

CHAPTER I

INTRODUCTION

A. Background of the Study

As a student you face many challenges and stressors. However, as a “nursing” student you are likely to experience even “more stress” than our friends and colleagues enrolled in other programs. A study comparing the stress levels of various professional students found that nursing students experience higher levels of stress than medical, social work and pharmacy students. Even more poignant, another study showed that “one third” of nursing students experience stress severe enough to induce mental health problems such as anxiety and depression¹.

In addition to contending with exams, grades, long hours of studying, work, family and other personal commitments you are also faced with the challenges of clinical practice. Clinical practice has been identified as one of the most anxiety producing components in nursing programs. Lack of experience, fear of making mistakes, difficult patients, discomfort at being evaluated by faculty members, worrying about giving patients the wrong information or medication and concern about possibly harming a patient are just a few of the stressors for the beginning student nurse.

¹ Prymachuk, S., & Richards, D. A. (2008). Predicting stress in pre-registration midwifery students attending a university in Northern England. *Midwifery*, 24(1), 108-122.

The researcher chose Muhammadiyah University of Yogyakarta because here in this university where the researcher attended as a scholar studying master degree in Islamic studies major in communication and counseling Islam, It is also one of the top university across Indonesia and most popular private school ,excellent professors, standard academic and complete facilities ,thus, nursing students in this university are very kind, respectable, hospitable, and smarter compared to other students. This university bears comparison to Ateneo University in Philippines also one of the top private universities in Philippines preferably for smarter and very intellect students and a high financial status when it comes in economic level.

Beck and Srivastava² performed a study to investigate the perception level and sources of stress across academic years in 94 nursing students enrolled in a baccalaureate nursing program at one university. Psychiatric symptoms were more prevalent in these students than in the general population. Many of the items ranked as stressful by the nursing students were also identified by other populations, such as amount of material to learn, examinations and lack of timely feedback from faculty. In addition, the nursing students identified feelings of inadequacy in dealing with acutely ill patients and difficulty in relationships with faculty. Nursing students had to devote long hours to study,

² Seyedfatemi, N., Tafreshi, M., & Hagani, H. (2007). Experienced stressors and coping strategies among Iranian nursing students. *BMC nursing*, 6(1), 11.

were given multiple assignments, and lacked free time, timely feedback and faculty response to student needs.

In college and university students, some stress is motivating, whereas too high a level interferes with teaching. Excessive stress can be harmful to a student's academic performance and students who perceive their stress levels as very high may often become depressed. This depression can lead to other mental health problems, such as excessive drinking or indiscriminate use of other substances. Thus, academic stressors cover the whole area of learning and achieving, as well as adjusting to a new environment, in which a great deal of content must be assimilated in a seemingly inadequate period of time. Moreover, excessive stress may lead a student to drop out of college. If stress is not dealt with effectively, feelings of loneliness and nervousness, as well as sleeplessness and excessive worrying, may result. It is important that stress intervention programs be designed to address stress in college students. To design effective intervention programs, it is necessary to identify the stressors specific to college students.

Studies have demonstrated that the stress level college students experience contribute to the anxiety symptoms. Bunevicius³ et al. also indicated that the severity of symptoms of anxiety is positively related to the stress vulnerability among medical students. On the other hand, Suleiman and

³ Bunevicius, A., Katkute, A., & Bunevicius, R. (2008). Symptoms of anxiety and depression in medical students and in humanities students: relationship with big-five personality dimensions and vulnerability to stress. *International Journal of Social Psychiatry*, 54(6), 494-501.

Halabi found that self-esteem was negatively correlated with anxiety among nursing students⁴. In addition, studies have also discovered the negative association between social support and anxiety among nurses.

The complexity of human activities causes a lot of effects to the lives of every individual. Whatever the effect of these activities, favorable or not, man is affected particularly in the aspect on how every activity is to be carried out using his physical strength thus making him stressed eventually. It is normal for people to experience stress but when it comes, every person should be ready to handle it in order for its effect to become favorable on his part. Though generally, its effects are negative. In the view of many people, on the other hand, it can benefit others in some ways. No one can live without experiencing some degree of stress at all times (Selye).

Stress nowadays plays a great part not only on students but also in each person's daily living, it occurs when there is an imbalance between the demands of life and our ability to cope with them. Most people know something about stress. One may think that only serious disease or intensive physical or mental injury can cause stress, this is false (Selye).⁵ Job pressures, school works, family arguments, financial pressures and not having enough time are just few of the stressors that people at the present day society faces

⁴ Suleiman, Wafika A., and Jihad Halabi. "Suleiman, W. A., & Halabi, J. (2007). Critical thinking, self-esteem, and state anxiety of nursing students. *Nurse Education Today*, 27(2), 162-168.

⁵ Lindop, E. (1991). Individual stress among nurses in training: why some leave while others stay. *Nurse Education Today*, 11(2), 110-120.

daily. In fact, it has been accepted in the society that everyday stress is part of modern living (Murray and Pizzorno,).

