experienced by students in completing the thesis. Slamet (in Primadita, 2012) mentions a common problem faced by students in the thesis is the number of students who do not have the ability in writing, their inadequate academic skills, as well as the lack of student interest in research. Then, in the settlement process of thesis students are required to be independent in learning, not like the lecture can be done in groups, it is one of the triggers of stress for students in the process of thesis (Taufik & Ifdil, 2013).

Student Stress Conditions in Resolving Thesis Viewed from Physiological Reactions

Based on the research results, it can be described regarding stress conditions in completing the thesis students seen from a physiological reaction. The results of research description of the results are as follows Table 2.

In Table 2 can be seen most of the students in completing a thesis under stress with physiological reactions at a middle rate. The results showed that most students in completing a thesis under stress with physiological reactions at a moderate level. However, not a few who experience stress at a

high level and very high. This means that students in completing thesis stress enough that will negatively affect their physical condition. Students who are experiencing stress in completing the thesis will experience problems in the physical condition and the immune system. As disclosed by Lukaningsih & Bandiyah (2011) bad stress will decrease the immune system.

Table 2. Description of Student Stress Condition in Final Finish By views of the physiological reactions (n = 93)

Category	Interval Scores	F	%
Very High	≥ 47	8	8.6
High	≥ 41 s / d > 47	24	26
Middle	≥ 35 s / d > 41	37	40
Low	≥ 29 s / d > 35	17	18
Very Low	<29	7	7.5

Stress conditions in Resolving Thesis Students Viewed from Psychological Reactions

Based on the research results, it can be described regarding stress conditions seen students in completing the thesis of psychological reactions. As for the description of the study are as follows:

Table 3 Description of Student Stress Condition in Final Finish By views of a psychological reaction to s (n = 93)

Category	Interval Scores	f	%
Very High	≥ 47	7	7.5
High	≥ 41 s / d > 47	21	23
Middle	≥ 35 s / d > 41	35	38
Low	≥ 29 s / d > 35	23	25
Very Low	<29	7	7.5

In Table 3 can be seen most of the students in completing the thesis have stress with psychological reactions at a moderate level. This means that students are pretty

stressed and not able to manage the stressors in completing the thesis. Ideally, in the completion of thesis students should be able to manage stress so as not to cause negative psychological reactions. For the student's inability stress management will create a psychological condition would worsen so also have an impact on the process of a thesis. In accordance with the opinion of Joseph (2009) psychological reactions of individuals who experience stress that is restlessness or anxiety, apathy (indifference), daydreaming, lost humor, lazy to study or work, pessimistic, and irritability.

Student Stress conditions in Resolving Final Judging from the reaction of Cognitive

Based on the research results, it can be described regarding stress conditions students in completing the thesis views from a cognitive reaction. As for the description of the study are as follows:

Table 4 Stress Conditions Mahasisw a description in Resolving Thesis By views of cognitive reaction (n = 93)

Category	Interval Scores	f	%
Very high	≥ 47	4	4.3
High	≥ 41 s / d > 47	29	31.2
Middle	≥ 35 s / d > 41	33	35.5
Low	≥ 28 s / d > 35	21	22.6
Very low	<28	6	6.45

In Table 4 can see most of the students in completing the thesis stressed with cognitive reaction at a moderate level. This means that the student in completing the thesis stressed enough. Lukaningsih & Bandiyah (2011) suggest that prolonged stress will cause the body to produce cortisol in large quantities can cause a loss of cognitive function. Cognitive reactions in students who experienced stress in finishing thesis allegedly because some classmates already completed the thesis that

makes the student becomes unable to concentrations in completing the thesis.

Student Stress conditions in Resolving Final Judging from the reaction of Conduct

Based on the research results, it can be described regarding stress conditions students in completing the thesis views from the reaction of Conduct. As for the description of the study are as follows:

Table 5. Description of Student Stress Conditions in finished Thesis By views of Behavior reaction (n = 93)

Category	interval Scores	f	%
Very High	≥ 12	8	8.6
High	≥ 9 s / d> 12	25	26.9
Middle	≥ 6 s / d> 9	36	38.7
Low	≥ 4 s / d> 6	23	24.7
Very Low	<4	1	1.08

In Table 5 can be seen most of the students in completing the thesis experience stress with Behaviors reaction at a moderate level. The results of this study mean that students are generally quite stressful for the finalization of the thesis. One behavioral reaction experienced when individuals experience stress that is avoiding meeting with friends. Lukaningsih & Bandiyah (2011) stress not only have negative effects on health but also can change a person's behavior patterns such unkind to people around. Some behavioral reactions due to the stress experienced by students in completing the thesis that pretends not to see or tend to shy when meeting with friends and no matter when friends ask about the thesis.

CONCLUSION

The result showed that, overall, most of the stress condition in finishing thesis students are at a moderate level. Then, judging from the reaction of physiological, psychological, cognitive, behavioral stress conditions the

student in completing the thesis mostly at a moderate level. Considering there are still students who experience stress at a very high level and high then this research to recommend counseling services to reduce student stress conditions in completing the thesis.

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