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**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT, TIME MANAGEMENT AND POSITION WITH STRESS IN COLLEGE STUDENTS WHO PARTICIPATE IN ORGANIZATIONS AT THE FACULTY OF HEALTH SCIENCES AND TECHNOLOGY, JENDERAL ACHMAD YANI UNIVERSITY**

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**ABSTRACT**

*Stress in college students in Indonesia was found from 231 students, 68.4% experienced stress from moderate to very high levels. The effect on students is difficulty concentrating, anxiety, irritability, decreased grade point average, poor sleep quality, and is accompanied by other signs such as changes in diet and mood, difficulty understanding material, headaches, rarely socializing, laziness to get along, difficulty adapting to learning methods, easy fatigue, indifference in learning restlessness and irritability. The purpose of this research is to know the relationship between social support, time management and position with stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University. The research design used in this study was an analytical survey design, with a cross sectional approach/design with purposive sampling involving 78 regular students who joined the student association at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University. Data collection using a questionnaire. Data analysis was analyzed univariately with frequency distribution and bivariate with chi square test. The results showed that there was a relationship between time management and stress ( $p$  value = 0.000), meanwhile social support ( $p$  value = 0.887) and position ( $p$  value = 0.838) had no relationship with stress. It is suggested that college students can manage their time by preparing a schedule of activities and doing them according to their priority to reduce the risk of stress.*

**Keywords:** Social support, time management, Student, Organization, Stress.

**1. Introduction**

Students as individuals who pursue education in higher education with the hope that the education they receive can improve the quality of these individuals and become quality human beings. In carrying out their role, every student has academic demands. The academic demands in question such as studying and doing assignments and other activities related to academics. In addition to their role as academics, students who participate in organizations certainly have other roles, namely as organizers, activities such as recruitment and scientific

studies, implementing organizational policies and field actions<sup>2</sup>. An organization is a container or gathering place for a group of people to work together in a rational and systematic, controlled, and guided manner to achieve a certain goal<sup>3</sup>.

Students who are active in student organizations have two obligations, namely attending lectures and participating in additional activities in the organization. High activeness in the organization causes students to not focus on following learning materials to leave course learning. This is revealed in research conducted by Kabiba, Arfin

& Junaidin found that the conflict in students who participate in organizations is the inability of role management, the impact is leaving learning in their programmed courses and not completing coursework. They also experience anxiety about the duties and responsibilities imposed in the organization, the impact is not focused on following the learning material<sup>2</sup>. The high expectations and many demands received by students make them get pressure that has an adverse impact, for example on health problems, one of which is stress<sup>4</sup>.

Agolla, J.E., & Ongori, H. (2009) explained that the positive effects of stress can be in the form of increased creativity, improved thinking skills, improved relationships between individuals and increased stamina<sup>5</sup>. However, the impact of stress on students tends to be more negative as shown by research conducted by Norma, Widiandi & Hartiningsih entitled Factors, Causes, Stress Levels and Impacts of Academic Stress on Students in the Online Learning System during the COVID-19 Pandemic. This research was conducted on regular students of the undergraduate nursing program at STIKes Dharma Husada Bandung, it was found that out of 231 students, 68.4% experienced stress from moderate to very high levels, 206 people (90.5%) had difficulty concentrating, 163 people (70.6%) experienced anxiety, 106 people (45.9%) were irritable, 112 people (48.5%) experienced a decrease in the achievement index, 164 people (71.0%) experienced poor sleep quality, and some students were accompanied by other signs such as changes in diet, mood changes, difficulty understanding material, headaches, rarely socializing, laziness, difficulty adapting to learning methods, changes in sleep patterns, fatigue, indifference to learning restlessness and overthinking<sup>1</sup>.

DeLaune and Ladner (2010) define Stress as the body's physiological reaction to any stimulus that evokes a change. Any situation, event, or thing that threatens a person's safety and comfort is a stressor. A stressor is a stimulus that evokes the need to adapt and can be internal or external<sup>6</sup>. Stress is a natural and necessary part of life, but when it is severe and prolonged it can be damaging to health as every student reacts to stress in different ways. While stress can help to be more alert and anticipatory when needed, it can also cause emotional and physical distress.