The issue on how people respond on stress should be given much importance to eliminate the detrimental effects of it; one is the possible disease that a human body can have. The human response to stressful events is an ancient one, dating back to a time when life is a constant struggle for survival. Unfortunately, people are not sensitive enough to recognize what is causing them to feel stressed. What these people may notice are the physical sign of stress, such as insomnia, depression, fatigue, headache, upset stomach, digestive disturbances, and irritability living (Murray and Pizzorno).⁶

Indeed, the concern about the proper stress management is very important for it will give an assurance of competency for every individual. Knowing what should be done whenever it occurs for us to have alternatives in facing whatever result it can give. Upon dealing stress properly, then we are confident and assured that everything will have a good result that favors every effort that we have done in carrying out routine activities of human lives, making effective and efficient handlers of whatever scenario relative to our lives. This study will help the student nurses to manage their stress and be competent in different clinical area.

⁶ Prout, L. (2009). *Live in the Balance: The Ground-Breaking East-West Nutrition Program*. Da Capo Press.

B. Problem Identification

The researchers have often wondered why fourth year nursing students experienced mild, moderate and severe level of stress. The researchers most especially nurses and Those who have good ideas in communication and counseling Islam, They feel that it is important to help nursing students to improve and promote their awareness about the causes of stress and their best coping strategies, most especially in Islamic way within the frame of Sunna of Prophet Muhammad S.A.W and the guidance of Qur'an. This study attempts to find out how fourth year nursing students can face their stress experience in their day to day activities.

How to help fourth year nursing students to get a chance to know their level of stress experienced, coping strategies, and the level of coping strategies in our society. This problem is meaningful to solve and help them to promote awareness regarding stress and coping strategies.

C. Statement of the Problem:

The aim of this study was to determine the Level of stress Experienced, Coping Strategies, and Level of Coping Strategies among 4th Year nursing students in Muhammadiyah University of Yogyakarta, Indonesia specifically, this study sought to answer the following questions:

1. What is the perceived level of stress Experienced, Coping strategies, And Level of Coping Strategies among Selected 4th year Nursing Students

- Muhammadiyah University of Yogyakarta Indonesia: a. Studies, b. Family, c. Friends, d. Relationship e. job, and f. Money?
2. Which of these stressors has greatly contributed to the stress felt by the students thus affecting the performance of the nursing students?
 3. Is there any significant difference among 4th year nursing students regarding level of stress experienced, coping strategies and Level of Coping Strategies?
 4. What are the coping strategies and Level of Coping Strategies the respondents used to manage their stress and improve their performance?

D. Research Objectives

1. This study to determine the level of stress Experienced ,Coping strategies, And Level of Coping Strategies among Selected 4th year Nursing Students of Muhammadiyah university of Yogyakarta Indonesia: a. Studies, b. Family, c. Friends, d. Relationship e. job, and f. Money.
2. This study will help to identify those greatly contributed to the stress felt by the students thus affecting the performance of the nursing students.
3. To help nursing students to assess and evaluate the significant difference among 4th year nursing students regarding level of stress experienced, coping strategies and Level of Coping Strategies.
4. To contribute to the understanding of fourth year nursing students regarding coping strategies and Level of Coping Strategies the respondents used to manage their stress and improve their performance.

E. Research Contribution

To the Researchers: This study will enable the researchers to apply the theories learned in nursing research thus helping them to hone their skills. To the Nursing Students: They will be given more knowledge on the proper stress coping mechanisms, And Level of Coping Strategies especially in Islamic Perspectives. They will be able to learn some alternative techniques or actions on how to at least alleviate the stress they are facing in their everyday lives. Nursing students will somehow be ready in handling everyday stressors that might come. They will be competent and be effective nurses someday.

To the Clinical Instructors and the Professors: This study will give them knowledge on the levels of stress felt by their students. The clinical instructors then will be able to plan and balance the different academic and clinical requirements to be done by the students. To the Future Researchers: This study will serve as guide and source of information to the future researchers thus make them finish their paper easier and faster.

F. Thesis Outline

Level of stress experienced, coping strategies, and level of coping strategies among 4th year nursing students in Muhammadiyah University of Yogyakarta, Indonesia.

In first chapter of this study are composed of the following; background of the study, problem identification, statement of the problem, research

objectives significance of the study or research contribution and the outline of the study.

Chapter II of this study will discuss the following; theoretical, related literature and studies. In this chapter focused on theories of stress, types of stress, causes of stress, level of stress, In addition to that coping strategies, the concept of coping, models of coping strategies, coping response, evaluating response, and also Coping with stress in Islamic perspectives (hadiths of prophet Muhammad S.A.W, Muslims scholar's point of view and Qur'an basis which regards to coping strategies)

In Chapter III are discussed the Research and Methodology of the study part of that are Research Design, Place And Time Of Research Population And Sample, Data Collection and Data Analysis. It also includes the discussion on stress items, aspects and dimension as the focus of the study.

In Chapter IV, it includes Research and Methodology such as Research Result and Discussion. In the research result, descriptive analysis is being discussed particularly on the Frequency of the respondents. It also discusses statistical tools such as ANOVA and the T-Test.

In the final chapter, which is Chapter V, this study is composed of the following: Summary of The Study, Conclusions and Recommendation. In the Recommendation of the study, it recommends the nursing students to be counselled and consult the experts in the field of Qur'an and the Hadith of the

Prophet Muhammad S.A.W. In addition, References and Appendix is also being attached for further references.