



Difference Strategy Coping to Stressor Face Exam

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Abstract

Facing a thesis exam is the last process that must be passed by students to complete their studies in Higher Education. The stress level experienced by students is predicted to have a relationship with coping strategies used. In the coping strategy, the variable students use problem-focused coping by 90% and use emotion-focused coping by 10%. In the stress, variable students experience high-stress levels of 53.3% and low stresses of 46.7% of the total sample of 150 students. The results of the bivariate correlation analysis with the Spearman rank test showed r count = 0.470 and r table = 0.361. This means that there is a significant relationship between the coping strategy variable and the stressor variable facing the thesis examination in the students at Universitas Islam Negeri Raden Intan.

Keywords: Coping strategies; Stressors; Thesis exam

Introduction

Stress is responses to somebody will existence challenging physique as well as the mental that comes can from or outside himself. State as this will always occur in life man because stress is part of dynamics journey live. because that, as long as life Keep going in progress no possible man could avoid stress [1]. Based on studies conducted by experts, stress develops through three stages, stages signs beginning, stage resistance, and stages fatigue. In stages beginning reaction certain in the form of reaction physique as well as mental like heart-pounding, coming out gland excessive sweating, sudden stomach heartburn, and others. In stages of resistance, this somebody will do resistance from the source of stress (stressors). The next stage third is fatigue, which is the state of the physique as well as the mind no able again for face upcoming challenges, and reactions in stages this as falling sick [1].

Accompanied events feeling anxious and worried can overwrite anyone, anytime and anywhere no except college

student because in essence college student is part of the academic community at college the height is candidate leader nation in Century upcoming. For that expected college student own method good outlook, a healthy and strong personality. As well as one college student is capable of the complete problem as difficult, has a method to think positive, and of course, does not easily give up on the situation [2]. In the learning process teaching in universities, generally, lecturers not only give theory just to college students but also tasks to students, such as: To do a practicum, making papers for percentage, and making Duty other must be done, students. Furthermore, the task that becomes a condition for a graduation college student is to make creation science in the form of an essay [3].

Long series of processes should be taken by students the finish it, besides that there is factor reasons for stress in the form of internal and external factors. by special internal factors include laziness, motivation low, scared meet the lecturer mentor, and difficulty adapts self with the lecturer mentor. Difficulty external covers difficult adapt time with

lecturer mentor, at least time guidance, trouble in Thing look for theme, title, sample, difficult got references, limitations time research, the iterative revision process, length of time bait come back from lecturer mentor when complete thesis, claim family and parents for pass soon, problem finance, job and age [4].

Action every individual in the form of thinking or behaviour purposeful adaptive for reducing or lighten up the source of stress from a dangerous condition, threatening or challenging called with coping [5]. To overcome the stressor sourced from an internal and external factor, an individual could use strategy coping in the form of coping focus problem (Problem-focused coping) and coping focus emotion (Emotion-focused coping). Remove, set, or repair stressful conditions is a typical strategy coping focus problems whereas shapes try to feel more good in manage, or arrange response emotional will existence stressful situation so that lighten up influence physique nor psychological is type strategy coping focus emotion [6].

Choose strategy appropriate coping is expected shape could make individual life sustainable to the environment. The difference between college students in to-do coping is features that show maturity in think or achievement in developing existing integrity in self. Diverse the stressor there is levelled study is thing general in the process of using science, no everything can pass difficulty with easy. Lots of things to do to overcome these stressors and cause various types of no reactions same among college students one other. Reporting data 43.5% of students level end experience stress in work essays [5]. The stress that happens environment of school or education is also called the term stress academic. One spect of stress academic experience experienced by students is exam script. College students sued for taking responsibility for results of a study that, with so pass or whether or not college student determined in the exam that.

Based on an Interview beginning with the students at Raden Intan State University dated February 21, 2020. The thesis is a task that makes college students stress, 80% of 10 students choose to use strategy coping focus problem according to the effort the enough reasoned because the most important thing when currently stress because a lot of Duty studying is to do activities that can return feeling (mood) like take a walk, play games, eat and sleep, do fun activity is the right way for reducing anxiety and stress. The remaining 20% of students use the strategy focus problem. Exam essay is heavy responsibility because sued for maintaining the script that has been made, so that things to do as guidance, ask about exam essay students who have exam script and input for preparation before facing the exam. From the result, the Interview began with a college student at Raden

Intan State University who has a different strategy of coping with the face exam script.

Stress is complements and things common thing that happens to every human, no could be denied problems happened can come from self or outside self as environment work, family, friends and can occur wherever and whenever. The term, stress originated from the language Latin stinger meaning "hard" (strikes) term the experience development from time to time from strain, stress, and stress [1]. Component stress is the presence of stressors, processes (interactions), and responses to stress. a stressor that alone is a situation or threatening stimulus happiness someone. Response stress is shape reactions that arise, while the stress process is a mechanism interactive start from the arrival of the stressor until the appearance of response stress [7].

