Stress levels of students pre-Imtihan Syafahi in Islamic boarding school

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A B S T R A C T

Imtihan Syafahi which has been established by Islamic boarding schools and causes many feelings of stress in female students such as easy headaches, anxiety, lack of concentration in studying, and often angry or aggressive before facing exams. The purpose of this study was to determine the stress level of Santriwati pre Imtihan Syafahi at the Islamic Boarding School. Research Method: This research is a quantitative descriptive type using random sampling. The sample in the study amounted to 74 respondents. Data collection techniques used the DASS 42 questionnaire (Depression Anxiety Stress Scale 42). The results of this study, the category of normal stress levels were 24 students (32.4%), mild stress levels were 17 students (23%), moderate stress levels were 14 students (18.9%), severe stress levels were 12 students (16.2%), very high stress levels weight of 7 students (9.5%). The conclusion from this study is that the majority of respondents are under normal stress and the average age of the respondents is 13 years. Suggestion: For teachers, it is hoped that they can carry out activities to minimize stress such as breathing techniques, hypnotherapy, various games before the Syafahi imtihan

A B S T R A K

Imtihan syafahi yang telah ditetapkan oleh lembaga pendidikan pesantren dan banyak menimbulkan perasaan stres pada santriwati seperti mudah sakit kepala, gelisah, kurang dapat berkonsentrasi dalam belajar, dan sering marah-marah atau bersikap agresif sebelum menghadapi ujian. Tujuan Penelitian ini untuk mengetahui Tingkat Stres Santriwati pra Imtihan Syafahi di Pondok Pesantren. Metode Penelitian: Penelitian ini berjenis deskriptif kuantitatif menggunakan random sampling. Sampel dalam penelitian berjumlah 74 responden. Teknik pengumpulan data menggunakan alat kuesioner DASS 42 (Depression Anxiety Stress Scale 42). Hasil Penelitian ini, Kategori tingkat stres normal yaitu sebanyak 24 siswa (32.4%), tingkat stres ringan 17 siswa (23%), tingkat stres sedang 14 siswa (18.9%), tingkat stres berat 12 siswa (16.2%), tingkat stres sangat berat 7 siswa (9.5%). Kesimpulan dari penelitian ini Mayoritas responden berada pada stres normal dan rerata umur responden adalah 13 tahun. Saran: Bagi guru, diharapkan dapat melakukan aktivitas untuk meminimalisir stres seperti teknik napas, hypnoterapi berbagai permainan sebelum imtihan syafahi

INTRODUCTION

Education is learning which includes planning, implementation and evaluation. Assessment is what determines student learning outcomes and can be taken twice in a row as a measure of better learning planning [1] .

Imtihan Syafahi is an oral exam in Islamic boarding schools which is held directly in the assessment so that students can assess the ability of students to understand the material taught for one semester [3] . *Imtihan Syafahi* is often considered a difficult exam, because it tests the mentality of answering each question by the examiner. A lot of material and memorization causes many students to experience stress symptoms such as easy headaches, difficulty sleeping, fatigue, loss of appetite, anxiety, lack of concentration in studying, and often angry or aggressive before taking exams [4] . . Stress during exams is a psychological reaction that makes individuals feel unable to overcome or meet needs, this condition is caused by self-confidence and abilities that are influenced by mental conditions, social persuasion, and unsuccessful learning experiences [4] . A survey from *the American Psycho-logical Association* (APA) found that out of 1,950 adults and 1,081 teenage students in America, teenage students have higher levels of stress, especially when they are in the school season. This is indicated by the scale of 1-10 adolescent students being in the range of 5.8 while adults are in the range of 5.1. Another survey in Indonesia showed that 44% of students felt stressed when facing assignments and exams at school and another 12% experienced stress due to the fear of not going to class [5] .

Study with the title "Description of Student Stress When Taking the National Examination at the High School Education Level" Pattimura University, Ambon, shows the results of 50 respondents, 4 people (8%) had a high level of stress, 12 people (24%) had a high level of stress at a moderate level, 25 people (50%) have a mild level of stress and 9 people (18%) have a normal level of stress [7] .

METHODS

The research method used in this study was quantitative descriptive, the population in this study were female students of class VII (VIIA-VIIH) totaling 290 female students. The sample used in this study amounted to 74 using *simple random sampling* that has been formulated using the *slovin formula* with a significance level of 10%, the number of samples in this study is based on the *slovin formula* as follows:

$$n = \frac{N}{1 + N\,(d^2)}$$

Information:
n = sample size
N = population size
d = level of significance

$$n = \frac{N}{1 + N\,(10\%^2)}$$
$$n = \frac{290}{1 + 290\,(0,1^2)}$$
$$n = \frac{290}{1 + 290\,(0,01)}$$
$$n = \frac{290}{1 + 2,9}$$
$$n = \frac{290}{3,9}$$
$$n = 74,3\ (74)$$
$$(74)$$