In general, there are various strategies to overcome stress in college students. This stress management effort is carried out in order to help reduce the negative impact of stress. One way to reduce stress levels is by seeking social support. This was revealed by Nia Agustinarsih that students are often faced with problems such as lack of free time with family or friends<sup>7</sup>. This means that social support is one way to reduce stress, this support is needed more when students are experiencing an emerging problem and this support comes from family members, health care providers and friends.

This is supported by Salmon & Santi's research entitled Social Support with Academic Stress of Overseas Students in Online Learning during the Covid-19 Pandemic which was carried out on overseas students of the Psychology Study Program (Prodi) of Universitas Negeri Manado who continued to live in boarding houses while doing online learning during the Covid-19 pandemic. The assumption of this study is that the higher the social support, the lower the academic stress of overseas students of the Psychology Study Program at Manado State University who continue to live in boarding houses during online learning

during the Covid-19 pandemic and the lower the social support, the higher the academic stress of overseas students of the Psychology Study Program at Manado State University who continue to live in boarding houses during online learning during the Covid-19 pandemic<sup>8</sup>.

In addition to social support, there are other strategies to overcome stress in students, namely time management. This was revealed by Prabamurti's research entitled Analysis of Factors Triggering Academic Stress Levels of Medical Students at Sebelas Maret University Surakarta. This research was conducted on medical students at the Faculty of Medicine, Sebelas Maret University Surakarta, Things that cause stress in students tend to be caused by the inability of good time management of the activities carried out by these students in one day<sup>9</sup>.

Position in the organization on role demands also has a hand in influencing stress. A supervisor will increase the workload for members, so that members feel burdened and can slow down the goals of the organization<sup>10</sup>. Bashori and Sunarta's research revealed that stress in organizations is also indicated as something that can affect organizational members. Members can feel stressed by task demands, role demands, interpersonal demands, organizational structure and organizational leadership. In the dimension of interpersonal demands, in doing their work occasionally conflicts occur among members due to misunderstandings between members at work so that they can slow down in completing tasks<sup>4</sup>.

Preliminary studies were conducted by distributing questionnaires to 10 students who participated in the Student Association organization at the Faculty of Science and Technology, Jenderal Achmad Yani University, data obtained from respondents when

experiencing pressure or problems originating from lectures or organizational environments, Respondents often experience lack of focus, a lot of thoughts, difficulty concentrating, laziness to do anything, irritability, headaches, wanting to always sleep, difficulty sleeping, decreased appetite. As many as 4 respondents when there is a problem prefer to stay silent and other respondents choose to complain, break things around, discuss with friends, tell the closest person, find solutions, breathe and calm down.

Based on the explanation that has been described, the general purpose of this study is to determine the relationship between social support, time management and position with stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

## 2. Method

This research is an analytic survey design, with a cross sectional approach / design, that is, each research subject is only observed once and measurement of the status of the character or subject variable at the time of the examination<sup>11</sup>. Researchers will conduct research by distributing questionnaires to respondents at the same time with the aim of wanting to know the relationship between the independent variables of social support, time management and position with the dependent variable of stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

The total population of the research object is 252 students who follow the Student Association organization at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University. The sample size in this study was calculated using the slovin formula

with a confidence level of 95%, resulting in 155 students. The sampling technique that will be used in this research study, Non Probability sampling technique, namely purposive sampling. The sample criteria are as follows:

- a. Inclusion criteria
  - 1) Students who are willing to become respondents
  - 2) Students are active regular students
  - 3) Students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University for more than 6 months.

b. Exclusion Criteria  
Student Executive Board and Student Representative Council  
So based on these criteria, the sample size obtained was 78 students.

The measuring instrument used in the study was the Depression Anxiety Stress Scale (DASS 42) developed by Lovibond and Lovibond in 1995. The questionnaire used was a question about stress which amounted to 13 questions<sup>12</sup>. Measurement of social support using The Medical Outcomes Study - Social Support Survey (MOS-SSS) (Sherbourne & Stewart, 1991). Includes 5 dimensions of social support, namely (1) emotional support, (2) informational support, (3) tangible support, (4) positive social interaction, and (5) affection<sup>6</sup>. The measuring instrument for time management uses the Time Management Questionnaire (TMQ) developed by Briton & Tesser. This questionnaire is divided into 3 dimensions, namely 1) short-term planning, 2) attitude towards time, 3) long-term planning<sup>13</sup>. The measuring instrument for the position variable is a questionnaire that asks about the role of duties / positions in student organizations.

