

DESCRIPTION OF ANXIETY AND STRESS IN PSYCHOLOGY STUDENTS AT STATE UNIVERSITY JAKARTA CLASS OF 2011 MEDIUM THESIS

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ABSTRACT

This research aims to identify depression anxiety and stress on undergraduate psychology student of Jakarta State University at the year of entrance in 2011 who are doing their undergraduate thesis as the final task. This research was conducted from February until July 2015. The method research is quantitative descriptive. The data was collected by using questionnaire with DASS 42 Scale. Determination for populated and sample using purposive sampling technique. The result of this research is show how depression, anxiety and stress on university student at the moment of doing their undergraduate thesis. This research found undergraduate psychology student of Jakarta State university at the year of entrance in 2011 encounter low depression equal to 75,5%, low anxiety equal to 71,5% middle stress equal to 60,2%.

Keywords: Stress, Depression and Anxiety.

INTRODUCTION

In this increasingly competent era where the educational factor is one of the references to get someone's desire to live a decent and better life. Education is also important for life for oneself and others. The knowledge that has been given during the education period is a provision for someone to face the demands of life in society. All knowledge is important both from formal knowledge and non-formal knowledge. Knowledge is also a provision for someone to be more independent in dealing with problem situations in a society. Educational benchmarks can also determine how social degrees are in society, because in social life a person can be seen from the factors of his education and where his education graduates come from. Quality tertiary institutions are educational institutions that are managed in such a way as to be able to provide higher education services that suit the needs of students. One of the requirements that must be met by students in pursuing higher education is writing a thesis. However, there are also several tertiary institutions that require their students to submit a final project as a requirement for obtaining a bachelor's degree.

The maximum is 24 credits. Graduation is calculated through the semester and cumulative grade point index. This is calculated based on the conditions set by the university to be able to complete their study program, students must complete the study load if they have taken a minimum of 142 credits and a maximum of 144 credits consisting of 132 credits of compulsory courses and a maximum of 10 credits of elective courses. And the standard GPA (Cumulative Achievement Index) of psychology study program students is 3.00 (Student Academic Handbook of FIP UNJ psychology study program, 2011).

When studying at a tertiary institution, students are given a period of study or study, usually the study period given by the tertiary institution is a maximum of 7 years. Normally students take 4 years or 5 years to complete their studies during their tertiary education. Student delays in completing their lectures can be many factors. For students who exceed the normal lecture time, of course, they will experience stress on these individuals while undergoing lectures, because there are many demands and pressures from various factors to complete lectures. Especially when facing the final period, because if you cannot complete lectures in the time available, then the individual can be exposed to dropping out.

According to Rathus & Nevid (2002), stress is a condition of physical and psychological pressure due to demands within oneself and the environment. This statement means that a person can be said to be experiencing stress, when a person experiences a condition of internal pressure due to demands that come from within and from the environment. In completing lectures there is a final assignment, namely a thesis, which is the last task for students to complete lectures while at university, but this sometimes causes a level of stress for students, this will be seen when students look for material and collect it to complete the data on the title of their thesis that they research. Each one, especially if students do it at the last moment as the trial time approaches. According to Rathus & Nevid (2002), stress is a condition of physical and psychological pressure due to demands within oneself and the environment. This statement means that a person can be said to be experiencing stress, when a person experiences a condition of internal pressure due to demands that come from within and from the environment. In working on the thesis there is also a feeling of anxiety, the anxiety that can be felt in the body when compiling the thesis, namely students feeling headaches, difficulty sleeping, irritability or sentimentality. According to (Semiun, 2006) when individuals experience headaches, sentimentality, these symptoms are caused by prolonged anxiety. Apart from stress and anxiety while working on the thesis, there is also depression, symptoms of depression when working on the thesis, namely the subject loses his mood while working on the thesis. According to Rice (1992), depression is a mood disorder, a prolonged emotional state that colors a person's entire mental process (thinking, feeling and behaving). In general, the dominant mood that appears is a feeling of helplessness and loss of hope.

RESEARCH METHODS

This type of research is a type of descriptive statistical quantitative research, namely statistics used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations (Sugiyono, 2014).

