

Anxiety factors in students in completing thesis

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ABSTRACT

Thesis is one part of a subject that is considered difficult by students, the difficulties and obstacles develop into negative attitudes that can eventually cause anxiety which also causes students to delay the preparation of their thesis. The anxiety felt by students can be reduced by the support of their families, especially parents. The purpose of the study is to describe the anxiety factor in students in completing thesis in University of Muhammadiyah Purwokerto. The research design used is descriptive qualitative with a phenomenological approach. This research method is a method of observation and interviews with 6 participants. Qualitative data collection was conducted at the Faculty of Health Sciences (FIKES) at University of Muhammadiyah Purwokerto in February-April 2020. To make it easier to find some keywords to obtain the theme to be discussed, it uses the MAXQDA 2018 software in this study. The anxiety factor of the participants was strongly influenced by the role of the family, especially the parents, towards attitudes and personalities of individuals in completing the thesis. And based on the results of research regarding the anxiety factor from participants, it can be concluded that it was strongly influenced by the role of the family, especially the parents, towards attitudes and personalities of individuals in completing the thesis.

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1. INTRODUCTION

Thesis discusses a problem or phenomenon in a particular field of science by using applicable principles, thesis is also a final task that must be done by students in accordance with their field of study of science. [1] Students generally complete their education for 4 years, including in the process of working on a thesis. In fact, many students are unable to complete their education on time. [2] Difficulties and obstacles during completion of the thesis by students are often perceived as a heavy burden, as a result these difficulties and obstacles develop into negative attitudes which can eventually cause anxiety, causing students to delay the preparation of their thesis and even some decide not to complete the thesis [1]. Other researchers also explained that anxiety that occurred would be responded to specifically and differently by each individual. This was influenced by many factors, including personality development, maturation, level of anxiety, stimulus characteristics, and individual characteristics. In completing thesis, students experience many problems so that anxiety and stress levels will also increase. [3] There are two stress-causing factors in completing a thesis, namely internal factors and external factors. The internal factor is the lazy attitude of students who only work on their thesis if there is a desire and many students do not believe in their abilities. External factors include difficulty finding titles, difficulty finding literature and limited funds, reading materials, or fear of meeting thesis supervisors. [4] One of the characteristics of this anxiety is avoidance behavior. For students who are working on their thesis, avoidance behavior is procrastinating on their thesis. The phenomenon of delaying working on a thesis was also found in the results of the interview. The reason they delay it is to seek pleasure and eliminate boredom in working on thesis.

2. RESEARCH METHOD

This type of research used in this study is descriptive qualitative. Of this total, there were 15 students who experienced anxiety in completing their thesis, after conducting a preliminary study of these 15 students, the researcher took 6 students to be the subjects in this study. There were four types of data collection techniques, namely: a) Data Collection Techniques by Observation, b) Data Collection Techniques by Interviews, c) Data Collection Techniques by Documents, d) Triangulation. The analysis of this research theme was discussed using MAXQDA 2018 software. Qualitative data collection was carried out at the Faculty of Health Sciences (FIKES) at University of Muhammadiyah Purwokerto from February-April 2020.

3. RESULTS AND DISCUSSIONS

This research was conducted from February 2020 to April 2020 at the Faculty of Health Sciences, University of Muhammadiyah Purwokerto with the title "Anxiety Factors in Students in Completing Thesis". The results of the study were analyzed and presented in tabular form.

Table 1. The characteristics of the participants

Participant s Code	Gender	Age (years)	Semester	Anxiety Level
N1	F	22 Years Old	8	Low
N2	F	22 Years Old	8	Low
N3	F	21 Years Old	8	Medium
N4	F	22 Years Old	8	Low
N5	F	21 Years Old	8	Low
N6	F	21 Years Old	8	Medium

3.1 The Long of Time for Thesis Preparation

Each participant has a reason why they took a long time to complete their thesis.

"There is a lot of literature in English, so we have to interpret it ourselves, and if we use google translate, the result will sound weird as if it shouldn't be like that" (N4)

"If I haven't finished the research and then it's being lockdown due to the virus outbreak, it will end up getting more difficult right. Lockdown also makes me lazy to work on the thesis, then my friends who are in the same research I did are already in a hurry, more tasks are also piling up, UTS collided. (And I have) Not yet had guidance at that time" (N2)

"Eeeee, what to say, there must be obstacles, from those who are in charge of the permits until the questionnaire, not to mention the place of research" (N3)

"(I'm) Lazy" (N4)

"The thing that makes it taking long time is sometimes (feeling) afraid of the (thesis) supervisor" (N6)

3.2 The Role of Family and Friends

Five participants state than their family strongly influenced them by giving support and courage, except for Participant N5.

"My family don't really care" (N5)

3.3 Motivation

All participants have the motivation that necessitate the thesis to be completed and graduated this year, especially their parents.

"Parents ... Well, because you should have graduated this year so you don't add more fees" (N1)

"Yes, I want to work, so I can be proud of my parents not to be a constant burden" (N3)

"My parents, I want to quickly graduate and continue to (be a) nurse" (N4)

The results of interviews conducted with 6 students as participants showed that there were 3 factors affecting anxiety, namely, the length of time to complete the thesis, the role of family and friends, and motivation. The long of time of each participant in completing the thesis has a reason, namely, obstacles when searching for journal literature

and fear when meeting with thesis supervisors. The inability of students to speak in public is, in fact, a result of their unfamiliarity with performing in front of the class. The solution to this problem is to train students to speak in public (classes) in certain courses that are more practical, such as rhetoric or other subjects that rely on and require students to speak actively. [5] Other research also explains that successful interpersonal communication can be achieved if both parties, both students and thesis supervisors, have the same meaning in interpreting the meaning of messages conveyed in the communication process. Successful interpersonal communication causes a moderate feeling which can encourage the disclosure of both parties, on the other hand, if the communication is not going well, it will cause a feeling of tension which can cause discomfort in the thesis guidance process between the student and the thesis supervisors. [6]

Several predisposing factors explain the origin of id and superego anxiety, interpersonal, family studies and biological studies. [7] The anxiety factor of the participants was strongly influenced by the role of the family, especially the parents, towards attitudes and personalities of individuals in completing the thesis. In accordance with the results of study which states that a person who has high achievement motivation within oneself will be able to accept and become someone who excels in his studies, especially in mathematics learning achievement because these lessons require more understanding. The factors will have an impact when students complete the thesis, so that the anxiety makes students become more distracted due to fear, worry and nervousness. [8]

To overcome several factors that affect student anxiety in completing the thesis, students must have a high level of trust, understand and master the contents of the thesis that has been written before the thesis seminar, eliminate anxiety, build good relationships with the thesis supervisors and thesis examiner lecturer, and strengthen relationships and roles in the family.

4. CONCLUSION

Based on the results of research regarding the anxiety factors of the participants which were strongly influenced were the role of the family, especially the parents, on attitudes and personalities of individuals in completing the thesis.

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