

The Relationship between the Level of Religiosity with Ability in the Ability to Cope with Stress on Students at the Darussalam STIKes Lhokseumawe

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ABSTRACT

Keywords:

Ability,
Cope With Stress,
Religiosity,
Stress,

This research aims to find the relationship between the level of religiosity with the ability to cope with stress on students. The population in this research is a student at the Darussalam STIKes Lhokseumawe totaled 255 people. Sample techniques used in this research is the quota sampling as much as 156 people. This research was carried out from 22 December 2014 and completed on March 14, 2015. The validity of a test carried out at the seat Cut Nyak STIKes Langsa obtained results, questionnaire religiosity of 20 statement 3 diantaranya not valid questionnaires and ability to cope with stress than 10 question 2 diantaranya is invalid, the invalid items are then researchers removed. The data collected with a questionnaire which contains allot 17 statement about religiosity and 8 questions the ability of coping with stress. Data that has been collected is done processing with coding, editing, tabulating, prosesing, and cleaning and then processed using a computer system. The research results obtained that degree of religiosity of student are on a high category as much as 119 respondents (76,3%) and low categories as much as 37 respondents (23.7%), ability to cope with stress on students are on a positive category as much as 106 respondents (67,9%) and negative 50 categories of respondents (32.1%). Ststistik analysis results by using the Chi Square test p value = 0.001 shows $< \alpha = 0.05$ Ha then accepted and H0 is rejected which means there is a relationship between the level of religiosity with the ability to cope with stress on students at the Darussalam STIKes Lhokseumawe.



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INTRODUCTION

In general, male, and female students are not free from problems, and it is not uncommon for students to experience stressful conditions with the issues they face (Scambor et al., 2014). The impact of stress can be seen in the number of students who complain about the problems and conflicts they face. Students feel pressured by the many academic tasks that make them physically and psychologically exhausted. In addition, if student finances run low, their needs increase (Supriatna & Septian, 2021).

Unhealthy relationships with friends in the neighborhood can also lead to conflict and cause stress. Even before graduating from college, students also experience stress related to the world of work that will be faced later. So the average student from the beginning to the end of the semester experiences problems that result in stressful conditions. This condition causes students not to focus on their studies, because the issues they experience make them feel uneasy, emotionally unstable, and other stressful situations (Fahrurrazi, 2021; Lubis et al., 2022).

Hawari in Darmawanti (2012) says that religiosity can enhance a person's ability to cope with tensions (ability to cope) due to the problems he or she faces, besides that individual who are religious or have high religiosity certainly have better guidelines and endurance in dealing with stress (Mamahit, 2016). This means that individuals who have a high level of religiosity will be able to take their religious values to be used in solving problems or in managing unstable emotional conditions due to stressful events.

According to Kaye and Raghavan, (2005) Religiosity is a person's spiritual expression related to belief systems, values, applicable laws, and rituals. According to Wijaya in Safari (2005), religiosity is an aspect that has been lived by the individual in the heart, the vibration of personal conscience and attitude. The same thing was also expressed by Glock and Stark in Suroso and Ancok (2009) regarding religiosity, namely a religious attitude which means an element of internalizing religion into a person.

In view of the formulation of the dimension of religiosity put forward by Glock and Stark divides the dimension of religiosity into five dimensions to a certain degree that have conformity with Islam, namely: 1. Dimensions of Islamic belief or aqidah; 2. Dimensions of worship (religious practice) or sharia; 3. Dimensions of practice or morality; 4. Dimension of knowledge or science; and 5. Dimensions of experience or appreciation (Prasetyo, 2018; Starkey, 1998).

One type of coping that individual do when face with problems (stress) that comes to them is through a religious approach. Based on research conducted by Darmawanti (2012) showed a positive correlation between a person's religiosity and coping with stress by controlling stress levels, in other words, the higher the level of individual religiosity, the higher (good) the individual's way of coping with stress (coping stress) and the lower the stress level.

The results of the research above, the religious approach plays an important role in the process of searching for the meaning of life, so that a person is not easily stressed when experiencing certain problems in his daily life. Therefore, religion can have a positive impact on a person to make it easier to overcome any internal or external conflicts experienced. This is what underlies the need for religion as a mechanism in overcoming stressful conditions in students, thus various stressful conditions that occur in students can be overcome by religious mechanisms or strategies to maintain psychological health (Agraini, 2014) (O'Brien et al., 2013).

A number of literatures indicate the role of religious variables as a buffer against life stress and stress in daily life, this is supported by a 2012 Global Poll reporting that 59% of the world's population is religious, with women on average being more religious than men added by a national survey conducted by Gallup in 2009, on adults in the United States, concluded that the majority of respondents 56% said religion was very important to them and 63% reported themselves as members of houses of worship (Hutapea, 2014).

