

# THE RELATIONSHIP OF SELF-DISCLOSURE WITH STRESS LEVEL ON FINAL LEVEL STUDENTS IN DOING THESIS AT STIKES SANTA ELISABETH MEDAN IN 2021

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## ABSTRACT

Self-disclosure is a person's ability to express problems and personal experiences to get a positive response so that a person is able to reduce stress levels. The results of the initial survey showed that 48.9% of students experienced severe stress and 51.1% experienced mild stress. This study aims to determine the relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021. This study uses correlation research with a cross sectional design. The research population is 169 people with a total sample of 61, where the sample is taken by proportional sampling technique. Collecting respondent data was taken through a questionnaire using the google form application. Based on the results of the frequency distribution of stress levels in final year students, 15 people (24.6%) were obtained in the high category and 46 people in the low category (75.4%). In self-disclosure, there were 44 people (72.1%) in the high category and 17 people (27.9%) in the low category. The results of the chi square statistical test obtained p-value = 0.001 ( $p < 0.05$ ), indicating that there is a relationship between self-disclosure and stress levels in final year students. It is expected that students can improve their knowledge and good communication skills with self-disclosure to reduce stress levels. The results of the chi square statistical test obtained p-value = 0.001 ( $p < 0.05$ ), indicating that there is a relationship between self-disclosure and stress levels in final year students. It is expected that students can improve their knowledge and good communication skills with self-disclosure to reduce stress levels. The results of the chi square statistical test obtained p-value = 0.001 ( $p < 0.05$ ), indicating that there is a relationship between self-disclosure and stress levels in final year students. It is expected that students can improve their knowledge and good communication skills with self-disclosure to reduce stress levels.

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## 1. INTRODUCTION

Stress is an individual's inability to cope. Stress occurs due to a discrepancy between the desired situation and what is expected. The discrepancy in question is the individual's biological, psychological and social conditions to the desired situation caused by uncontrolled physical, environmental and social demands. (Barseli & Ifdil, 2017). WHO stated that the incidence of stress in the world reached the 4th rank and experienced quite high stress where almost more than 350 million people in the world experienced stress (Ambarwati et al., 2017). The incidence of stress in students in the world is 38-71% (Agustiniingsih, N. 2019). The number of students in the world who experience stress is 38-71%, in Asia 39.9-61.3%, the number of students in Indonesia who experience stress is 36.7-71.6%. American College Health Association (2017) found that 45.1% of college students reported experiencing higher than average stress levels, and 12% reported extreme stress. Similarly, as many as 87% of students feel overwhelmed by carrying out responsibilities in completing the final assignment, and 84% feel mentally exhausted (American College Health Association, 2017). Based on the results of the initial survey the researchers conducted on

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STIKes Santa Elisabeth Medan students via google form by attaching questions related to stress with a total of 45 respondents who answered that students who experienced stress were 93.3% . Where 4.4% of students who do not experience stress at all, 51.1% of students who experience mild stress, 44.4% of students experience moderate stress and 6.7% of students who experience severe stress.

Seeing the problems that occur in students who are working on their thesis, it takes the right way to reduce the possibility of stress. Lazarus and Folkman (Gamayanti, 2018). There are five reasons for self-disclosure according to Derlega and Grzelak: (1) Expression, with self-disclosure, humans can express their feelings. (2) Self Clarification, by telling the feelings and problems experienced, a person can gain understanding from other people so that they can find a solution to a problem (3) Social Validation, after self-disclosure the listener will give a response, thus will get an information that beneficial. Fourth, Social Control, individuals will give beliefs or ideas that will form a good impression about themselves, Syafei, I. (2018).