This research was conducted at the Riyadlul Ulum Wadda'awah Islamic Boarding School, Tasikmalaya city. The time for data collection and research was carried out from 20 March 2022 to 18 April 2022. Data collection can be divided into primary and secondary sources [9] . The primary data obtained in this study were taken directly from the respondents which contained all the answers given to the respondents to the questions in the questionnaire and the secondary data were taken from documents submitted by the class VII female student advisors, namely in the form of the respondent's name and class. The research instrument used the DASS 42 questionnaire (Depression Anxiety Stress Scale 42). The questionnaire consists of 14 questions which are available in the form of print media so that respondents are allowed to fill out the questionnaire using a writing instrument in the form of a pen. The instrument used has been tested for validity and reliability to obtain valid data. Validity test is a research tool used to measure accuracy, accuracy, and precise and thorough explanations. Reliability is an effort to stabilize the condition of the respondent's consistency in answering questions and ascertaining what is related to the construction of variable dimensions. The Depression Anxiety Stress Scale 42 (DASS 42) has been tested for validity and reliability and is declared valid and reliable with a Cronbach Alpha coefficient of 0.880 and 14 questions are declared valid, therefore it is not necessary to test the validity and reliability [10] . Data processing is done by editing (checking data. Coding (giving code), Processing (data processing), Cleaning (checking back. Data analysis is done after the data is entered into SPSS and is done descriptively. Univariate analysis is used for descriptive statistics, which are reported in the form of frequency distribution and percentage [16].The univariate analysis used in this study is to look at the characteristics of the respondents based on age to determine the stress level of the pre-imtihan Syafahi female students.

RESULTS AND DISCUSSION

1. Distribution of respondent characteristics based on age

Table 1. Presentation of Numerical Descriptions in Normal Data

	Average (sb)	90% CI
Age	13 (594)	12.83-13.06

Based on table 1, it can be seen that the distribution of most of the female students involved in this study was dominated by 13-year-olds, namely 57 female students with a standard deviation of 594 and a 90% confidence interval, namely 12.83-13.06 (90%) .

2. Frequency Distribution of Respondent Characteristics based on Stress Levels

Table 2 Frequency Distribution Based on Stress Levels of Pre-Imtihan Syafahi Santriwati

stress level	N (%)	CI (90%)
Normal	24 (32.3)	1.21-1.73
Light	17 (23)	
Currently	14 (18.9)	
Heavy	12 (16.2)	
Very heavy	7 (9.5)	
Amount	74	

Based on table 2, it can be seen that the distribution of stress levels for class VII female students at the Riyadlul Ulum Wadda'wah Islamic Boarding School mostly experienced normal stress levels, namely 24 respondents (32.4%) with a 90% confidence interval.

3. Crosstabulation between stress level and age

Crosstabulation Results between Stress and Age

Age	Stress level					
	Normal	Light	Currently	Heavy	Very heavy	Total
11	0	0	1	1	0	2
12	3	0	3	1	1	8
13	18	16	9	9	5	57
14	3	0	0	1	1	6
15	0	1	1	0	0	6
Total	24	17	14	12	7	74

Based on table 3, it shows that the age of the respondent is 11 years, 1 person experiences moderate stress, and 1 person experiences severe stress. Respondents aged 12 years experienced 3 people with normal stress, 3 people with moderate stress, 1 person with severe stress, and 1 person with very heavy stress. Respondents aged 13 years experienced normal stress 18 people, mild stress 16 people, moderate stress 9 people, severe stress 9 people, and very heavy stress 5 people. At the age of 14 years, 3 people experienced normal stress, 1 person had mild stress, 1 person had severe stress, and 1 person had very heavy stress. Age 15 years experiencing moderate stress 1 person.

DISCUSSIONS

The results in this study, the average age of respondents from 74 class VII students was 13 years (77%).

This result is different from Wardana & Dinata's research (2016) in Denpasar which stated that the average age of respondents from 44 respondents was 16 years, in contrast to Zunita's research (2017) in Jombang which stated that the average age of respondents from 63 respondents was 18 years (54%).

This result is the same as Wardana & Dinanta's research (2016) in Denpasar, which stated that the highest level of stress experienced by 44 students on the D-1 month of the exam was the normal stress level of 24 people (54.5%) and D-3 on the exam day, obtained the highest stress level is the normal stress level, namely 17 students (38.6%).

These results are different from Juniati's research (2017) in Kudus, suggesting that the highest stress level is 38 respondents (52.8%) in the moderate stress level category, in contrast to Arjayanto's research (2020) in Ambon, suggesting that out of 50 respondents, the stress level the most, namely 25 people (50%) were in the category of mild stress levels, in contrast to research by Astuti et al., (2017) in Padang which suggested that the highest levels of stress were experienced by men and women, namely for men having a high level of stress in the highest was 45.1% moderate stress, the highest stress level was in women, namely 38.9% with a moderate level, in contrast to Juliawati et al., (2019) in Jambi stated that out of 12 students, the highest stress level was 6 students (50 %) low stress levels, in contrast to Zakiyah's research (2016) in Binawa suggesting that the most stress levels are moderate stress levels as many as 23 respondents (46%), in contrast to Kinantie et al., (2012) in Bandung suggesting that the highest stress levels are experienced by respondents was a moderate stress level of 96 respondents (50%), in contrast to Zunita's research (2017) in Jombang, which stated that of the 63 respondents the highest level of stress was mild stress level of 37 students (58.7%).

The level of stress experienced by students when facing exams is classified as there are still many students who experience normal, mild, and moderate stress, adolescents have a greater stress response than those under their age, the stress experienced arises because of an imbalance between demands and resources they have, the higher the gap that occurs, the higher the level of stress experienced by adolescents [17] . Stress on students in Islamic boarding schools can be experienced due to the large amount of material and memorization that causes students to adapt to their educational process [4] . The results of this study showed that most of the class VII female students experienced normal stress. Normal stress can be interpreted as normal stress from the life you face [10].

CONCLUSIONS AND SUGGESTIONS

The conclusion of the results of the research on the stress level of female students pre- *imtihan Syafahi* at the Riyadlul Ulum Wadda'wah Islamic Boarding School is that the average age of respondents in class VII is 13 years, the stress level most experienced by respondents is normal stress levels, and the distribution of stress by age mostly experienced by respondents aged 13 years

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