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**STUDENTS COPING MECHANISM TOWARD STRESS IN WRITING
SCIENTIFIC PAPERS AT SARI MULIA MIDWIFERY ACADEMY
BANJARMASIN, INDONESIA**

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ABSTRACT

Background: Academic roles and responsibilities of students become the cause of stress, but it can be from outside or from inside the students itself. The problem is the students' incapability towards stress, thus they make an adjustment by coping mechanism.

Aims: This study aimed to identify coping mechanisms that have been used by the students toward a stress on in writing scientific papers at Sari Mulia Midwifery Academy Banjarmasin.

Methods: This study was a qualitative research with case study approach. The data was collected from three primary sources: 1) Sari Mulia Midwifery Academy's students who are preparing writing scientific papers, 2) three people who met the study criteria, and 3) nine triangulation persons who are parents, friends, and academic advisor to test the credibility of the data. The data was then processed and analysed through the result of the interview using translation, transcription of data coding organizer, and then conclusion was made based on the data that the writer was obtained.

Results: The result showed that students used an adaptive coping mechanism to confront the stressful event like a writing scientific paper with doing some effort to solve the problem.

Conclusion: Students get stress when they are preparing for writing scientific papers and students do adaptive coping mechanism. As having social support from their closest persons can do adaptive coping mechanism to face the stress. That is important to the school to pay attention to students' adaptive coping mechanism in order to improve students' performance, even under high pressure and stress.

Keywords: Coping mechanism, stress, students, writing scientific papers.

INTRODUCTION

Everyone has experienced stress and ordinary people who can adapt to the stress of long-term or short-term stress so that stress away. Usually, stress is not only associated with a physical illness, but a person's psychological problems also. The physical and emotional tension that accompanies stress causes discomfort. Most teens experiencing instability from time to time as a consequence of the effort of adjustment to new patterns of behavior and social expectations of new [1].

Adolescences are easily affected by the environment that leading to disappointment and suffering, the growing conflicts and contradictions, dreams and fantasies, courtship and romance, alienation of adult life and cultural norms. Teenagers should coping mechanism, to deal with changes in the face or a load that received the body and raises the burden of the body that are non-specific responses that stress [2].

Transition experienced by students, encouraging students to face many demands and new developmental tasks. Roles and responsibilities of students are causing the stress (stressor) for students. They have to use coping mechanism to deal with stress. The coping mechanism is the way in which people solve problems, adapt to change, as well as the response to a threatening situation [3].

Academic essay preparation can be a negative event for students. Because it required having skills in applying theories gained in class to face the problem and its solution using the scientific method. Writing scientific papers or research addresses an issue of a problem that can view from the standpoint of scientific theory and member benefits, and these problems can be real data from existing phenomena.

Students are prone to stress because of the transitional nature of campus life. Most students reported high levels of stress due to new responsibilities, the most common source is the increased workload of the class.

Writing scientific papers is a report / DIII midwifery students' final assignment as a condition of graduation. In the process, a lot of obstacles experienced by students in preparing Writing Scientific Papers. These constraints that cause students experience changes especially changes in the psyche. Demands to complete the Writing Scientific Papers, which is one absolute requirement of graduation makes the student should be able to finish with a time predetermined by the institution.

Based on the results of interviews with five students who are preparing writing scientific papers said they experienced stress caused due to the difficulty of setting the time, find references, and obstacles to the process guidance. Things they feel including headaches, sleep disturbances, appetite disturbed. Efforts are being made even different student is to remain doing repair tasks, crying, walks, watch movies, sleep more. Therefore, the ways that help students to deal with a threatening situation like an academic paper preparation is very interesting to study.

