



Correlation between Stress Levels and the Incidence of Insomnia among Faculty of Public Health Students, Universitas Diponegoro

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Abstract. Stress can generally occur at all ages, including final-year students. Stress that is not immediately resolved can cause other health problems, one of which is the incidence of insomnia. This study aimed to determine the correlation between stress levels and the incidence of insomnia among final-year students who are working on their thesis at the Faculty of Public Health, Universitas Diponegoro. We also analyzed the factors that cause stress levels. This was a quantitative study with a cross-sectional approach. The population of this study is the final year students of the Faculty of Public Health, Diponegoro University, consisting of the 2016/2017, 2017/2018, 2018/2019, and 2019/2020 batches with a total sample of 427. The sample was final-year students of the Faculty of Public Health, Universitas Diponegoro with the sampling technique was cluster sampling with a total of 176 respondents. Data analysis using chi square test. The results of the study showed there was no correlation between stress levels and the incidence of insomnia in final-year students working on their thesis at the Faculty of Public Health, Universitas Diponegoro. However, factors that were correlated with stress levels were gender, mindset, and supervisor social support.

Keywords: Student, Stress Level, Insomnia

1 Introduction

Based on Law Number 36 of 2009, health is physically, mentally, spiritually, and socially healthy, enabling individuals to live socially and economically productive lives (Hidayati & Harsono, 2021). Stress is a problem in mental health (Hidayati & Harsono, 2021). Stress is a condition that becomes an individual's response to changes in threatening situations due to demands that are not proportional to the individual's ability to meet these demands (Ahmad et al., 2022). Stress can generally occur in all age groups, including final-year students. This is because there is an additional stressor for final-year students when they are at the stage of completing their thesis. The existence of risk factors for stress experienced by final-year students can cause final-year students to experience stress and difficulty sleeping (Ahmad et al., 2022). Disturbance to the quality of sleep that is most often experienced is insomnia (Wulandari et al., 2017).

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Based on a study conducted by Warja, et al (2019) through an unstructured interview in the January to February 2019 range of 5 regular students who were compiling their thesis at the Faculty of Public Health Unismuh Palu, it was found that 3 out of 5 students who were compiling their thesis stated that they were disturbed. In fact, it is not uncommon for students to change their sleep pattern, which was previously 6-8 hours a day and they can start sleeping easily, but now only 3-6 hours a day with difficulty getting to sleep (Warja et al., 2019). Based on the results of research conducted in 2017 on students in 2012 and 2013, Medical Education Study Program, Faculty of Medicine, Diponegoro University, the results showed that there was a significant correlation between stress levels and insomnia levels with a p-value <0.001 (Wulandari et al., 2017). Therefore, the researcher is interested in conducting a similar study at the Faculty of Public Health, Universitas Diponegoro, as the science faculty with the second most number of enthusiasts after the Faculty of Medicine. Conducted a preliminary study using the PSS (Perceived Stress Scale) questionnaire, which was distributed via google forms and filled in by 20 final year students at the Faculty of Public Health, Universitas Diponegoro, obtained data that three respondents were in normal condition or did not experience stress disorders, two respondents experienced mild stress, nine respondents experienced severe stress, and six respondents experienced quite severe stress. Stress and insomnia that are left in the long term and not immediately addressed can negatively impact individuals. Therefore, this research is important to determine the factors that cause stress and the correlation between stress levels and the incidence of insomnia in final-year students working on their thesis at the Faculty of Public Health, Universitas Diponegoro. This research was intended to establish the correlation between stress and insomnia in final-year students working on their doctoral studies within the Faculty of Public Health, Universitas Diponegoro, to identify specific factors that relate to stress levels.

2 Methods

This research was conducted using a quantitative method using a cross-sectional approach based on ethical clearance number 103/EA/KEPK-FKM/2023. The location of the research was carried out at the Faculty of Public Health, Universitas Diponegoro, Semarang, carried out within two months, in March to April 2023. The population of this study is the final year students of the Faculty of Public Health, Universitas Diponegoro with a total of 315 active students in the 2019/2020 class, 62 students in the 2018/2019 class, 34 students in the 2017/2018 class, and 16 students in the 2016/2017 class. Then the total research population was obtained, namely 427 students. The minimum sample is calculated using the Michael and William sample calculation formula, the minimum number of samples is 166. Sampling was cluster sampling method to determine the proportion per class. After finding the proportion per class, a simple random sampling method was used to determine the research respondents. The research instrument used a questionnaire that was distributed via the google form with the variables studied namely gender, year of admission, thesis guidance method, frequency of thesis consultation, knowledge about stress, mindset, peer

social support, thesis supervisor social support, stress level and sleep quality. In the period from March to April 2023 the data entered in the google form was 182 data, but in the end the data processed amounted to 176 because 6 other data were included in the withdrawal respondents where 6 of these data were no longer active students of the Public Health Faculty, Universitas Diponegoro, so they did not meet requirements as research targets. Univariate and bivariate analysis was used to analyse the data.

