THESIS

THE CORRELATION BETWEEN ANXIETY LEVELS AND COPING MECHANISM IN FACING EXAMINATION AT SMAN 1 GIRI IN 2022

By:

NI KADEK AYU RISTIANI

NIM : 2018.02.034

BACHELOR OF NURSING STUDY PROGRAM

BANYUWANGI INSTITUTE OF HEALTH SCIENCES

BANYUWANGI

2022

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To Obtain a Bachelor of Nursing Degree (S. Kep) in the Nursing Study Program at Banyuwangi Institute of Health Sciences

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STATEMENT OF ORIGINALITY

I hereby declare that this thesis is the result of my own scientific writing, and I do not do plagiarism activities in writing this thesis proposal entitled:

"The Correlation Between Anxiety Levels and Coping Mechanism in Facing Examination at SMAN 1 Giri in 2022"

If one day I am proven to do plagiarism activities, then I will take full responsibility and accept consequences.

Thus, I make this statement with truth.

Banyuwangi, 15th March 2022

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Willing to be published in scientific magazines or journals on behalf of the supervisor while still including my name as a researcher.

Banyuwangi, 15th March 2022

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DEDICATION

First of all, I thank IDA SANG HYANG WIDI WASA for the completion of this thesis well and smoothly, and I dedicate this simple article to all those who I really love.

Dear Mother and Father

Thank you for the endless love that has been given to me mother and father, thank you for always supporting and praying for your little daughter in every step I take, I dedicate this final project to my dear mothers and fathers, I hope the results of this simple writing will make you proud and happy to your little daughter who will get a bachelor's degree in nursing, amin ya robbal alamiin.

Lovely Brother

You become the man I love after father, thank you for always looking after and loving me even though you never show it directly because you are too ignorant, if you meet me, we often fight, if we miss each other you are far, I am always proud of you. I also dedicate this final project to you, my dear brother, now we are equal. Yes, both of us have got a bachelor's degree.

MOTTO

"Nothing is impossible in this world, God teaches us to be patient, try, and keep praying"

"The most effective prayer is for both parents"

-AyuRistiani-

PREFACE

In the name of Ida Sang Hyang Widhi Wasa, the beneficent and merciful. All praise is merely to the Mightiest Ida Sang Hyang Widhi Wasa, the lord of the worlds, for the gracious mercy and tremendous blessing that enable me to accomplish this thesis proposal. This thesis entitled "The Correlation Between Anxiety Levels And Coping Mechanism Of SMAN 1 Giri Students In Facing Examination 2022", is submitted to fulfill one of the requirements in accomplishing the Bachelor of Nursing Degree at STIKES Banyuwangi.

There are many persons who have generously suggested improving this thesis proposal. First of all the writer would like to express her sincere gratitude and respect to:

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May the almightiest Ida Sang Hyang Widhi Wasa return the favor to all those who have provided support, assistance, and opportunities in completing this thesis proposal. The writer is fully aware that the writing of this thesis is still far from perfection, so the writer begs for critic and suggestions that are constructive. The writer hopes that this thesis proposal can be useful generally for readers and for the world of nursing.