METHODS

This study used a method of qualitative research with case study approach and ways of collecting data with in-depth interviews. Case Study is a research strategy in which researchers investigated carefully coping mechanisms undertaken by students in preparing Writing Scientific Papers. The sample in this study was taken by using purposive sampling. With Inclusion criteria: Students AKBID Sari Mulia who under 20 years of age; Students who are still active at academy Midwifery Mulia Sari and is developing KTI; Students who have low score, medium and good; Students who have sufficient time for give information; Students who live with their parents. In this study there key informants are students who are preparing writing scientific papers as many as three people who met the study criteria and nine triangulation to test the credibility of the data. Verify data by Listening to recordings of interviews and made a transcript of the data; Categorize and make coding talks according to the topics described in the interview; Re-read the transcript results in order to obtain an overview of the results of data collection; data analysis;. The process of data analysis using data analysis techniques model of Miles and Huberman through three components which include the reduction of data (data reduction), presentation of data (data display), and conclusions/ verification.

RESULTS

From the result of in-depth interviews with key informants such as students of Sari Mulia Midwife Academy Banjarmasin which is writing scientific papers, there are some opinions expressed, there compiling scientific papers, the students experienced stress differently. It can be showed the results of the stress experienced by students in preparing writing scientific papers is as follows:

"What I felt during compile this KTI I feel stress, headaches, cannot sleep well, eat bad, thinking continues as unfinished".

It was also justified by the Companions of informants who know her activities every day.

"I think he also stressed, as this is a responsibility that is not restful sleep, irregular eating even no appetite".

Supported also by the information conveyed parents that during compile KTI, informants spend more time in front of the laptop until late at night.

"If I noticed any change my child, rarely naps, sleep at night is always late at night and has also told me that the dizzy doing KTI."

Many factors can cause stress on the students themselves appear during compile KTI stress can appear either from within or from outside the students or the self-students.

"KTI stressful for many things, first because of the lack of reference is obtained, lack of family support, a very limited time, and also the process of landing guidance counselors do not understand".

Justified by the Companions that the references provided did not match what he wanted, informants do not understand how to find a good reference.

"I think right because there is some information that will be sought is not available in the book if there might be the old books. We also have to finish according to schedule have by institutions".

Information obtained from the parents also show if the parents are busy with work outside the home so that he did not understand her because she rarely met with his son.

"I do not know how difficult a task my daughter because I believe he can never complained. I work from morning till late night even so rarely meet to discuss".

Other supporting information obtained from the supervising KTI that students' understanding of the research, from data collection, determine the sample, how to measure and others still less so an obstacle that causes stress prepare students for KTI.

"I think, constraints experienced by students in developing KTI namely concerning their knowledge who do not understand how to retrieve data, Analysis, Research Methodology."

Students who are preparing KTI has immense potential to experience stress and will certainly do the coping mechanisms to resolve problems / stress it. Various ways in which students in the face of stress during compile KTI, quite a few can do good business with a positive impact on the stress they experienced.

"If it was too late, I was dizzy watching the romantic drama, because I loved it so after watching can laugh and be entertained at last there is courage to do."

Based on information obtained from informant's parents, the same thing also was said that his son did not always live in his bedroom in addition to doing his job, which owned entertainment is to watch the drama.

"When it came home he went inside the room, and I saw him do chores and when tired of watching the romantic drama left in her laptop too, never came out or laze."

DISCUSSION

In the process of preparing the writing scientific papers found that college students were stress and had sleep problems. They cannot sleep well because they kept thinking about their papers. Perceived stress about writing scientific papers was think hard. It was leading students to think carefully, feel tired and feel more craving. For some people if in dealing with problems such as stress he might be less or loss of appetite which is different from participants in this study. Another perceived stress in preparing students writing scientific papers is the presence of eating disorders. The amount of the burden of existing mind made him think carefully so that students feel tired and hungry. For some people if in dealing with problems such as stress he might be less or loss of appetite. However, another case with perceived stress student. The amount of work to do it spend so much energy to think hard.