3 Results and Discussion

3.1 Results

Characteristic Respondents

Table 1. Frequency distribution of characteristics respondents.

No	Characteristic Respondents	f	%
1	Gender		
	Male	24	13.6
	Female	152	86.4
2	Entry Year		
	Final year senior	51	29.0
	Final year junior	125	71.0
3	Thesis Guidance Method		
	Online	45	25.6
	Offline	47	26.7
	Mix	84	47.7
4	Frequency of Thesis Consultation		
	Not enough	129	73.3
	Enough	47	26.7

Characteristics of respondents show that most research respondents were female (86.4%). The year category of student entry is mainly in the year of entry group final year junior (71.0%). Respondents carried out thesis guidance using the mix (online and offline) method (47.7%) and were in the category of not enough frequency in conducting thesis consultation (73.3%).

Table 2. Frequency distribution of sleep quality, stress level, knowledge of stress, mindset, the peer social support, and supervisor social support

No	Variables	f	%
	Sleep Quality		
1	Bad	13	7.4
	Good	163	92.6
	Stress Level		
2	Low	88	50.0
	Moderate	88	50.0

No	Variables	f	%
3	Knowledge of Stress		
	Bad	84	47.7
	Good	92	52.3
4	Mindset		
	Negative	82	46.6
	Positive	94	53.4
5	Peer Social Support		
	Low support	87	49.4
	High support	89	50.6
6	Thesis Supervisor Social Support		
	Low support	82	46.6
	High support	94	53.4

Sleep Quality

The majority of respondents are in the category of good sleep quality (92.6%). The frequency distribution of respondents' answers shows that respondents have horrible sleep latency (42.2%). This is evidenced by the majority of respondents taking about 60 minutes to prepare for bed (21.6%) and respondents were unable to fall asleep for 30 minutes after lying down with a frequency of ≥ 3 times a week (30.1%).

Stress Levels

This study shows that respondents have a balanced frequency between students who are in a state of stress (50.0%) and students who are in a state of mild stress (50.0%). It is known that respondents very often worry excessively in a situation but will be relieved when the thing or situation ends (15.9%).

Knowledge of stress

According to the survey, the majority of respondents had bad knowledge about stress (47.7%). Many of them answered incorrectly when asked about the signs and symptoms of stress, including feeling tired quickly (97.2%), experiencing mood swings (69.95%), and getting headaches (69.3%).

Mindset

The respondents are in the positive mindset category (53.4%). The distribution of the frequency of respondents' answers shows that most of them answered incorrectly in the statement items. Respondents felt that other people needed to know the strengths and potential possessed by respondents (59.7%), followed by respondents' connections and money had a significant role in success (52.8%).

Variable	Sleep Quality				Amount		p
a. Low support	37	42.5	50	57.5	87	100	
b. High Support	51	59.6	38	40.4	89	100	
Thesis Supervisor Social Support							
a. Low support	33	40.2	49	59.8	87	100	0.023
b. High support	55	58.5	39	41.5	89	100	

From table 3 shows that female respondents experienced more stressful conditions (53.3%) than male respondents (29.2%), and based on the chi-square test, p value 0.048 was obtained. Respondents who were stressed experienced more in the overdue year group (60.8%) and obtained p value 0.097. In the thesis guidance system variable, it is known that respondents who are in stressful conditions are more experienced by the group of respondents with an offline thesis guidance system (57.4%), and the p value is 0.401. Furthermore, on the variable frequency of thesis consultation, it is known that respondents who are in stressful conditions are more likely to occur in the group with good thesis consultation frequency (55.3%), and the p value is 0.496. Then, stress conditions were found more in respondents in the good knowledge group (52.2%) with p value of 0.205. The respondent's mindset shows that respondents in stressful conditions are more found in respondents with a negative mindset (61.0%), and the p value is 0.010. Respondents with stressful conditions were found more in the low supportive peer social support group (57.5%) and p value 0.070. The social support of the thesis supervisor showed that respondents who were under stressful conditions were more likely to be found in the social support group of the thesis supervisors who were low supportive (59.8%), and the p value 0.023.

Based on the bivariate analysis (chi-square test), it is known that several stress risk factors are associated with the respondent's stress level, namely gender, mindset, and social support for the thesis supervisor. While the stress risk factor variables that were not related to the respondent's stress level were the year of admission, knowledge, thesis guidance method, frequency of thesis consultation, and peer social support. It is also known that there is no correlation between stress levels and the incidence of insomnia (as measured by sleep quality) in respondents.

