

HUBUNGAN PROKRASTINASI DENGAN STRES AKADEMIK MAHASISWA NERS STIKES SUKA INSAN TAHUN 2022

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INTISARI

Latar Belakang : Prokrastinasi mengakibatkan kecemasan pada diri mahasiswa, kecemasan yang berlebihan akan mengakibatkan stres akademik yang berkelanjutan bahkan mencapai depresi sehingga menyebabkan terganggunya kehidupan efektif mahasiswa tersebut. Tugas yang banyak dalam perkuliahan dan dibiarkan menumpuk akan membuat prokrastinator menjadi malas dan tidak tertarik untuk melakukannya dan akan mengakibatkan stres akademik mahasiswa saat tugas harus diselesaikan dengan waktu yang singkat

Tujuan Penelitian : Mengetahui hubungan antara prokrastinasi dan stres akademik mahasiswa profesi Ners STIKES Suaka Insan Tahun 2022.

Metode Penelitian : Jenis penelitian yang digunakan pada penelitian ini adalah penelitian kuantitatif dengan rancangan deskriptif korelasional, sampel 27 responden, teknik *sampling* yang digunakan adalah total sampling.

Hasil : Prokrastinasi sedang 70,4% dan tinggi 29,6% sedangkan stres akademik mayoritas sedang 96,3% dan tinggi 3,7%. hubungan antara prokrastinasi dan stres akademik mahasiswa profesi Ners STIKES Suaka Insan Tahun 2022.

Kesimpulan : Preseptor klinik dan akademik, perlu memberikan pendampingan terkait manajemen waktu bagi mahasiswa program profesi ners.

Kata Kunci : Prokrastinasi, Stres akademik, Mahasiswa Keperawatan.

1 Mahasiswa Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

2 Dosen Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

**THE CORELLATION BETWEEN PROCRASTINATION TOWARDS
ACADEMIC STRES LEVEL AMONG NURSING STUDENTS IN STIKES
SUAKA INSAN 2022**

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ABSTRACT

Background : Procrastination causes anxiety in nursing students. Excessive anxiety could increase the academic stress level and leading into depression for some students who are having a negative coping mechanism. Hence it effects the quality of their life. Accumulation of assignments will make the procrastinators get lazy and decrease the level of motivation in finishing the tasks. The more procrastinating will end up into stress academic specifically, if the due date has to completed in a shord period of time.

Objectives: To determine the corellation between procrastination toward academic stress level among nursing students in STIKES Suaka Insan 2022.

Methods: This study used quantitative research with a descriptive correlational design, 27 respondents selected by total sampling involved in the study. The respondents were nursing students in profession level.

Results: 70,4% respondents had moderate procrastination and 29,6% respondents had severe procrastination, while 96,3% respondents had severe academic stres and 3,7% respondents had severe academic stres. There is no corellation between procrastination toward academic stress level among nursing students in STIKES Suaka Insan 2022.

Conclusion: Clinical teachers have to prepare the nursing students with the ability in time management during clinical practice.

Keywords: Procrastination, Academic Stres, Nursing Students.

1 Students of STIKES Suaka Insan

2 Lecturers of STIKES Suaka Insan

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