Data analysis in the study used univariate analysis and bivariate

analysis. Univariate analysis using frequency distribution test and bivariate using chi square test. The results of the test decision can be seen if the P value < alpha value (0.05), it can be concluded that H0 is rejected or there is a relationship between variabel X dan Y. If the p value > alpha value (0.05), it can be concluded that H0 is accepted or there is no relationship between variables X and Y.

### 3. Result

#### 3.1 Univariate Analysis

Table 1 Frequency Distribution of Stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Stress	Frequency (n)	Percentage (%)
Very Severe	3	3,8
Severe	17	21,8
Medium	26	33,3
Mild	19	24,4
Normal	13	16,7
Total	78	100

Table 2 Frequency distribution of social support for students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Social Support	Frequency (n)	Percentage (%)
Low	1	1,3
Medium	58	74,4
High	19	24,4
Total	78	100

Table 3 Frequency Distribution of Time Management in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Time Management	Frequency (n)	percentage (%)
Not Good	35	44,9
Good	43	55,1
Total	78	100

Table 4 Frequency Distribution of Position in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Position	Frequency (n)	percentage (%)
Top Official	10	12,8
Division Head	23	29,5
Division Member	45	57,7
Total	78	100

### 3.2 Bivariate Analysis

Table 5 Relationship between Social Support and Stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Social Support	Stress				Total		p value
	Stress		Not Stress		n	%	
	N	%	n	%	n	%	
Not Supportive	31	52,5 %	28	47,5 %	59	100 %	0.887
Supportive	11	57,9 %	8	42,1 %	19	100 %	
Total	42	53,8 %	36	46,2 %	78	100 %	

Table 6 Relationship between Time Management and Stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Time Management	Stress				Total		p value
	Stress		Not Stress		n	%	
	N	%	n	%	n	%	
Not Good	28	80 %	7	20 %	35	100 %	0.000
Good	14	32,6 %	29	67,4 %	43	100 %	
Total	42	53,8 %	36	46,2 %	78	100 %	

Table 7 Relationship between Position and Stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Time Management	Stress				Total		p value
	Stress		Not Stress		n	%	
	N	%	n	%	n	%	
Not Good	28	80 %	7	20 %	35	100 %	0.000
Good	14	32,6 %	29	67,4 %	43	100 %	
Total	42	53,8 %	36	46,2 %	78	100 %	

## 4. Discussion

### 4.1 Overview of Stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Based on table 1 Stress in students who participate in organizations at the

Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, it is known that out of 78 respondents, 3 (3.8%) respondents with very severe stress, 17 (21.8%) respondents with severe stress, 26 (33.3%) respondents with moderate stress, 19 (24.4%) respondents with mild stress, 13 (16.7%) respondents with normal stress. Stress in respondents almost half experienced medium category stress, namely as many as 26 (33.3%) respondents.

Based on the results of research that has been carried out, the condition of stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, almost half of them are in moderate stress, namely 26 (33.3%) students and most students experience stress in the medium to very severe range, namely 46 (58.9%) students. Stress experienced by students due to difficulty calming down when something bothers them, tends to overreact to spend a lot of energy due to anxiety and difficulty relaxing.

In addition, the results of this study found that almost half experienced stress conditions in the normal to mild range, namely 32 (41.1%) students. This can happen because they have good stress management. Because besides having a bad impact, stress can also have a good impact. Agolla, J.E., & Ongori, H. (2009) explained that in mental terms it can increase creativity, thinking ability, motivation and can have a higher view of success. Emotionally, it can improve self-control, interpersonal relationships, morale and responsiveness to the surrounding environment. And from a physical perspective, it can increase energy, stamina, muscle flexibility as well as joints, and be free from stress-related diseases<sup>5</sup>.

### 4.2 Overview of social support for students who participate in

organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

The results of the study in table 2 show that social support for students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, of the 78 respondents studied, most of them received moderate social support, namely 58 (74.4%) respondents.

Based on the results in table 2 of the 78 respondents studied, most of them received moderate social support, namely 58 (74.4%) respondents, this is because respondents often have someone to listen to problems or give advice, often have people helping with tasks when they are sick and taking them to the doctor.