There are so many causes of the emergence of stress experienced by a person in his life, as well as the causes of stress in students that make up the writing scientific papers. The problems were found in the process of thesis including difficulty finding literature, limited funds, are not used to writing in the sense of writing scientific papers, less familiar with the system scheduled work by setting time so tight and problems with the thesis supervisor [3,4].

Several things can cause Mulia Sari Midwifery Academy students stress over preparing writing scientific papers derived from student self itself, which fear, trouble getting references/ literature, time constraints, lack of understanding of research methods. While the stress that comes from outside the student is social support and the role of supervising the Writing Scientific Papers, the students in preparing Writing Scientific Papers.

Feelings of fear to confront with mentors, student self-testing during the process guidance and the lower confident for examination of students. The first phase in which students in the preparation of the final project (Writing Scientific Papers) is to determine the ideas/ topics. The idea is an idea or design that is composed in mind and outlined in the form of reports. Information obtained when the study was students confused by the direction of the supervisor to repair the same but with a different command. Differences of opinion between students and lecturers and the fellow can be a cause of stress for preparing writing scientific papers.

Students are having difficulty getting the reference books that support the research due to the lack of books and limitations of the literature available in the library to make students often have difficulty doing writing scientific papers. The fear arises within the student who caused the students afraid the lecturers will complicate when the exam even though these students have never known but information from other people who can change the mindset of someone who feels capable of being scared and even minder resulting stress on students.

From interviews conducted by researchers find information that students with low-income family support to make students uncomfortable and less enthusiasm in doing writing scientific papers so that it makes students for support outside of that friend who can provide motivation for him to keep working.

Students do not understand how the sampling, do not understand the methods of research, even the students only worked on writing scientific papers improvise without knowing right or wrong, the students rely on referrals supervisor because it recognized that during the course of research methodology in the freshman class is less ideology and finally at the time of the study or students trying to relearn to ask the brother-level or even to the advisor.

From the results, the information that the efforts are made by the students in the face of stress preparing writing scientific papers is an adaptive coping is coping mechanisms no negative impact that may impede the process of Writing Scientific Papers. Kelly (1978), Patton (1986), Reynolds (1987) on Sujianti (2012) self-adaptive behavior and social maturity of someone in common, everyday activities in accordance with age and circumstances related to the culture of the group. Coping mechanisms do students not far from the business unwind and be entertained for a moment with the right stuff without doing things that harm beyond the control of the student's own, and even some students attempted to ask a friend, a friend or a brother level.

The results of research Dayvivity (2012) showed that the major stressors that students are preparing for the exam block, solid schedule of lectures, classes were full, skill lab exams and written exams.

Sari Mulia Midwifery Academy student who was writing scientific papers in this study had to focused on the problem / coping active adaptive so that students can put aside other things that are not related to these issues at hand. Coping-focused on the problem / active coping is where the individual is actively seeking a solution of the problem to eliminate conditions or stressful situations [5,6].

Student Academy Sari Mulia Banjarmasin has an actively coping mechanism are influenced by the social support provided by family and those closest to students (friend), Support and motivation from the nearest capable of providing confidence and positive thinking in the face of stress students finish preparing writing scientific papers so that the preparation can be done in agreement with the specified schedule.

CONCLUSION AND RECOMMENDATION

Student's Sari Mulia of Midwifery Academy experience stresses in preparing the writing scientific papers. Stress happens to students varies characterized by symptoms. The symptoms of stress are sleep problems, more craving, less/loss appetite, headaches. The causes of stress in students during writing scientific papers namely: fear, literature limitations, and time in the study, the role of counselors, social support, and knowledge of students in the preparation of writing scientific papers. Coping mechanisms used by the student in preparing writing scientific papers is an active coping mechanisms/ focus on issues that are adaptive, coping mechanisms that do support students to solve problems encountered.

As an educational institution should attempt to explain to the students that the writing scientific papers is not a scary thing. As well as providing support regarding guidance so that students are more motivated to complete the task eventually.

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