

ABSTRAK

Stres adalah respon baik fisik maupun psikis atas tuntutan-tuntutan dalam kehidupan seseorang. Dampak dari stres bisa berupa sulit memusatkan perhatian atau konsentrasi selama perkuliahan termasuk saat mengikuti bimbingan skripsi dengan dosen pembimbing. Hasil wawancara terhadap 10 orang mahasiswa didapatkan bahwa 8 orang mengatakan sulit untuk tidur malam dan menjadi susah makan serta mengatakan sering merasakan cemas dan ketakutan terutama pada saat mau bimbingan dan juga tidak bisa fokus dalam berfikir apabila sudah memikirkan bimbingan.

Jenis penelitian yang digunakan yaitu deskriptif berupa gambaran tingkat stres pada mahasiswa tingkat IV program studi sarjana Keperawatan STIKes Bhakti Kencana Bandung. Populasi dalam penelitian ini sebanyak 97 orang. Teknik pengambilan sampel adalah *accidental sampling* sehingga didapatkan sampel pada penelitian ini sebanyak 50 responden. Instrumen yang digunakan dalam penelitian ini adalah kuesioner SSI (*Studen-Life Stres Inventory*). Analisa data menggunakan analisa univariat dengan hasil menggunakan distribusi frekuensi.

Hasil analisa distribusi frekuensi menunjukkan bahwa hampir seluruhnya mahasiswa tingkat IV Program Studi Sarjana Keperawatan STIKes Bhakti Kencana Bandung mengalami stres sedang sebanyak 39 orang (78%), stres berat sebanyak 8 orang (16%) dan stres ringan sebanyak 3 orang (6%).

Berdasarkan penelitian diatas, diharapkan institusi pendidikan bisa menambah literatur di perpustakaan untuk menunjang materi pada tugas akhir yang sedang dikerjakan oleh mahasiswa.

Kata kunci : Keperawatan, Mahasiswa, Stres

Daftar Pustaka : 14 Buku (2006-2016)

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ABSTRACT

Stress is physically and psychologically responses to the demands in a person's life. One of impact of stress can be in the form of difficulty focusing or concentrating during lectures, including following thesis guidance with the supervisor. The results of interviews with 10 students found that 8 students said it was difficult to sleep at night, difficult to eat, often felt anxious and feel afraid especially when they wanted to follow thesis guidance and also could not focus if they thought about it.

Type of the research was descriptive. It is in the form of a description of stress level towards fourth grade students of the Nursing undergraduate program at STIKes Bhakti Kencana Bandung. The populations were 97 people. The sampling technique was accidental sampling so that the samples were 50 respondents. The instrument used in this study was the SSI (Student-Life Stress Inventory) questionnaire. Data analysis used univariate with results using frequency distribution.

The results of the frequency distribution show that almost all students at the fourth grade of the Undergraduate Nursing Study Program at STIKes Bhakti Kencana Bandung experience moderate stress as many as 39 people (78%), severe stress as many as 8 people (16%) and mild stress as many as 3 people (6%).

Based on the research above, it is expected that the educational institutions can add to the literature in the library to support the material for the final project that is being conducted by students.

Keywords : Nursing, Student, Stress
Bibliography : 14 Books (2006-2016)
9 Journals (2006-2018)