Untuk Sebagian kecil responden lainnya get high social support, namely 19 (24.4%) respondents. High social support is obtained because respondents have someone who can be relied on to listen to us talk about personal problems, have someone who can rejoice as well as gather together to relax, there is someone who hugs so that respondents feel loved and wanted. This can be seen from the answers to the questionnaires given to students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

4.3 Overview of time management in students who participate in organizations at the Faculty of Health Sciences and Technology, Universitas Jenderal Achmad Yani.

Based on table 3 time management in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, it is known that out of 78 respondents, 35 (44.9%) respondents with poor time management, 43 (55.1%) respondents

with good time management. Time management in respondents is mostly with good time management.

Based on the results of research that has been carried out on students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, most of them have good time management as many as 43 (55.1%). Good time management in these students is because every activity starts always starting with planning, then carrying out activities according to priorities to determine achievement targets. Regarding learning, usually keep reading back notes even though there is no exam and if there is an assignment choose to install the task rather than doing it directly. Almost half of the students have poor time management, namely 35 (44.9%), this is caused by not being able to focus on the activities to be carried out such as spending time on activities that are less useful and cannot be assertive about something that interferes with activities because they cannot say no to other people's invitations. In the field of learning, they pay more attention to appearance than lectures and when the grace period for assignments is collected, they still do the assignment.

4.4 Position description of students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Based on table 4 Position in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, it is known that out of 78 respondents, 45 (57.7%) respondents with the position of division member, 23 (29.5%) respondents with the position of division head, 10 (12.8%) respondents with the position of top official. Most students serve as division members.

Human resources (HR) is a very vital factor and cannot be separated from an organization. HR is seen as the key that determines the development of the organization. HR in the form of humans who are placed in an organization as movers, thinkers and planners to realize organizational goals<sup>14</sup>. All organizations, no matter how small, have some sort of structure because in general a structure is designed with the intention of ensuring that the organization is designed in a way that best achieves its goals and objectives<sup>15</sup>.

4.5 The relationship between social support and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University

Based on table 5, the statistical test results obtained  $p$  value = 0.887 ( $> \alpha$  0.05), so  $H_0$  is accepted and  $H_a$  is rejected. So it can be concluded that there is no relationship between social support and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

Other appropriate research has been conducted by Rumbrar & Soetjningsih on social support with academic stress in Papuan students of the PKP3N scholarship program at Satya Wacana Christian University, so a correlation test was used first using the Pearson product moment correlation test with the help of getting  $r = -0.156$  with sig. = 140 ( $p > 0,05$ ). These results indicate that there is no significant relationship between social support and academic stress in Papuan students of the PKP3N scholarship program at Satya Wacana Christian University<sup>16</sup>.

Social support can be a way to reduce stress. The existence of social support can help reduce stress by

listening to the problem from a more objective point of view of the problem. Based on the results of the study, it was found that the higher the social support, the lower the stress<sup>17</sup>. However, based on the research data, it is known that there is no relationship between social support and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University, supported by students who have high social support but experience stress.

It is possible that there are other factors that cause students to experience stress, including academic load. Sources of stress in the academic field are the many tasks that must be done, a curriculum with a high load, competition between friends to get high scores and the amount of material that must be learned and mastered by students. Clinical problems, due to lack of knowledge, inadequate clinical skills, caring for dying patients, fear of failure, clinical placement, lack of clinical competence, fear of making mistakes, interpersonal conflicts with patients, staff and several other relationships in the practice environment, differences between theory and practice and lack of clinical supervision. In addition, stress conditions are also influenced by individual characteristics, namely gender, psychological condition, resilience or strength, spiritual level and emotional intelligence<sup>7</sup>.

4.6 Relationship between time management and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

Based on table 6, the statistical test results obtained  $p$  value = 0.000 ( $< \alpha$  0.05), so  $H_0$  is rejected and  $H_a$  is accepted, it can be concluded that there is a relationship between time management and stress in students

who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University. This shows that time management is related to stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Universitas Jenderal Achmad Yani.

