

The Effect of Mindfulness Caring against the Stress in Nursing Students in Taking on Thesis

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Abstract

Academic load such a thesis as final project is a stressor that can lead to stress in nursing students. This resulted in a lazy student would not do so pending thesis of the study. Mindfulness caring an educative supportive action to build awareness, understanding the problems encountered with the full acceptance, performed with great faith and independently to achieve the desired goal. This study aimed to determine the effect of mindfulness therapy to decrease stress caring nursing students in the face of the thesis.

This study uses a quasi-experimental design one group pre-post test. The population in this study were nursing students who are experiencing stress in the face essay The College of Health Sciences Banyuwangi. Samples were 18 people who obtained using purposive sampling technique based on the level of stress experienced by students. Retrieving data using questionnaires of *Depression Anxiety Stress Scales* (DASS) and then analyzed by univariate and bivariate analysis.

The results of the bivariate analysis using paired T-test showed a significant difference between the stress of students before and after treatment mindfulness caring with $p=0.004$ ($P < 0.05$). The conclusion of this study is Mindfulness Caring proven effective in reducing stress on nursing students in the face of the thesis.

Keywords: *Mindfulness caring; stress, nursing students, thesis.*

Background

American Psychological Association said stress is a major contributor to mental illness emotionally and physically to everyone at all ages ^[1]. Mahmoud, Staten, Hall, & Lennie explained that the stress condition that cannot be controlled will lead to anxiety disorder and anxiety disorder are not well managed can contribute to the onset of depression ^[2]. Stress is an emotional form of mental disorder that often occurs in students ^[3]. The research of Rizvi, Qureshi, and Rajput conducted at 60 medical students in Islamabad Pakistan also found 50% of students are stressed with a mild stress category of 18.18%, 24.24% and 7.58% moderate stress ^[4]

Research on baccalaureate nursing students in Hong Kong of the latest epidemiological data indicate that the prevalence of students who experience mild to severe stress by 41.1% from 661 students ^[5]. These findings are consistent with research Wardi that academic demands are major stressors on students, one of which is a load of thesis ^[6]. Research conducted by Zakiyah on identifying the characteristics of the level of stress on students who are making thesis in the area Jakarta, it was found that most students experience stress category was 46% ^[3]. Based on preliminary studies conducted in STIKES Banyuwangi, dated June 26, 2018 by distributing questionnaires randomly to the 10 students S1 Nursing level 4 which is facing a thesis and earned four college students stress medium- weight.

Two factors that affect the stress on the students in the preparation of the thesis, namely internal factors such as physical condition, behavior, interests, emotional intelligence, intellectual, and spiritual intelligence

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and external factors such as tasks, social, and physical environment both in the family and the campus , Two of the factors that affect a series of psychological stress response that causes stress on students in thesis [7]. The impact of stress on students who do theses can result in delayed processing thesis, students choose a forgetting of the work, avoiding the supervisor, complaining on social media regarding the difficulties encountered and eventually delayed their study [8].

Mindfulness according to the general dictionary, published by Cambridge is an exercise in realizing the conditions experienced by the body, mind, and feelings with full awareness to make the body, mind, and feeling calmer [9]. Mindfulness therapy developer, John Kabat-Zinn defines mindfulness therapy is intentional consciousness with full acceptance without judgment on the experiences [10].

Mindfulness caring Mindfulness therapy is combined with Bandura’s theory of self-efficacy and self-care, Orem. Based on this it can be interpreted caring mindfulness exercises performed by someone with awareness, understand the problems faced, full acceptance, is done with a level of self-efficacy (confidence) is large and self-care (independent) in order to reach a desired goal [11]. Based on the description above, researchers want to know is there any influence mindfulness therapy to decrease stress caring nursing

student in the taking on thesis in Health School of Banyuwangi.

Methodology

This research is quasi-experiment with design *one group* pre-post test. The study population was all students of Nursing S1 final level which is in the process of working on thesis in the Health School (STIKES) in Banyuwangi, Indonesia. Number of samples 18 were selected using purposive sampling techniques based on the level of stress experienced by students, The sample selection based on inclusion criteria, namely: S1 nursing student level 4 STIKES Banyuwangi who experience stress when faced Thesis, willing to become respondents research by signing the informed consent and did not get another intervention. Exclusion criteria in this research that students who experience anxiety, depression and other mental disorders other than stress. Collecting data using questionnaires of *Depression Anxiety Stress Scales* (DASS) next 42. Data were analyzed by univariate and bivariate analysis (paired t-test).

Results

Univariate Analysis Results

Results Univariate analysis by gender, age, and the average score of respondents stress before treatment.

Table 1. Distribution of respondents by gender

Variables	Total	Percentage
Male	5	19%
Female	13	81%
Total	18	100%

The table above explains that most of the respondents’ gender is female 13 (72.2%).

Table 2. Distribution of respondents by age

Variable	N	Mean	Median	Standard Deviation	Min	Max
Age	18	21,50	21.00	0.618	21	23

The table above explains that the average age of the respondents in the study was 21.50 years with the youngest age 21 years old and the oldest 23 years old.

Table 3. Distribution respondents based on the average score of respondents stress before treatment.