Besides component stress, the factors that cause Internal stressors consist of: on state physical, behavioral, cognitive, or too standard high and emotional. Whereas factors external in the form of condition environment physique as noise, pollution and can come from a lot of tasks lectures, presentations, interpersonal relations, and others [8]. View from kind stress could give losses and gains. type very stressful dangerous or harmful called with distress as feeling bored, frustrated, exhausted physical, arise attitude indecision and apathy. It's different if arises feeling happy, proud, capable, and increasing motivation for achievers called with eustress [7]. In the stressor face exam essay expected college students could manage the stress that happens becomes an auspicious thing that could trigger for to do positive things and choose proper coping.

Complex and difficult problems solved are a source of very stressful difficulty for avoided. events that's what in the end demand every individual for to do actions that can reduce the tension the or call with coping that is in the form of behavior visible and hidden is done for reducing stress or remove tension psychology [9]. Coping shapes business by reducing stress in the form of behavior adaptive because of the existence of painful, dangerous, and challenging conditions [6].

Types of strategy coping that can be used that is strategy coping focus problem (problem-focused coping), someone who can evaluate stressors they face and can do something to shape the solution problem by modifying reaction so that the effects become lighter [10]. A strategy-focused coping emotion (emotion-focused coping) that shapes work done to manage, or arrange response emotional will existence stressful situation or threaten to reduce influence physical and psychological [6].

Included in the Strategy Coping Focus Problem Namely:

1. Painful problem solving, that is to do shape efforts with purposeful planning for change circumstances and can complete something problem, for example, a student studying with active and full concentration, as well as plan things good for the problem he is facing by slowly, could be resolved.
2. Confrontative coping, namely individual who holds firm in maintaining his stance as well as a complete problem by concrete.
3. Seeking social support, which is shaping business in complete problems with looking for an endorsement from outside in the form of information, help real and support emotional [9].
4. Whereas aspect strategy coping focuses on emotion in the form of:
 - Positive Reappraisal (give evaluation positive), forms reaction in the form of thought positive that is religious as well as the capable accept problem that occurs. As someone who can take wisdom in every problem that happens and always be grateful for what he has.
 - Accepting Responsibility is not quite enough to answer, form a reaction with grow attitude awareness self in the form of a sense of responsibility answer to problems encountered, such as someone who can accept all something that happens and can adapt self with moderate condition experienced.
 - Control self, shape reaction incomplete problem with no hasty and able thinking more formerly every action that will be done.
 - Standing (keep distance), reaction somebody in face problem with guard distance Among herself with the environment and sources of stress, such as individual who takes care of distance Among herself with friends, the environment around as well as ignore the problem that.
 - Escape avoidance (run or dodge), shape attitude dodge and keep away self from every problem even Act negative or excessive as sleep too long, no want to socialize with other people and drink drugs forbidden [9].

Behaviour coping could be said as transactions made by individuals to overcome various demands (internal and external). Internal demands can conflict roles, a woman should choose between his family or his career. demands external can in the form of problems that happened daily as existence stress academic, interpersonal conflicts and so on [11]. In facing problem individuals have style different coping, coping that alone characterized two natures that is constructive and destructive. Nature coping constructively as an individual will capable face problem with ok then could develop existing potential in himself. Whereas nature coping destructive as existence impactful things bad for an

individual that and their setback in the individual so that the problem he is facing no resolved with good [11].

Research Methods

Type research used that is correlational, with design bivariate correlation, researcher use design bivariate correlation for describing connection Among two a variable that has level and direction certain. In a study this variable x (strategy coping) and variable y (stressor face exam script). The population in the study is college students in Faculty Teaching and Training at Raden Intan State University which amounts to ten courses.

No	Study Program Name
1	Islamic education
2	Arabic
3	English
4	Islamic Education Management
5	Guidance Islamic Education Counseling
6	Mathematics Education
7	Physics Education
8	Biology Education
9	Ibtidaiyah Teacher Education
10	Children's Islamic Education Early Age

Table 1: Distribution Study Program Population.

A study was done with procedure data collection using structured questions in shape questionnaire research. Instrument development in research this, researcher take reaction to stress as questionnaire level stress [7] and strategies coping in the form of coping focus problems (problem-focused coping) and strategies coping focus emotion (emotion-focused coping) [9]. The test used is with correlation test rating or coefficient correlation spearman (rho).

Results and Discussion

Study this implemented on students Faculty Teaching and Training Raden Intan State University with total respondents as many as 30 people. The data collection process is carried out with a shared questionnaire online for respondents who have determined before.

Study this using analysis test univariate with use percentage results from every displayed variable in shape distribution frequency. It is characteristics of a college student include type gender and age.

Type sex	Frequency	Percentage
Man	30	9
Woman	70	21
Total	100	30

Table 2: Distribution Frequency Type Sex College student.

The distribution shows that of 30 respondents, as many as 21 students were manifold sex female (70%) and 9 students manifold sex male (30%).

Age	Percentage (%)	Frequency (n)
21	13.3	4
22	70	21
23	15.7	5
Total	100	30

Table 3: Distribution frequency age college student.