## 2. METHOD

This type of research uses correlation research with a cross sectional design. Where the research design emphasizes time measurement / observation of independent and dependent variable data only once at a time. The cross sectional approach is a type of research that emphasizes the measurement time or data observation of the independent and dependent variables only once. The population in this proposal is a final year student at STIKes Santa Elisabeth Medan with a total of 169 people. The sampling technique used in this proposal uses a proportional sampling technique. In proportional quota sampling, researchers sample subjects for each category of sample characteristics in proportionate amounts according to the composition of these characteristics in the population (Bhisma Murti, 2015). The number of samples in this study were 61 respondents. The type of instrument used in this research is a questionnaire. The data contained in the questionnaire in the form of demographic data, self-disclosure and stress levels. The author conducted data collection at STIKes Santa Elisabeth Medan, Padang Bulan Pasar VIII Jalan Bunga Terompet No. 118 Medan Selayang District. Researchers collected research data after obtaining permission from STIKes Santa Elisabeth Medan. At the time of data collection, the researcher first made an inventory of all respondents' mobile numbers and invited them to the Whatsapp group that the researcher would do. Then the researcher explained to the respondents who had joined the Whatsapp group by socializing the time and date willingness to the respondents to fill out the questionnaire which would be shared for approximately 3 days in April 2021. Researchers collected research data after obtaining permission from STIKes Santa Elisabeth Medan. At the time of data collection, the researcher first made an inventory of all respondents' mobile numbers and invited them to the Whatsapp group that the researcher would do. Then the researcher explained to the respondents who had joined the Whatsapp group by socializing the time and date willingness to the respondents to fill out the questionnaire which would be shared for approximately 3 days in April 2021. Researchers collected research data after obtaining permission from STIKes Santa Elisabeth Medan. At the time of data collection, the researcher first made an inventory of all respondents' mobile numbers and invited them to the Whatsapp group that the researcher would do. Then the researcher explained to the respondents who had joined the Whatsapp group by socializing the time and date willingness to the respondents to fill out the questionnaire which would be shared for approximately 3 days in April 2021.

## 3. RESULTS AND DISCUSSION

### Demographic characteristics of respondents

Table 1. Distribution of Characteristics of Respondents Based on Demographic Data by Age and Gender at STIKes Santa Elisabeth Medan in 2021

Characteristics	Frequency (f)	Percentage (%)
Age		

20 – 21 years	43	73.8
22 – 23 years	16	26.2
<b>Total</b>	<b>61</b>	<b>100</b>
<b>Gender</b>		
Man	8	13.1
Woman	53	86.9
<b>Total</b>	<b>61</b>	<b>100</b>

Based on table 1 Distribution of the frequency of respondents from 61 respondents, it was found that the age data of the majority of respondents aged 20-21 years were 43 people (73.8%), the minority aged 22-23 years were 16 people (26.2%). Respondent data based on gender found the majority of women as many as 53 people (86.9%) and male minority as many as 8 people (13.1%).

### **Self Disclosure For Final Year Students of Stikes Santa Elisabeth Medan in 2021**

Distribution of Self Disclosure Frequency to Final Year Students who are Working on Thesis at STIKes Santa Elisabeth Medan Academic Year 2021

**Table 2.** Self Disclosure For Final Year Students of Stikes Santa Elisabeth Medan in 2021

S1 Nursing		
Variable	n=40	%
Tall	33	82.5
Low	7	17.5
D3 Nursing		
Variable	n=10	%
Tall	5	50.0
Low	5	50.0
D3 Midwifery		
Variable	n=11	%
Tall	6	54.5
Low	5	45.5

Based on the table above, the distribution of the frequency and percentage of self-disclosure for final year students/I students who are preparing thesis in 2021, it was found that self-disclosure for final year students/I study program Nurses in the academic stage was obtained in the high category as many as 33 (82.5%) and the low category as much as 7 (17.5%). In the D3 Nursing study program, 5 (50.0%) high categories were obtained and 5 (50.0%) low categories were obtained. In the D3 Midwifery study program, 6 (54.5%) high categories were obtained and 5 (45.5%) respondents were in the low category.

### **Stress Levels for Final Year Students at Stikes Santa Elisabeth Medan in 2021**

Frequency Distribution of Stress Levels in Final Year Students who are Working on Thesis at STIKes Santa Elisabeth Medan Academic Year 2021

**Table 3.** Stress Levels for Final Year Students at Stikes Santa Elisabeth Medan in 2021

S1 Nursing		
Variable	n=40	%
Tall	7	17.5
Low	33	82.5
D3 Nursing		
Variable	n=10	%
Tall	5	50.0
Low	5	50.0

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D3 Midwifery		
Variable	n=11	%
Tall	3	27.3
Low	8	72.7

Based on the results of the table analysis above, the distribution of the frequency and percentage of Stress Levels in Final Year Students who are Compiling Thesis in 2021 at the academic stage of the Nursing Study Program obtained a high category of 7 (17.5%) and a low category of 33 (82.5%). In the D3 Nursing study program, 5 (50.0%) high categories were obtained and 5 (50.0%) low categories were obtained. In the D3 Midwifery study program, 3 (27.3%) high categories were obtained and 8 (72.7%) respondents were in the low category.

