

The Influence of Self-Efficacy on the Anxiety Levels of Students at the Faculty of Medicine Muhammadiyah Purwokerto University

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ABSTRACT

Anxiety is closely related to fear, where fear arises from something threatening. The aim of this research is to determine whether there is an influence of Self-Efficacy on the anxiety level of students at the Faculty of Medicine, Muhammadiyah University, Purwokerto. The hypothesis is that there is an influence of Self-Efficacy on the level of anxiety in Medical Students at Muhammadiyah University, Purwokerto. The higher the level of Self-Efficacy, the lower the level of anxiety students will have. This research is descriptive and analytical research. The results of this research provide answers that there is an influence of Self-Efficacy on the anxiety level of students at the Faculty of Medicine, Muhammadiyah University, Purwokerto.

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1. INTRODUCTION

Anxiety is a psychological symptom that often occurs in the educational environment. Anxiety can result in reducing a person's level of performance and quality of life. Self-Efficacy is thought to have an influence on reducing student anxiety levels. Anxiety is one of the most common psychiatric disorders but its true prevalence is unknown because many people do not seek help or doctors fail to make a diagnosis. (Rose, 2022).

Anxiety is closely related to fear, where fear arises from something threatening. Fear is an automatic neurophysiological alarm characterized by a fight or flight response to a cognitive appraisal of existing or impending danger of a real or perceived nature. Anxiety is associated with fear and manifests as a future-oriented mood state consisting of a response system complex cognitive, affective, physiological, and behavioral processes related to preparation for anticipated events or circumstances that are perceived as threatening. Pathological anxiety is triggered when there is an overestimation of a perceived threat or an incorrect assessment of the danger of a situation leading to excessive and inappropriate responses. (Chand, 2023).

Anxiety is a common mental disorder in education and society. This anxiety is often diagnosed by sufferers themselves. The most common anxiety is specific phobia with a 12 month prevalence rate of 12.1%. Next is social anxiety disorder with a 12 month prevalence rate of 7.4%. A rare anxiety disorder is agoraphobia with a 12 month prevalence rate of 2.5%. This anxiety disorder also occurs more often in women than men with a ratio of around 2:1. (Chand, 2023). The aim of this research is to determine whether there is an influence of Self-Efficacy on the anxiety level of students at the Faculty of Medicine, Muhammadiyah University, Purwokerto. The hypothesis obtained regarding the research is that there is an influence of Self-Efficacy on the level of anxiety in Medical Students at Muhammadiyah University, Purwokerto. The higher the level of Self-Efficacy, the lower the level of anxiety students will have.

2. METHODOLOGY

This research is descriptive and analytical research by exploring the causes of anxiety using descriptive and analytical techniques. Research subjects will be selected according to the inclusion criteria using a purposive random sampling technique from the class of 2021. The research instruments used are the General Self-Efficacy Scale, HAM-A, BAI, SPIN, Penn State and the required physical examination and will be analyzed statistically. The research subjects are aimed at students of the Faculty of Medicine, especially the class of 2021. The criteria for research subjects must be at least 1 of the following symptoms, namely students with anxiety (worried about bad luck, feeling like they are on edge, difficulty concentrating, difficulty sleeping), motor tension (tremors). or shaking, restlessness, headaches, unable to relax), as well as autonomic overactivity (palpitations, excessive sweating, shortness of breath, headaches, and other physical complaints), and anxiety occurs for several days to several weeks or more. The research period was carried out for approximately 1 week until the results were collected and calculated using the following work method:

1. Conduct random sampling on respondents, namely students from the Faculty of Medicine, Muhammadiyah University, Purwokerto class of 2021 who meet the inclusion and exclusion criteria
2. Perform a physical examination to rule out other diagnoses
3. Respondents fill out the HAM-A, BAI, SPIN, Penn State, General Self-Efficacy Scale
4. Collect and calculate scores

3. RESULTS AND DISCUSSIONS

The expected results of this research provide answers regarding whether or not there is an influence of Self-Efficacy on the anxiety level of students at the Faculty of Medicine, Muhammadiyah University, Purwokerto. This relates to correct and precise selection of research subjects, correct and appropriate procedures and in-depth and thorough physical examination.

4. CONCLUSIONS

Based on the many cases of anxiety in students that have an impact on physical health, it is necessary to provide motivation and solutions. Therefore, this research is expected to provide good results regarding the

influence of Self-Efficacy on the anxiety level of students at the Faculty of Medicine, Muhammadiyah University, Purwokerto. This influence has an impact on reducing anxiety levels in students. Therefore, the formation of Self-Efficacy for each individual is very important, which will then be treated with pharmacotherapy or non-pharmacotherapy.

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