In this study, there were three variables, namely the description of depression, anxiety and stress in students majoring in Psychology FIP UNJ (Faculty of Education) Jakarta State University class of 2011 who were preparing their thesis. The conceptual definition of depression is a mood disorder, a prolonged emotional condition that colors all one's mental processes (thinking, feeling and behaving), a feeling of helplessness and loss of hope is accompanied by feelings of sadness, loss of interest and joy, reduced energy leading to increased fatigue. very noticeable and reduced activity.

The conceptual definition of anxiety is an emotional state that is not clear, there is fear as a reaction to an object or situation that is still unclear and still disguised. Anxiety is also an uncomfortable feeling about an imminent danger.

The conceptual definition of stress is a condition in which a person experiences physical and psychological pressure due to demands from within and demands from the environment.

RESULTS

In descriptive quantitative research data analysis is descriptive statistics used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations. Descriptive statistics can be used if the researcher only wants to describe sample data and does not want to make conclusions that apply to the population where the sample is taken (Sugiyono, 2014).

The data below illustrates the frequency of psychology students at Jakarta State University class of 2011 working on their thesis, the research sample is based on the depression category. The following table shows the number of respondents based on depression category.

Depression	Amount	Percentage
Low	63 Person	75.5%
Medium	20 Person	24.5%
Total	83 Person	100%

The data below illustrates the frequency of Psychology students at Jakarta State University class of 2011 working on their thesis, the research sample is based on the Anxiety category. The following table shows the number of respondents based on anxiety or anxiety categories.

Worry	Amount	Percentage
Low	59 Person	71,5%
Medium	24 Person	28,5%
Total	83 Person	100%

The data below illustrates the frequency of Psychology students at Jakarta State University class of 2011 working on their thesis, the research sample is based on the Stress category. The following table shows the number of respondents based on the stress category.

Stress	Amount	Percentage
Low	32 Person	38,6%
Medium	50 Person	60,2%
High	1 Person	1,2%
Total	83 Person	100%

DISCUSSION

There were 63 psychology students at Jakarta State University who experienced low category depression, 20 respondents who had moderate depression. The data shows that the number of respondents who have low depression is 75% more than those who have moderate depression 25%. According to Kaplan and Sadock (1998) depression is a period of disruption of human function related to natural feelings of sadness and accompanying symptoms, including changes in sleep patterns and appetite, psychomotor, concentration, fatigue, feelings of hopelessness and helplessness and suicidal ideation.

In the symptoms of depression there are also physical and psychological factors, namely Psychology students at Jakarta State University class of 2011 experiencing things that cannot develop, the category of not being able to develop is when individuals do not know what to do in their thesis it is known that respondents who have depression with indicators cannot developing, namely the high category, there are 4 people, respondents who have depression in the medium category, 37 people, respondents who have a low category, there are 42 people. The data shows that the number of respondents who have depression in the low cannot develop

category is more than high or medium. Based on Seligmen's theory (1989) not being able to develop in a depressed condition is an individual's pessimistic view of the future he experiences.

Besides not being able to develop, students experience psychological depression, where students feel that there is no hope in their thesis. That is, students feel pessimistic about their thesis, students feel they will not finish on time according to the time determined by the university. Based on the data obtained, it can be seen that there are 22 respondents who have a low hopeless category, 50 respondents who have no hope, a high category of respondents who have no hope indicators, there are 11 people. The data shows that the number of respondents who have depression in the hopeless category is more than those who are high or moderate. Based on Lubis' theory (2009) depression is a painful experience, namely a feeling of hopelessness, in this category individuals experience psychological symptoms, typical physical and social symptoms, such as moodiness, prolonged sadness, sensitivity, irritability and offense, loss of enthusiasm, loss of self-confidence, loss of concentration and decreased endurance.

Depression attacks a lot psychologically, namely depressed students feel a loss of interest in things that the subject usually does in these activities. Students experience a loss of interest in doing something, such as hobbies, preferences, etc. Based on the data obtained, it can be seen that the respondents who have indicators of no interest in the high category are 12 people, the respondents who have indicators of no interest in the medium category are 30 people, the respondents who have indicators of no interest in the low category are 41 people. The data shows that the number of respondents who have depression in the low interest category is more than those who have high or moderate interest. In DSM IV TR theory (2000) the occurrence of depression in the category of no interest in the same two-week time period and is a change in pattern of functioning from before. The no-interest category is depressed most of the day, nearly every day, with no pleasure in the activity as others have observed.