Table 4. Cross Tabulation of the Relationship between Self Disclosure and Stress Levels for Final Year Students in Working on Thesis at Stikes Santa Elisabeth Medan in 2021

Self-Disclosure	Stress				Total	p-value
	Tall		Low			
	f	%	f	%		
Low	12	52.2	11	47.8	23	0.001
Tall	3	7.9	35	92.1	38	

Based on table 4 the relationship between self-disclosure and stress levels for final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021, it was found that as many as 12 of 61 respondents (52.2%) had low self-disclosure with high stress levels, 3 respondents ( 7.9%) experienced high self-disclosure with high stress, 11 respondents (47.8%) experienced low self-disclosure with low stress level and 35 respondents (92.1%) experienced high self-disclosure with low stress level. Based on the results of the Chi Square statistical test, a p-value of 0.001 ( $p < 0.05$ ) was obtained, so it can be concluded that there is a relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021.

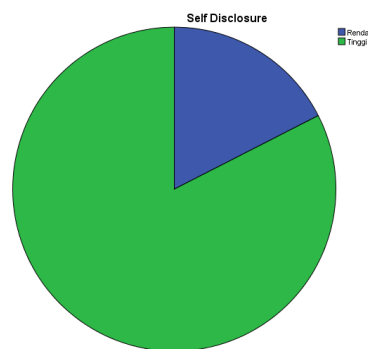
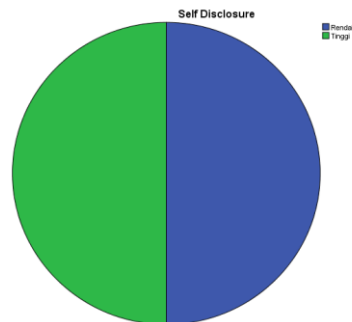


Figure 1. Distribution of Self Disclosure to Final Year Students in the Academic Stage of Nursing Study Program at Stikes Santa Elisabeth Medan in 2021

Based on Figure 1 the results of research conducted on final year students of the Academic Stage Nursing Study Program at STIKes Santa Elisabeth Medan in 2021 from 40 respondents showed that the majority of respondents had high self-disclosure as many as 33 people (82.5%) and those who had low self-disclosure were 7 people. (17.5%). This shows that the majority of self-disclosure motivation in the Low category is 7 people (17.5%).

**Distribution of Self Disclosure to Final Year Students of D3 Nursing Study Program at Stikes Santa Elisabeth Medan in 2021**

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Based on the diagram above, the results of research conducted on final year students of the Academic Stage Nursing Study Program at STIKes Santa Elisabeth Medan in 2021 from 10 respondents showed that the majority of respondents had high self-disclosure as many as 5 people (50.0%) and those who had low self-disclosure were as many as 5 people (50.0%). This shows that the majority of self-disclosure motivation in the Low category is 5 people (50.0%).

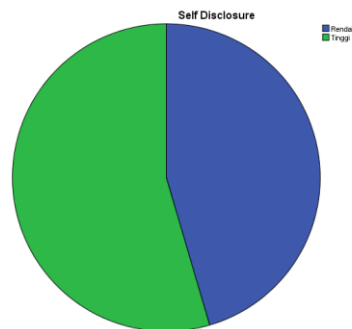


Figure 2. Distribution of Self Disclosure to Final Level Students of Midwifery D3 Study Program at Stikes Santa Elisabeth Medan in 2021

Based on the diagram above, the results of research conducted on final year students of the D3 Midwifery study program at STIKes Santa Elisabeth Medan in 2021 from 11 respondents showed that the majority of respondents had high self-disclosure as many as 6 people (54.5%) and those who had low self-disclosure were 5 people (45.5%). This shows that the majority of self-disclosure motivation in the Low category is 5 people (45.5%). Students who have good communication and self-disclosure can reduce stress levels for students who are working on their thesis. The results of this study are in line with research conducted by Handayani, 2019 showing that the self-disclosure of students at the Faculty of Economics and Business, University of Technology Sumbawa in general is in the high category, which is 41.9%. (Handayani et al., 2019). Students who intentionally share experiences will experience increased life satisfaction when self-disclosure is carried out with closeness, can openly say personal problems appropriately, be more adaptive in adjusting, have better self-confidence, be competent, reliable, be positive, trust others, objective and more open (Zhang, 2017).