Banyuwangi, 15th March 2022

Writer

NI KADEK AYU RISTIANI

ABSTRACT

THE CORRELATION BETWEEN ANXIETY LEVELS AND COPING MECHANISM IN FACING EXAMINATION AT SMAN 1 GIRI IN 2022

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Background: Education is one of the important sectors in development of every country. According to Indonesian Law Number 12, 2012 Education is a conscious and planned effort to develop all the potential of students through the learning process. To see the level of achievement of educational goals, a form of evaluation is needed. Anxiety is an unpleasant feeling of fear accompanied by increased physiological tension, where there is an impulse between threatening situations but must be faced or avoided. Coping mechanisms are mechanisms that individuals use to deal with accepted changes. Individual coping abilities depend on temperament, perception, and cognition as well as the background/cultural norms in which they grew up. The purpose of this study to determine the correlation between anxiety levels and coping mechanism in facing examination at SMAN 1 Giri in 2022. **Methods:** This study used a cross-sectional design with a purposive sampling and 172 respondents were taken as a sample. Collecting data using Hamilton Anxiety Rating Scale (HARS) and Brief Cope questionnaire then analyzed using the *Chi-Square Test* with SPSS 25 for windows 10. **Results:** Most of responden female 119 respondent (69%) and male 53 respondent (31%), most of responden (48%) were in the moderate axiety levels and some of them (51%) were in mechanism coping maladaptive. Based on the analysis results obtained a significant study (2- tailed) 0.006<0.05, which means there is a the correlation between anxiety levels and coping mechanism in facing examination at sman 1 giri in 2022. **Conclusion:** Coping mechanisms are very important for students to be able to reduce the anxiety they feel besides support from family, friends also play an important role in reducing anxiety in students who have anxiety disorders.

Kata kunci: exam, anxiety levels, mechanism coping

ABSTRAK

THE CORRELATION BETWEEN ANXIETY LEVELS AND COPING MECHANISM IN FACING EXAMINATION AT SMAN 1 GIRI IN 2022

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Latar Belakang: Pendidikan merupakan salah satu sektor penting dalam pembangunan di setiap negara. Menurut Undang-Undang Republik Indonesia Nomor 12 Tahun 2012 Pendidikan adalah usaha sadar dan terencana untuk mengembangkan seluruh potensi peserta didik melalui proses pembelajaran. Untuk melihat tingkat pencapaian tujuan pendidikan diperlukan suatu bentuk evaluasi. Kecemasan adalah perasaan takut yang tidak menyenangkan disertai dengan peningkatan ketegangan fisiologis, dimana terdapat dorongan antara situasi yang mengancam tetapi harus dihadapi atau dihindari. Mekanisme koping adalah mekanisme yang digunakan individu untuk menghadapi perubahan yang diterima. Kemampuan koping individu tergantung pada temperamen, persepsi, dan kognisi serta latar belakang/norma budaya di mana mereka dibesarkan. Tujuan penelitian ini untuk mengetahui hubungan tingkat kecemasan dengan mekanisme koping menghadapi ujian di SMAN 1 Giri tahun 2022. **Metode:** Penelitian ini menggunakan desain potong lintang dengan purposive sampling dan diambil 172 responden sebagai sampel. Pengumpulan data menggunakan Hamilton Anxiety Rating Scale (HARS) dan kuesioner Brief Cope kemudian dianalisis menggunakan Chy-Square Test dengan SPSS 25 for windows 10. **Hasil:** Sebagian besar responden perempuan 119 responden (69%) dan laki-laki 53 responden (31%), sebagian besar responden (48%) berada pada tingkat kecemasan sedang dan sebagian (51%) berada pada mekanisme koping maladaptif. Berdasarkan hasil analisis diperoleh penelitian yang signifikan (2-tailed) 0,002<0,005 yang artinya ada hubungan antara tingkat kecemasan dengan mekanisme koping dalam menghadapi ujian di sman 1 giri tahun 2022**. Kesimpulan:** Mekanisme koping sangat penting bagi siswa untuk dapat mengurangi kecemasan yang mereka rasakan selain dukungan dari keluarga, teman juga berperan penting dalam mengurangi kecemasan pada siswa yang mengalami gangguan kecemasan.

Kata kunci: ujian, tingkat kecemasan, mekanisme koping

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LIST OF ABBREVIATIONS

BKKBN	: Badan Kependudukan Dan Keluarga Berencana Nasional
Etc	: et cetera
HARS	: Hamilton Anxiety Rating Scale
SMA	: Sekolah Menengah Atas
SMANDA	: Sekolah Menengah Atas Negeri 2 Banyuwangi
SMPP	: Sekolah Menengah Persiapan Pembangunan

SEKOLAH TINGGI ILMU KESEHATAN
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