Meanwhile, in Indonesia, the country with the largest Muslim population is 85% of the total population, with women on average being more religious than men. 80% of them say that religion is very important as a sign that they are carrying out what religion commands (TQN Youth, 2012). As stated by Levitt and Loper (2009), religious development is important for the personal growth of everyone (Fajri et al., 2022).

Referring to the background of the problem, the researcher is interested in researching the relationship between the level of religiosity with the ability to deal with stress in students at STIKes Darussalam Lhokseumawe. Based on the theory put forward by Hawari in Darmawanti (2012) says that religiosity can enhance a person's ability to overcome tensions (ability to cope) due to the problems he faces, besides that individual who are religious or have high religiosity certainly have guidelines and endurance. better at dealing with stress.

Therefore, the researcher wants to conduct an in-depth study on "The Relationship between the Level of Religiosity and the Ability to Manage Stress in STIKes Darussalam Lhokseumawe Students

METHODS

The research design used in this study is analytic with a cross sectional approach that is looking at "The relationship between the level of religiosity with the ability to cope with stress in students at STIKes Darussalam Lhokseumawe". This study aims to find out whether there is a significant relationship between the two variables. According to Arikunto (2010) correlation research aims to find out whether there is a relationship and if there is, how close the relationship is and whether the relationship is meaningful.

While the population in this study were all male and female PSIK students at STIKes Darussalam Lhokseumawe. Based on the initial data collection at STIKes Darussalam Lhokseumawe, it was found that the number of even semester students at level I, level II and level III in 2015 was 255 people. And the sampling technique that the researcher uses in this study is the quota sampling method, namely the sample selection method by taking samples from the targeted group in accordance with the quota set (Wahyuni, 2009). and a predetermined amount (Saryono, 2011).

RESULT AND DISCUSSION

The Concept of Religiosity

Linguistically there are three terms, each of which has a different meaning, namely religion, religiosity and religious. The term comes from English, namely religion comes from the word religion as a form of a noun which means religion or belief in the existence of a natural power above humans. Religiosity comes from the word religiosity which means piety, great devotion to religion. Religion comes from religious which is related to religion or the religious nature inherent in a person (Ramayulis, 2007).

According to Kaye and Raghavan (2005) religiosity is a person's spiritual expression related to belief systems, values, applicable laws and rituals. Religion is a universal experience that is not only found in religious ritual activities in places of worship but also in all aspects of human life (Safaria, 2005).

Religiosity is piety, a great devotion to religion/religion which is usually associated with a “state of doing” or a specific unifying system of practices related to domination or certain forms of worship (Potter & Perry, 2005). According to Glock and Strak in Ancok and Suroso (2009), religiosity is a religious commitment (related to religion or faith beliefs) which can be seen through the activities or behavior of the individual concerned, with the religion or belief adhered to. Based on the definitions that have been stated above, it can be concluded that religiosity is a condition in a person that encourages him to behave (both visible and invisible behavior), behave, and act in accordance with the teachings of the religion he adheres to. Karakteristik individu yang religiusitas.

Individuals who have high religiosity will be reflected in their behavior. As revealed by Ancok and Suroso (2009), explaining the characteristics of individuals who have religiosity based on the dimensions of religiosity proposed by Glock and Stark who have conformity with Islam, namely: First, having a strong belief (aqidah). This aqidah reveals the problem of human belief in the pillars of faith (faith in Allah, angels, books, prophets, the day of vengeance and qadha and qadhar). A religious Muslim will feel confident or believe in the existence of Allah, have the best relationship with Allah in order to achieve prosperity in life in this world and the hereafter, love and carry out Allah's commands, and stay away from His prohibitions, believe in things that are considered sacred and sacred. sacred, such as holy books, places of worship and so on.

Second, doing ritual activities as ordered and taught by their religion. A Muslim who worships properly uses the hours he has to worship Allah by praying, doing a lot of dhikr, praying, diligently fasting and zakat and other worship. Third, the behaviors shown are adjusted and motivated by the teachings of his religion such as helping, cooperating, giving charity, upholding justice and truth, being honest, forgiving, protecting the environment, keeping the mandate, forgiving, obeying Islamic norms in sexual behavior and so on.

Fourth, knowing and understanding the main things regarding the basics of belief, holy books and traditions of their religious teachings, such as knowing about the contents of the Qur'an, knowing the teachings that must be believed and implemented (pillars of faith and pillars of Islam), laws and regulations. Islam, Islamic history and so on. By knowing things related to religion, a person will understand more about the teachings of the religion he embraces.