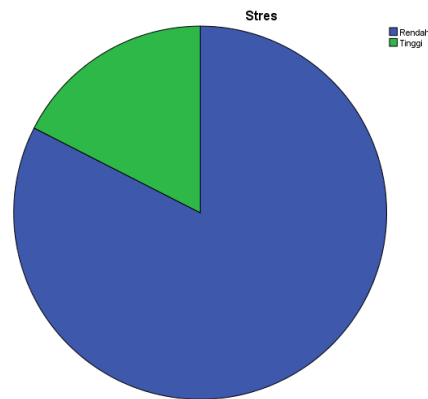


Figure 3. Distribution of Stress Levels in Final Year Students of the Nursing Study Program at Academic Stage at Stikes Santa Elisabeth Medan in 2021

Based on the diagram above, the results of the study indicate that the level of stress in the final level of the Nursing Study Program is in the Academic Stage with a total of 40 respondents. The stress level in the high category was 7 respondents (17.5%) then the stress level in the low category was 33 respondents (82.5%). This shows that the final year students of the Nursing Study Program at the academic stage of STIKes Santa Elisabeth Medan who are currently compiling a thesis experience high category stress as many as 7 students (17.5%) which means that self-disclosure is still low. Students who have low self-disclosure skills are prone to experiencing high levels of stress.

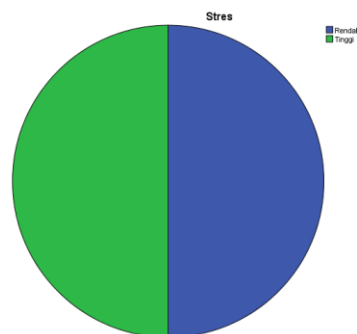


Figure 4. Distribution of Stress Levels in Final Level Students of the D3 Nursing Study Program at Stikes Santa Elisabeth Medan in 2021

Based on the diagram above, the results of the study indicate that the level of stress in students at the final level of the D3 Nursing Study Program with a total of 10 respondents. The stress level in the high category was 5 respondents (50.0%) then the stress level in the low category was 5 respondents (50.0%). This shows that 50.0% of the final year students of the D3 Nursing study program at STIKes Santa Elisabeth Medan experience high category stress, which means that their self-disclosure is still low so they are vulnerable to experiencing high levels of stress.

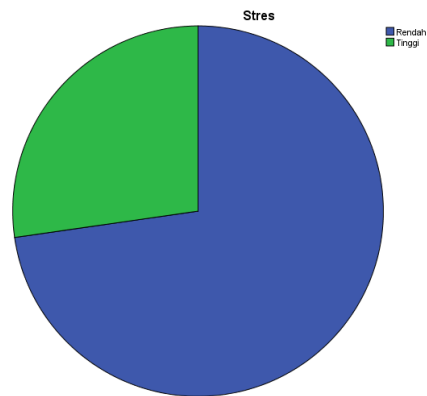


Figure 5. Distribution of Stress Levels in Final Level Students of Midwifery D3 Study Program at Stikes Santa Elisabeth Medan in 2021

Based on the diagram above, the results of the study indicate that the level of stress in final year students of the D3 Midwifery study program with a total of 11 respondents. The stress level in the high category was 3 respondents (27.3%) then the stress level in the low category was 8 respondents (72.7%). This shows that 27.3% of the final year students of the Midwifery D3 study program at STIKes Santa Elisabeth Medan experienced high category stress, which means that self-disclosure is still low so they are vulnerable to experiencing high levels of stress. This is in line with the research conducted by Handayani 2019 on students at the economics and business faculty of the Sumbawa University of Technology that self-disclosure affects stress by 28.0%. (Handayani, 2019).

#### 4. CONCLUSION

At the end of this study, the researcher describes several conclusions that can be drawn and suggestions based on the findings of the research. In general, the researcher concludes that the relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021. More specifically, researchers can draw the following conclusions Final year students at STIKes Santa Elisabeth Medan have high self-disclosure found as many as 44 respondents (72.1%) and those who have low self-disclosure are 17 respondents (27.9%). Final year students at STIKes Santa Elisabeth Medan who experienced high levels of stress were found to be 15 respondents (24.6%) and who experienced a low level of stress as much as 46 respondents (75.4%). Based on the results of the chi-square test, a p-value of 0.001 ( $p < 0.05$ ) can be concluded so that it can be concluded that there is a relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021.

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