Another appropriate study has been conducted by Nayak with the title Impact of Procrastination and Time-Management on Academic Stress among Undergraduate Nursing Students: A Cross Sectional Study. This cross-sectional study focused on the assessment of procrastination, time management skills and their relationship with academic stress among 201 undergraduate nursing students in a private college in South India. The findings of the study showed, a significant positive correlation between time planning and academic stress among first year students with  $r=0.287$  ( $p=0.041$ ) 18.

Based on the research data, it is known that students with good category time management are more likely not to experience stress, as many as 43 students with good time management categories there are 29 (67.4%) who do not experience stress and 14 (32.6%) students experience stress. Compared to students who have time management in the bad category, out of 35 students with a bad time management category there are 28 (80%) who experience stress and 7 (20%) students are not stressed. So students who have poor time management are more likely to experience stress. This can occur because the lack of time management skills has an impact on the unbalanced distribution of sufficient time for each activity so that in the end it causes fatigue and laziness, especially when studying or doing assignments at night. lack of good time management of

activities carried out by students in one day can cause stress in students 9.

4.7 Relationship between position and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Universitas Jenderal Achmad Yani.

Based on table 7, the statistical test results obtained  $p$  value = 0.838 ( $> \alpha$  0.05), this shows that there is no correlation between organizational positions and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University.

Most of the stress experienced based on position was experienced by top officials as many as 6 (60%), division heads as many as 13 (56.5%) and division members as many as 23 (51.1%). In addition to being academics and organizers, those who serve as top officials and division heads have more workloads to be able to manage organizations and administrators, activities in organizations such as recruitment and scientific studies, implementing organizational policies and field actions<sup>2</sup>. Workload is a process carried out by a person in completing the tasks of a job or group of jobs within a predetermined period of time and carried out under normal conditions<sup>19</sup>. But in general, in this study, those who served as top officials, division heads, and division members tended to experience more stress. As many as 10 top officials, there are 6 (60%) who experience stress. Division heads as many as 23 students, there are 13 (56.5%) who experience stress. Division members as many as 45 students, there are 23 (51.1%) who experience stress. Symptoms of stress experienced such as difficulty resting and relaxing, feeling anxious and tending to overreact can be seen from the results of the questionnaire. In addition, it can be caused by

organizational conflicts such as task demands, the state of the work environment of members who are uncomfortable when completing tasks is quite high, this is because members are required to complete their duties even though they are not in good physical condition or mind. Second, role demands when undergoing dual roles in the organization are in a fairly high category, this is because members have not been able to complete other tasks outside of their main duties. Third, inter-personal demands on the level of social support between members are in the low category, this is because members are able to socialize with other members. Fourth, the organizational structure in determining the level of differentiation of the organizational structure is in a fairly high category, this is because members have not carried out roles related to the existing organizational structure. Finally, the leadership style in the description of senior organizational leaders is in a fairly high category, this is due to the lack of attention and lack of self-approach between members and new members<sup>10</sup>.

## 5. Conclusion

- a. Of the 78 respondents, a small proportion of respondents experienced medium category stress as many as 26 (33.3%), most respondents had moderate social support as many as 58 (74.4%), most respondents had good time management as many as 43 (55.1%), and most respondents with division member positions as many as 45 (57.7%).
- b. There is no relationship between social support and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University (p value = 0.887).

- c. There is a relationship between time management and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University (p value = 0.000).
- d. There is no relationship between position and stress in students who participate in organizations at the Faculty of Health Sciences and Technology, Jenderal Achmad Yani University (p value = 0.838).

## Suggestion

1. The results of this study are expected that time management can be one way to manage stress, namely by setting goals as well as a schedule of activities to be carried out, carrying out activities according to priorities and avoiding procrastination on tasks. In addition, this research can be a literature for further research.
2. It is expected that the psychological response of stress experienced by students can be resolved with good stress management by controlling stress responses so that they can have a positive impact.
3. Social support for students is expected to increase from mostly in the middle category to increase by increasing emotional support and belonging support so that students feel more accepted and appreciated.
4. Stress is mostly experienced by students, both those who serve as top officials, division heads and division members. This right is possible conflicts that occur in the organization, it is hoped that the conflict can be resolved so as not to cause the risk of stress in students who participate in the organization.
5. Future researchers can examine other factors that can affect stress in students who join organizations and

examine the effect of the type of organization on stress.

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