3.2 Discussion

1. Sleep Quality

Stress arises from an interaction between individuals and the environment that causes an imbalance or divergence of demands being met by each individual against his ability to meet them. In order to determine the degree of stress encountered by participants, respondents' levels of stress in this study have been taken into account on the DASS (Depression, Anxiety, and Stress Scale) questionnaire. Respondents with poor sleep quality were most often found in the group with low-stress levels (11.4%) compared to the stress group (4.5%). Based on the results of testing the hypothesis with the Chi-Square test between the variable stress level and sleep quality, it shows p-value 0.164, which means that it can be concluded that there is no correlation between stress

levels and the incidence of insomnia in respondents. Stress levels are one of the factors that cause insomnia, where someone who is stressed will appear symptoms such as headaches, sleeplessness, anxiety, and difficulty relaxing (Andini et al., 2023). Increased levels of the hormones epinephrine, norepinephrine, and cortisol, which affect the central nervous system during periods of stress, cause a state of waking or increased alertness within the nervous system. This may affect the quality of a person's sleep (Clariska et al., 2020).

2. Stress Levels

Stress is a response between the individual and the environment that causes an imbalance or gap between the demands received by the individual and the ability to meet these demands (Hidayati & Harsono, 2021). From this research, it is known that research respondents have a balanced frequency between students with stress (50.0%) and students with low stress levels (50.0%). The factors which had previously been identified as having a correlation with respondents' stress levels, such as gender, mindset, and social support from the thesis supervisor. While the factors that have no correlation with the stress level of the respondent are the year of entry, the thesis guidance system, the frequency of thesis guidance, knowledge, and peer social support.

This is in line with research conducted by Ambarwati, Pinilih, and Astuti in 2017 at the Muhammadiyah University of Magelang which showed that female students were more dominant in experiencing moderate and severe stress while male students were more dominant in experiencing mild stress (Ambarwati et al., 2017). A study conducted by Ayuningtyas, Jumhur, and Fardani 2021 also explained that mindset is one of the internal factors that can affect stress levels, therefore awareness is needed in students to try to think positively and optimistically in dealing with a problem so as to avoid academic stress (Ayuningtyas et al., 2021). In research, Wiranti and Supriyadi (2015) explained that social support from the thesis supervisor would help increase student motivation to quickly complete the thesis (Wiranti & Supriyadi, 2015).

3. Gender

Based on the research, it is known that respondents who are under stressful conditions are more common in the female sex group (53.3%) than the male sex group (29.2%). Based on the results of testing the hypothesis with the Chi-Square test between the gender variable and the stress level showing p value 0.048, which means H_0 is rejected, it can be concluded that there is a correlation between gender and stress levels in the final year students. It is consistent with a study by Kountul, Kolibu, and Korompis (2018) that showed a p-value 0.004, which means there is some correlation between stress levels for women and men (Kountul et al., 2018). Andini, Rochmawati, and Susanto (2023) explain that women's sensitivity to the environment is more significant than male. Males do not show emotion, so women have high emotional feelings and experience psychological disorders, which are more easily stressed during exams in college, and women think more about the problems they face (Andini et al., 2023).

4. Mindset

In this research, it is known that students with stressful conditions are more common in groups of students with poor mindsets (61.0%) compared to students with good mindsets (40.4%). Based on the results of testing the hypothesis with the Chi-Square test between mindset variables and stress levels, it shows p value 0.010, which means H_0 is rejected, and it can be concluded that there is a correlation between mindset and stress levels. This is in line with the research conducted by Ayuningtyas, Jumhur, and Fardani in 2021 based on Pearson's Product Moment correlation test, which has an eigenvalue of 4.676 (> 1), so H_0 is rejected, which indicates that there is a correlation between mindset and stress levels (Ayuningtyas et al., 2021). Research conducted by Ayuningtyas, Jumhur, and Fardani (2021) has stated that mindset is one of the internal factors which can affect stress levels and so it is essential for students to be able to think positively and optimistically about issues in order not to get into academic trouble (Ayuningtyas et al., 2021).

5. Social Support of the Thesis Supervisor

It was known that respondents who are in stressful conditions are more likely to be found in the thesis supervisor social support group lacking (59.8%) compared to the thesis supervisor social support group, which is good (41.5%). According to the Chi-Square test results, p value 0.023, which means that it can be concluded that there is a correlation between social support and stress levels for supervisors in thesis studies, was shown when testing this hypothesis with mindset variables and stress levels. Latifah (2022) shows a correlation between the social support of the thesis supervisor and stress levels with p value 0.002 (Latifah, 2022). The fact that the final year students receive social assistance from their thesis supervisors may help them deal with problems or difficulties in working on a thesis (Raka et al., 2022). In research, Wiranti and Supriyadi (2015) point out that the social support of a thesis supervisor will help stimulate students' motivation to complete their studies as soon as possible (Wiranti & Supriyadi, 2015).