The anxiety factor also greatly influences students when working on their thesis. Based on the data on the description of anxiety, it can be seen that there are 59 respondents who have low anxiety, and 24 respondents who have moderate anxiety. The data shows that the number of respondents who have low anxiety is more than those who have moderate anxiety. Based on the theory of Lazarus (1999) states that anxiety is caused by danger within oneself, an internal stimulus or external danger experienced by an individual and interpreted or perceived differently. Anxiety can be seen in psychological and physiological symptoms.

Physiological or physical symptoms in students when working on their thesis are experiencing dry mouth. Based on data on dry mouth indicator anxiety, it can be seen that respondents who have dry mouth indicator anxiety are in the low category, there are 36 people, respondents who have the medium category are 47 people. The data shows that the number of respondents who feel dry mouth is in the moderate category more than in the low category. According to Semiun (2006) depression has somatic symptoms, direct somatic symptoms consisting of sweating, dry mouth, shallow breathing, rapid pulse, increased blood pressure, throbbing head and tense muscles.

In anxious conditions there are also psychological problems when working on a thesis, namely being in an anxious situation, namely where students experience places that cause feelings of anxiety, namely on campus, during guidance to supervisors, anxious situations when their friends have surpassed the individual in their thesis, situations anxious when the subject's

parents kept asking how the progress of the individual's thesis was. Based on the data obtained on the category of anxiety in an anxious situation, it can be seen that there are 55 respondents who have an anxious situation in the moderate category, 9 respondents who have a low category and 19 people who have a high category. The data shows that the number of respondents who feel dry mouth is in the moderate category more than in the high and low categories. In Semiun's (1995) mood symptom theory there is anxiety, tension, panic and worry. Individuals who experience anxiety have a feeling of punishment and disaster threatening from a certain unknown source.

There are also physiological or physical symptoms when students are working on their thesis, namely students experiencing shortness of breath. Students when working on their thesis sometimes feel short of breath, where individuals feel anxious and then these symptoms arise such as sighing when they have run out of ideas to write a thesis and sighing during thesis guidance because the thesis is often wrong. Based on the data obtained, it can be seen that there are 49 respondents who have low anxiety indicators of shortness of breath, 32 respondents who have a medium category and 2 people who have a high category. The data shows that the number of respondents who feel shortness of breath in the low category is more than in the high and medium categories. According to Davidson (2001) anxiety is often accompanied by physical symptoms such as headaches, fast heart palpitations, chest tightness, abdominal pain or restlessness and unable to sit still.

Stress is also a quite dominant impact on Psychology students at Jakarta State University Class of 2011 who are preparing their thesis. Stress that students feel when they have no more ideas to work on, stress when family and friends always ask about their thesis, stress during guidance because they often make mistakes in making their thesis, stress when it is difficult to find reference material. Based on the data obtained, 32 students experienced stress, 50 respondents who had moderate stress and 1 respondent who had high stress. This is in line with Hurrelman & Losel in 1990 which explained that stress can occur due to external factors as well as internal factors. External factors that often arise, such as the many tasks faced by people every day, both in their peer group, family, school and work. The complex demands of life cause a person to experience conflict with himself which can lead to stress. Stress can happen to anyone, one of which occurs to students (Fitriana, 2007).

Stress produces psychological problems, namely one of the psychological problems, namely overreaction. What is considered normal and easy becomes difficult and troublesome. Based on the data obtained, it can be seen that there were 41 respondents who had low feelings of overreaction, 39 respondents who had moderate feelings of overreaction and 3 respondents who had high feelings of overreaction. The data shows that the number of respondents who have feelings of moderate category overreaction is more than those who have feelings of low overreaction and high overreaction. According to Murray (1995) everyone has problems and sometimes these problems cause them to think excessively and cause stress to come. Even if this problem is faced casually then the problem will not look difficult to deal with. Signs and symptoms of stress are indicated by reactions of irritability, irritability at anyone. Actions that are too aggressive and also defensive which can invite dangerous risks, feel always wrong, have difficulty focusing and concentrating, become forgetful, palpitations or heart palpitations.

