

## INTISARI

### FAKTOR-FAKTOR YANG MEMPENGARUHI TINGKAT KECEMASAN MAHASISWA ILMU KEPERAWATAN SAAT MENGHADAPI UJIAN *SKILL LABORATORIUM* DI UNIVERSITAS SAHID SURAKARTA

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**Latar Belakang:** Kecemasan menghadapi tes penting adanya selama dalam intensitas yang wajar guna meningkatkan motivasi. Permasalahannya ketika kecemasan yang dialami individu terlalu tinggi dan bersifat negatif maka dapat mengganggu keadaan fisik dan psikologis mereka sehingga ujian tersebut tidak akan dapat terlewati dengan baik. Metode pembelajaran *skill laboratorium* menjadi bagian dari pembelajaran mahasiswa khususnya jurusan kesehatan, biasanya akan diikuti evaluasi hasil belajar atau ujian *skill laboratorium*.

**Tujuan:** untuk mengetahui faktor-faktor yang mempengaruhi tingkat kecemasan mahasiswa Ilmu Keperawatan saat menghadapi ujian *skill laboratorium* di Universitas Sahid Surakarta.

**Metode:** Jenis penelitian deskriptif kuantitatif. Populasi dalam penelitian ini berjumlah 32 mahasiswa/mahasiswi. Teknik sampling yang digunakan dalam penelitian ini adalah *total sampling*.

**Hasil:** Hasil analisa univariat diketahui mahasiswa mengalami stres ringan (41%), mempunyai kepercayaan diri sangat kurang (100%), mempunyai tingkat pengetahuan kurang (96,9%), mempunyai dukungan keluarga kurang (100%), tidak mengalami kecemasan(53,1%). Hasil analisa bivariat diperoleh *p-value* stres sebesar  $0,982 > 0,05$ , *p-*

*value* kepercayaan diri sebesar 0,794>0,05. *P-value* tingkat pengetahuan sebesar 0,188>0,05. *P-value* dukungan keluarga sebesar 0,632>0,05. Hasil analisa multivariat didapatkan *p-value* 0,494 dengan demikian bahwa *p-value* > 0,05 maka disimpulkan tidak ada pengaruh secara serempak (simultan) antara stres, kepercayaan diri, tingkat pengetahuan, dan dukungan keluarga terhadap tingkat kecemasan mahasiswa ilmu keperawatan saat menghadapi ujian *skill laboratorium* di Universitas Sahid Surakarta.

**Simpulan:** Tidak ada pengaruh antara, tingkat pengetahuan, kepercayaan diri, dukungan keluarga, dan stres terhadap tingkat kecemasan mahasiswa ilmu keperawatan saat menghadapi ujian *skill laboratorium* di Universitas Sahid Surakarta.

**Kata Kunci:** Tingkat Kecemasan, stres, kepercayaan diri, tingkat pengetahuan, dukungan keluarga, mahasiswa keperawatan, *skill laboratorium*.

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## **ABSTRACT**

### **THE FACTORS THAT INFLUENCE THE ANXIETY LEVEL OF COLLEGE STUDENT OF NURSING TO FACE THE EXAM OF LABORATORY SKILL AT SAHID UNIVERSITY OF SURAKARTA**

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**Background:** *The anxiety of facing test were really usual to develop of motivation. The problem is when anxiety experienced by individuals were too high and negative. So, it could be disturb their physical and psychological conditions so that, it would make a bad of examination's result. Learning method of skill laboratory became a part of student learning particularly majoring in health, usually would be followed by evaluation of learning result or skill laboratory test.*

**Purpose:** *for identifying many factors of students anxiety of the college students of nursing at Sahid University of Surakarta to face the examination of skill laboratory.*

**Method:** *This researched descriptive quantitative. Population in this research was amounted to 32 student. The sampling technique used is total sampling.*

**Result:** *Univariate analysis result shown that students had light stress (41%), had very less*

confidence (100%), have less knowledge level (96,9%), hadless family support (100%), and didn't have anxiety (53,1%). The result of bivariate analysis obtained p-value of stress equal to  $0,982 > 0,05$ , p-value of confidence equal to  $0,794 > 0,05$ . P-value knowledge level of  $0.188 > 0.05$ . P-value family support of  $0.632 > 0.05$ . Multivariate analysis results obtained p-value 0.494 hence that p-value  $> 0,05$  then concluded there was no influence simultaneously (simultaneous) between stress, confidence, level of knowledge, and family support to anxiety level of college student of nursing when facing exam laboratory skill at the Sahid University of Surakarta.

**Conclusion:** There were no influence between, level of knowledge, confidence, family support, and stress on anxiety level of College Student of Nursing when facing exam laboratory skill at the Sahid University of Surakarta.

**Keywords:** Anxiety Level, stres, confidence, knowledge level, family support , nursing student, laboratory skill.

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