6. Entry Year of the Students

Based on the research, it is known that the majority of students with overdue entry years are in the stress category, namely as much as 60.8%, this number is more when compared to students in the year entering the on-time category who experience stress, namely 45.6%. Based on the results of testing the hypothesis with the Chi Square test between the year entered and the stress level variable, it shows p value 0.097, which means that it can be concluded that there is no correlation between the year entered and the stress level. This is not in line with research conducted by Agusmar, Vani, and Wahyuni in 2019 obtaining a p value of 0.020, which means there is a correlation between the year students enter and stress levels (Agusmar et al., 2019). Differences in the year of entry for final year students are considered to have different course loads. The occurrence of the COVID-19 pandemic which required students to adapt

from normal conditions to going online and then re-adapting from online to face-to-face also has a different burden on each year students enter (B & Hamzah, 2020).

7. Thesis Guidance Method

The most frequently chosen method of advice for respondents is the thesis guidance system. The thesis guidance method in the present study is divided into three categories: online, offline and Internet and Offline. We know that the majority of respondents conducted thesis guidance using mix (online and offline) methods (47.7%). Followed by an offline thesis guidance method (26.7%) then online thesis guidance (25.6%). It is known that respondents who are in stressful conditions are more common in the offline thesis guidance system group (57.4%) followed by the online thesis guidance group (51.1%) then the online and offline thesis guidance groups (45.2%). Based on the results of testing the hypothesis with the Chi Square test between the variable year of entry and the stress level, it shows p value 0.401, which means that it can be concluded that there is no correlation between the thesis guidance system and stress levels. Research conducted by Damaleik and Afdillah in 2021 explains that students who carry out thesis guidance offline will experience several limitations such as limited flexibility of time and place to carry out thesis guidance, limited accessibility, especially for students who live outside the city or far from the place of thesis guidance (Afdillah & Damanik, 2021) (Azzahra & Fernandes, 2023). As well as the limited interaction between fellow students due to focused interaction between lecturers and students (Juita & Yusmaridi, 2020).

8. Frequency of the Thesis Consultation

The number of guidance surveys undertaken by respondents in the last month shall be considered when calculating the frequency of advice on a thesis. As a result of this study, it was known that most respondents had a low thesis consultation frequency of 73.3% and that the others were in the category of good thesis consultation frequency of 26.7%. The results showed that in the good advice frequency group (55.3%), respondents were often found suffering from stress as opposed to those in the less advised frequency group (48.1%). Based on the results of testing the hypothesis with the Chi-Square test between the variable year of entry and the stress level, it shows a p-value of 0.496, which means that it can be concluded that there is no correlation between the frequency of the thesis guidance and stress levels. The less time spent doing thesis guidance, the lower the guidance intensity quality. The low intensity of guidance will slow the process of working on the thesis, and it is not easy to complete the final year thesis (Untari et al., 2022).

9. Knowledge of Stress

The respondents had good knowledge (52.3%), and others had less knowledge (47.7%). It was known from the study results that respondents with high-stress levels were identified in a good knowledge group of 52.2%, against 47.6% for those who did not know. It found p value 0.205 which means that there is no connection between knowledge level and stress levels, based on results from testing the hypothesis with the Chi-Square test for each year entered. A person with good knowledge about stress is capable of finding ways to deal with it which are effective in dealing with stresses they experience. Individuals can use this strategy of coping with stress to adapt to the stresses they face. The level of stress experienced is reduced when more adaptive ways of dealing with stress are used (Usraleli et al., 2020).

10. The Peer Social Support

It is known that the respondents of research respondents have good peer social support (50.6%), and (49.4%) have poor peer social support. The research shows that stress is more common in students with less peer social support (57.5%) than respondents with good peer social support (40.4%). Based on the results of testing the hypothesis with the Chi-Square test between mindset variables and stress levels, it shows a p value 0.070, which means that it can be concluded that there is no correlation between peer social support and stress levels. Peer social support is not the only factor that influences stress levels in students who are working on their thesis; this is because there are other factors such as education, economic status, physical condition, personality characteristics, fortitude, locus of control, and coping strategies that can affect the level of stress on students who are working on their thesis (Rahadiansyah & Chusairi, 2021).

4 Conclusions

From this study, it was known that there was no correlation between stress levels and the occurrence of insomnia in last year students who are working on a thesis at the Department of Public Health Universitas Diponegoro. However, the factors which had previously been identified as having a correlation with respondents' stress level, such as gender, mindset, and social support from the thesis supervisor. While the factors that have no correlation with the stress level of the respondent are the year of entry, the thesis guidance method, the frequency of thesis consultation, knowledge, and peer social support.

Gender, mindset, and the social support of the thesis supervisor have an effect on the stress level of final year students. Therefore the advice that can be given by researchers is that final year students who are working on their thesis must always apply a positive mindset and build good social relations and communication with their thesis supervisor.

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