From distribution, the age of respondents is 21 years old in as many as 4 samples (13.3%), age 22 years in as many as 21 samples (70%), and Total age of 23 samples as many as 5 (15.7).

Strategy coping	Stress Level				Total		Coefficient correlation	p-Value
	Low		Tall					
	N	%	N	%	N	%		
EFC	3	10	0	0	3	10	0.47	0.009
PFC	11	36.7	16	53.3	27	90		
Total	14	46.7	16	33.3	30	100		

Table 6: Difference strategy coping with stressor face exam essay.

Bivariate analysis is used to make something conclusion with something proof by statistics for connection among variables X and Y to test the hypothesis that has been set with use statistics nonparametric with spearman rank test with level significance = 0.05. The results of the analysis presented are different strategy coping against stressors facing exam thesis on students as follows:

Analysis result obtained strategy coping focus emotion as much as 3 (10%) with level stress low and not experience level stress high. Strategy coping focuses on the problem of as many as 11 (36.7%) with levels of stress low and as many as 16 (53.3%) with levels of stress high. Spearman rank test obtained a mark significance of 0.009. Whereas for mark coefficient correlation was obtained of 0.470.

Based on this test, then the hypothesis that states " Is

No	Coping	Frequency	Percentage
1	PFC	27	0.9
2	EFC	3	0.1
Total		30	1

Table 4: Distribution Frequency Strategy coping.

Based on distribution frequency strategy coping students, showed that part big college students use problem-focused coping which is by 90% of 30 students whereas the rest use emotion-focused coping 10%.

No.	Stress level	Frequency	Percentage
1	Low	14	46.7
2	Tall	16	53.3
Total		30	100

Table 5: Difference strategy coping with stressor face exam essay.

Based on the table above, can be seen that part of big college students experiences high stress, i.e 53.3 % of 30 students. Whereas the rest only 46.7% have levels of low stress.

there " difference strategy coping to stressor face exam thesis for students" was rejected because $r_{count} < r_{table}$. Research conducted on 30 respondents college students was carried out from 02 to 15 July 2018 obtained results difference between strategy coping focus emotion with level stress by 0% and strategy coping focus problem with level stress tall by 53.3%.

Calculation result level strength connection among variable strategy coping to variable stressors faces exam essay the enough strong. Number coefficient correlation the worth positive, which is 0.470 so that the connection second variable the character unidirectional (type connection direction) with thus could be interpreted that if stress the more upgraded so strategy coping used will increase. Significance value or sig. obtained of 0.009, because sig value. (2-tailed) $0.009 < 0.05$ then it means there is

a significant relationship (mean) between variable strategy coping to variable stressor face exam script.

Based on the description of the results on found Spearman ranked test results with r count smaller from r table so that could answer formula problem study about difference strategy coping to stressor face exam thesis for students is "There is a difference " strategy coping to stressors face exam thesis for students.

When compared with the theory results study there is an equation, according to Taylor [12] who said that every individual will attempt to overcome stress with use strategy different coping, however, have the same goal that is for maintaining balance emotions, maintaining the self-image positive, reduce pressure environment and stay continue the connection with other people. The same opinion also describes coping as a process where an individual tries to manage existing distance Among demands, ok that originated from the individual nor claims originating from the environment with source the power the victim uses in face full situation stress [12].

Existence difference in choosing strategy coping is not free from several factors such as type gender and age. stressor face exam essay is mandatory thing skipped every college student level end in education, no seldom college student will experience disturbance dominated feeling negative emotions so that experience sadness or distress. This thing exists different response to conflict Among men and women. Brain woman owns negative vigilance to conflict and stress, in women conflict triggers hormone negative so that bring up stress, anxiety, and fear. Man often enjoys conflict and competition even though they consider conflict to give positive encouragement [13].

In Step development, student-level end study is at Step adjustment, development of universal traits and values new. Something problems and stress independence will put forward, especially independence in taking decisions [14]. Every individual tends more realistic in facing stress. They own increased sensitivity and has study for arranging how to use strategy coping to minimize stress effectively [6].

Based on data from the results research and theories that have been outlined could conclude that there is a different strategy for coping with stressor face exam thesis for students which is influenced by several factors, namely: age and type gender. demands Duty academic in the form of face exam essay result in college student experience stress, so they need skills in Settings self and train as good as often possible because very somebody capable arranges herself with good next individual the will find pattern the life he believes in could fulfil needs and will form patterns

behaviour, attitudes, and values tend will become peculiarity During remainder his life.

Conclusion

Based on results of research that have been held at the Raden Intan State University strategy coping with students use problem-focused coping with a percentage of 90%. Stress level college student declared elevated with a percentage of 53.3%. Statistical test results there is number coefficient correlation spearman ρ is 0.470, and the value of correlation r table for $n=30$ and $\alpha=0.05$ is 0.631. with this then H_0 is rejected and H_a is accepted so that could conclude as follows:

- There is a different strategy for coping with stressors face exam thesis for students.
- There is a significant relationship between strategies coping to stressors face exam thesis for students.

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