Apart from overreaction, there are also other psychological problems, namely impatience, students who are working on their thesis are often impatient when printing thesis material while waiting for the lecturer to progress the thesis deadline. Based on the data obtained, it can be seen that there are 27 respondents who have low stress indicators of impatience, 52 respondents

who have moderate stress and 4 respondents who have high stress. The data shows that the number of respondents who have moderate stress is more than those who have low stress and high stress. According to Sarafino (1998) stressful life situation events are also part of stress, what happens next is an emotional reaction to life's sufferings such as feelings of anger, fear and anxiety or feelings of rush, confusion, frustration or hopelessness which will result in acceptance of a life situation. full of pressure or stressful.

Stress also affects human physiology/physics, namely students often do useless things when writing their thesis. That is, students do not optimize the time they have to write a thesis, but do things that are not in line, such as playing games that are not necessary, working part-time jobs that have nothing to do with the thesis. So when the body needs energy for the thesis, the body is tired beforehand, and finally students become stressed because they think about the thesis, but the body cannot be optimal to work on the thesis.

Based on the data obtained, it can be seen that there are 13 respondents who have stress indicators of wasted energy in the low category, 67 respondents who have moderate stress and 3 respondents who have high stress. The data shows that the number of respondents who have moderate stress is more than those who have low stress and high stress. According to Selye (1976) the wasted energy enters the resistance stage, namely the second stage where the body uses resources below the average value, although as soon as the fight or flight response subsides. At this point the stress is being resisted, but this stage takes effort and energy. If the stressor is constant, people eventually enter the third stage, the exhaustion stage, at this stage a person is prone to pain and disease, the energy in men or women that causes the psychic resources to be exhausted.

IMPLICATIONS

Based on the research results and conclusions obtained, there are results namely psychology students at Jakarta State University class of 2011 who are experiencing depression, based on the theory of depression according to (Rice, 1992) depression is a mood disorder, a prolonged emotional condition that colors a mental process (thinking, feeling and behave) someone. Then there is anxiety in students who are working on a thesis according to the theory of Lazarus (1999) which states that anxiety is caused by danger from within the human self, an internal stimulus or external danger that is experienced by an individual and is interpreted or perceived differently, due to distortions in perception of reality. environment, but the person concerned cannot say what he is afraid of. Then there is stress when compiling a thesis experiencing low results. There are some individuals who experience stress.

CONCLUSION

After all stages of the research were carried out, the researcher concluded that the results obtained from psychology students at Jakarta State University class of 2011 who were preparing their thesis, from depression variables, anxiety variables and stress variables using descriptive analysis resulted in the conclusion that respondents who fall into the low category on depression variables namely 75.5%, anxiety at 71.5% and stress at 38.6%. In the medium category, the variables were depression 24.5%, anxiety 28.5% and stress 60.2%, while those in the high category were only the variable stress, which was 1.2%. The conclusion is that psychology students at Jakarta State University class of 2011 who are preparing their thesis tend to experience low category depression of 75.5%, low anxiety category of 71.5% and moderate stress category of 60.2%.

SUGGESTION

Based on the results of the research and discussion, the researcher submits several suggestions for several related parties and is expected to be useful, which include the following:

A. Student

In carrying out the process of preparing a thesis, students should maintain physical fitness and not be too worried about stress and even excessive depression in the thesis that will be made for each thesis.

B. Psychology student at Jakarta State University

In working on the preparation of the thesis, students before determining the title, students must look for an interesting phenomenon and commitment to live it. Because if students from the beginning students have chosen the phenomena and titles they are interested in, students are indirectly enthusiastic about working on them even though it takes a long time and is draining, besides that students must be patient and calm when compiling the thesis while the thesis guidance is looking for journals and reference materials.

C. For Researchers

Furthermore, future researchers are expected to be able to further develop research on the description of depression, anxiety and stress in psychology students at Jakarta State University class of 2011 who are preparing a thesis, so that they can enrich stress studies in the following years.

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