Variables	N	Mean	Median	Standard Deviation	Min	Max
Stress	18	19.72	20.50	2,82	16	26

The table above explains that the average score of stress that occurred on the respondents before being given treatment equal to 19.72

Bivariate Analysis Results

Results Bivariate analysis using paired T-test to determine the change in the difference value in the face of stress on student thesis before and after treatment mindfulness caring

Table 4. Student stress difference before and after treatment mindfulness caring

Variables	N	Mean	Standard Deviation	Difference	p-value
Stress Before Treatment	18	19.72	2,82	3.33	0,004
Stress After Treatment	18	16.39	3.66		

The table above explains that there is a difference in mean score of stress before and after treatment caring mindful that decreased by 3.33 with $p = 0.004$ ($P < 0.05$). It shows that there are significant differences between the treatment of stress before and after caring mindfulness.

Discussion

Based on the results of the univariate test in this study, most of the respondents were female 13 (81%). This finding is consistent with the opinion Videbeck saying that the stress disorder is more often experienced by women [12]. An exploratory study of the influence of gender on stress among students found that there are significant differences between men and women against stress [13]. Overall women experience more stress than men. This is because women on average tend to feel the demands of intellectual and emotional larger than the male, In connection with the demands of intellectuals, women feel that they must do a better effort to prove their worth than men and the emotional demands that are generally more if women always puts the result in women feeling than rational, resulting in women is more difficult to forget when experiencing academic failure [4,15].

Age of respondents in this study also affects the stress. This is evidenced by the results of the univariate analysis in getting respondents' average age of 21.50

years. This finding is consistent with research by Stuart who say that age is a factor that can affect individual coping [18]. Students are individuals aged young adults (18-24 years) which in this age tendency to use coping mechanisms when faced with the stressor is maladaptive coping so students are very easy to experience stress [19]. Maladaptive coping performed by the students of which is to ignore the stress, avoid others, blaming others, consuming alcohol, quit his studies and suicide [20].

Respondents stress scores before given mindfulness caring treatment shows that the average score of stress experienced by students in the face of the thesis of 19.72. Stress is the body's non-specific response to the demands/stressors accepted in everyday life [16]. Thesis is the obligation and duty end of the course to be completed by nursing students to earn a degree in undergraduate or S1 Nursing [17]. Thesis itself becomes a stressor that can result in stress for students [8]. Wardi also said that the stress that occurs in students due to academic demands, one of which is the task of the thesis [6]. Zakiyah also added that the stress experienced by nursing students in doing thesis largely stressed the moderate category [3].

Respondents in this study, based on the identification of stress response that is felt by the students using the instrument DASS (Depression Anxiety Stress Scale) is known that stress response is most felt is felt that he became angry because of trifles, tend to overreact to a

situation, feel difficult to relax, irritability, feeling has spent a lot of energy, impatient when delays, irritable, find it difficult to relax, feel very irritable, difficult to calm when things upset, it's hard to be patient in the face of disruption to the being done and easy to feel uneasy. This is in accordance with what is stated by Selye that the individual's responses to the stress experienced include; emotional alarm reactions include irritability, annoyance, anxiety, restlessness, nightmares, difficulty concentrating and difficulty in making decisions ^[16].

Mindfulness program is very effective when used at the nursing students to reduce stress ^[21,22]. Bamber & Schneider the literature study also said that 33 of 40 studies of mindfulness-based interventions effective in reducing stress on students, but there are differences in the effectiveness of a meaningful and it is influenced by the frequency, duration, and differences in the methods of administration ^[23]. Caring Mindfulness therapy is a therapy that is formed through the concept of mindfulness combined with Bandura's self-efficacy theory and self-care Orem ^[11], thus mindfulness therapy to build awareness of caring is to understand the problems faced by accepting conducted with a level of self-efficacy (confidence) is large and self-care (self-reliance) and result in a desired goal of serenity.

As in the process of mindfulness caring on stress can be analogized as students who are not able to manage the stressors/load paper, because the ability of the student to manage the stressors (self-care agency) cannot meet the demand of students to manage stressors (self-care demands), so that there was stress on students (self-care deficit), it takes nursing agency to meet the demand of students manage the stressors in this case mindfulness caring, with such mindfulness caring aimed at helping people to be calm, be aware of the causes of stress faced, looking for solutions to overcome problems, managing the stress that can reduce the stress experienced ^[11].

The statement is in accordance with the results of this study based on Table 4 which shows that the mindfulness group caring before given treatment obtained an average stress score of 19.72%, while the given treatment after mindfulness caring in getting the average stress score of 16.39%. From both these results, there are differences in mean values between measurements of stress levels before and after treatment mindfulness caring of 3.33%. The results of further analysis p value=0.004 (P <0.05), so it can be concluded

that there are significant differences between stress levels before and after treatment mindfulness caring. The stress response of students has decreased by instrument DASS (Depression Anxiety Stress Scale) already mentioned above, it is known that there is a decrease of only the items rest patterns just like it hard to relax, find it hard to rest, it is difficult calm when things upset, it is difficult to be patient in the face of disruptions to things being done and youthful feel uneasy.

Conclusion

Stress can occur in nursing students who were in the face of the final project thesis. Characteristics of stress that occurs in the student category of being and is more common in student daughter. Mindfulness caring proven effective in reducing the stress of nursing students in taking on thesis in Health School in Banyuwangi.

Conflict of Interest: There is no conflict of interest in research

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Ethical Clearance: This study has been declared worthy of conduct by the Health Research Ethics Commission UB School of Medicine.

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