

The Effects of Family Functions on Anxiety of SBMPTN Participants

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Abstract. SBMPTN is a selection of new student admissions at State Universities in Indonesia through written tests or a combination of written test results and skills tests. SBMPTN is an arena that causes anxiety for many participants. The purpose of this study was to determine the effect of family function on anxiety in SBMPTN exam participants. The sample for this study were 75 alumni of Madrasah Aliyah Muhammadiyah who would take the 2018 SBMPTN exam in Malang. The measurement in this study used the Family Function scale and the Anxiety Approach scale. Data analysis used a regression analysis. The results of the study found that family functions had a significant negative influence on anxiety in the SBMPTN exam participants. This means that the better the family function in the family will reduce the anxiety of the SBMPTN exam participants.

Keywords: family function, anxiety

Introduction

Based on the Laws and Regulations about the implementation of new student admissions for undergraduate programs at State Universities (PTN) in Indonesia, which refers to Law Number 12 of 2012 concerning Higher Education. Then the Government Regulation Number 4 of 2014 concerning Implementation of Higher Education and Higher Education Management; Minister of Research, Technology and Higher Education Regulation concerning New Student Admission for Undergraduate Programs at State Universities, the path of new student admissions is carried out through the National Selection of State Universities (SNMPTN), Joint Selection for State Universities (SBMPTN), and Independent Selection (Minister of technology research and higher education of the Republic of Indonesia, 2015)

The SBMPTN exam or selection is the second stage of the admission process for new participants in state universities, after the first stage was carried out through the National Selection of State Universities (SNMPTN). The SBMPTN participants are tested to find out the extent of their academic potential abilities and other basic abilities that are in line with their chosen majors. However, often the SBMPTN exam becomes an arena that causes anxiety for many participants. Anxiety before the exam is actually a natural thing and can be a motivation for SBMPTN participants in learning. But excessive anxiety can interfere with learning activities and reduce the concentration of participants facing the exam. Various kinds of efforts were mobilized to succeed in facing the SBMPTN exam. Participants prepare themselves by taking lessons or tutoring to be able to pass the SBMPTN exam. Based on the results of the study it was found that there was an increase in anxiety two

weeks before the SBMPTN was carried out with one week before the SBMPTN was implemented (Miftachul, 2015). Based on the results of research in Banda Aceh Tutoring, the results of 37 students (38.5%) were not anxious, 40 students (41.7%) were mildly anxious, 15 students (15.6%) were anxious, 4 students (4.2 %) anxious. Most natural science students are in the not anxious category (55.0%), IPS students are in the mild anxiety category (50.0%) and IPC students are in the mild anxiety category (50.0%) (Empathy, Kartika, Sari, & Indrawati, 2016)

One of the factors that influence participants' anxiety before the exam is learning stress related to learning strategies in learning time. Shields said that the causes of learning stress experienced by participants were 35% due to facing an exam. When facing an exam, many participants were unable to manage their study time well. In many countries, the phenomenon of learning stress is also found in participants in favorite schools, such as in Singapore, Japan, Malaysia, including the United States. According to the results of the study, it was reported that participants from favorite schools, including students from favorite majors, such as medicine, experienced learning stress. This is because they feel burdened with subject matter and a lot of workloads and must follow a number of tests / tests that require them to have satisfactory value (Aryahi, 2016). Learning stress can cause anxiety for participants before the exam, this can be known based on research which shows that out of 202 participants in Kalisat Senior High School 49.51% of participants experienced high anxiety (Mahardeka, 2012) before the exam. In another study, it was found that most of the participants were in the light level anxiety level (51.3%) and

moderate (40%) in facing national exams (Walasary & Dundu, 2015)

Family is an important factor in children's psychological and social development. Family functioning is not only limited to matters relating to parenting and attachment that parents do to children, but also the responsibilities given by the family to children. Family functioning is a combination of two dimensions, namely Soft Index which includes affective responses, involvement, behavioral control, values and rules and also Rigid Index which includes problem solving, communication and role assignment (Dai & Wang, 2015). However, the current complex life of modern society as a result of the development of modern technology, industrialization, and also mechanization can have an impact on social life. The adaptability of each individual to the situation is not easy because it can lead to conflict, anxiety in the individual. Bandura (1989) in his study explained that families, community groups, and mass media can systematically shape memory patterns reflected in the habits of individual behavior through imitating and modeling. Family is an important factor in children's psychological development. Parents also provide a basis for emotional life and basic moral life of children.

Methods

The research subjects of this study used a quota sample. By using this method, the researcher determines how many samples can be respondents in our research. Participants in this study were 75 people. The research participants were alumni of Madrasah Aliyah Muhammadiyah who had participated of the SBMPTN exam aged 17-29 years who were male or female. Subjects will take the 2018 SBMPTN exam in Malang.

The two scales used in this study are Family Function Scale and An Anxiety Scale. The family function scale is measured using a family function scale developed by Trio Saputra (2017) with 50 items containing answer choices, namely (SS) strongly agree, (S) agree, (TS) disagree, and (STS) strongly disagree. Examples of statements on this scale are "My parents always pay attention to my association". An anxiety scale that contains answer choices, namely (SS) strongly agree, (S) agree, (TS) disagree, and (STS) strongly disagree. An example of a statement on this scale is "I feel anxious about the media coverage of the SBMPTN exam".

The research procedure is to determine the population that will be the subject of the study, prepare the instrument that will be used as a measuring instrument, conduct an initial survey, and conduct a measuring instrument.

Result

This research was conducted to see how family functions affect the anxiety of SBMPTN participants ahead of the exam. The hypothesis of this study was to find the relationship between variables X and Y. The variable family function (X) has a t of -, 512 with a significance value with a significance value of 0.000 which is smaller than the significance level of 0.05 (5%). This showed that family function had a significant effect on anxiety. The conclusion was that the hypothesis that family functions had an influence on anxiety in SBMPTN exam participants can be accepted.

Discussion

According to the results of the research that has been done, there is a significant relationship between the family function of the anxiety test for SBMPTN participants, this result can be seen from the P value obtained that is equal to 0,000 which is smaller than 0.05, which means the hypothesis is accepted. Family is an important factor in children's psychological and social development. Family functioning is not only limited to matters relating to parenting and attachment that parents do to children, but also the responsibilities given by the family to children. Family functioning is a combination of two dimensions namely Soft Index which includes affective responses, involvement, behavioral control, values and rules and also Rigid Index which includes problem solving, communication and role assignment (Dai & Wang, 2015).

Excessive pressure and stress on students often leads to failure of education failure, unemployment, problems health, poor performance, dropping out of school, and in some cases even causing suicide (Ghamari, 2012) The results of this study support the hypothesis that family function has a significant effect on anxiety in participants SBMPTN exam. Family functioning according to The McMaster Model of Family Functioning (MMFF) is defined as a condition in the family where each unit of the family is able to perform well the basic tasks in daily life in the family related to problem solving, communication, role, affective response, involvement affective and behavioral control.

Conclusion

The results of this study can be concluded that there was a significant influence between family functions on the anxiety of SBMPTN participants in facing the exam. The results of this study indicated that a good families function will reduce anxiety, but otherwise poor family functions will increase anxiety.

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