Fifth, feel unique and pleasant experiences that are miracles that come from Allah, such as feeling that Allah's prayers have been answered, feeling serene because they worship Allah, being touched or vibrating when shouting Allah's names (such as the sound of the call to prayer and the strains of the holy verses of Al-Qur'an). -Qur'an) and feelings of gratitude for the blessings bestowed by Allah. Pengertian Stres (Hafnidar et al., 2020).

Stress is a variety of conditions that indicate that people experience tension, anxiety and fear, often called stress. In today's life, there is almost no life without stress, at home, on the go, and also at work and even at school (Rahmat, 2009). Selye in Hidayat (2009) mentions stress as a non-specific response to demands or loads that react to physical, mental, and chemical reactions from the body to situations that are scary, surprising, confusing, dangerous and worrying.

Another definition according to Hardjan in Nasir & Muhith (2011) states that stress is the inability to overcome the threats faced by mental, physical, emotional, and spiritual humans, which at one time can affect the human physical health. Braznitz & Golberger in Nasir & Muhith (2011).) said that each individual has a different stress threshold because individual characteristics will affect the level of stress they experience. Faktor-faktor stress

Stress is caused by many factors called stressors. A stressor is a stimulus that initiates or triggers a change in oneself. Stressors indicate a need that is not met and these needs can be physiological, psychological, social, environmental, developmental, spiritual needs (Hidayat, 2009). Stressors can generally be classified as internal stressors and external stressors. Internal stressors come from within a person, for example a physical condition, or an emotional state. External stressors come from outside a person, for example changes in the surrounding environment, family and socio-culture (Potter & Perry, 2005).

According to Palupi (2013) a state of stress can have a negative impact on individuals, the impact can be physical or psychological symptoms will cause certain symptoms. The reaction of stress for individuals can be classified into several symptoms, namely as follows:

- (1) Physiological symptoms, in the form of complaints such as headaches, diarrhea, backache, tension in the neck, high blood pressure, fatigue, stomach ulcers, changes in appetite, insomnia, and loss of enthusiasm.
- (2) Emotional symptoms, in the form of complaints such as anxiety, anxiety, irritability, nervousness, fear, irritability, sadness, and depression.
- (3) Cognitive symptoms, in the form of complaints such as difficulty concentrating, difficulty making decisions, forgetting easily, daydreaming, and chaotic thoughts.
- (4) Interpersonal symptoms, in the form of indifference to the environment, apathy, inferiority, loss of trust in others, and easy blaming others.
- (5) Organizational symptoms, in the form of increased absenteeism at work/college, decreased productivity, tension with co-workers, job dissatisfaction and decreased drive for achievement.

Individuals must understand these symptoms when experiencing stress. Understanding the symptoms of stress will enable individuals to take preventive action so as to reduce the negative impact of stress through effective coping. Hubungan antara religiusitas dengan kemampuan mengatasi stress.

The ability to cope with stress (stress coping) is an individual's behavior or habit to deal with stress, of course, in coping a person does not only solve problems or relieve tensions that arise but how to overcome them without damaging, both for themselves and the environment (Darmawanti, 2012).

Lazarus in Nasir and Muhith (2011) defines coping as any effort to reduce stress, which is a process of regulation or demand (external or internal) that is assessed as a burden that exceeds one's ability. According to John (2007), one of the effective mechanisms for dealing with stress This can be done through a religious approach, religion plays an important role in the lives of many individuals in adulthood and is related to their health and coping. Loewenthal (2007) states that a person under stress that arises due to anxiety can use religious strategies to reduce the effects of stress on himself, religious activities and religious beliefs, found to be effective as a solution to anxiety disorders and depression which are the impact of stress (Berry, 2006; Matteson & Ivancevich, 1987).

Hawari in Darmawanti (2012) said that religiosity can enhance a person's ability to overcome the tensions (ability to cope) due to the problems he faces, besides that individuals who are religious or have high religiosity certainly have better guidelines and endurance in dealing with problems. deal with stress. This means that individuals who have a high level of religiosity will be able to take their religious values to be used in solving problems or in managing unstable emotional conditions due to stressful events.

Anggraini (2014) states that religion is one strategy to reduce stress levels through worship activities, improving relationships with God, and other spiritual activities. This is because religion as a life guide can be used as a problem-solving strategy as well as reducing the stress conditions experienced by a person. According to Rice and Mc Mahon in Safaria (2005) the psychological dimension through religious activities will make individuals relaxed, calm and peaceful. According to Witmer in Safaria (2005) states that the use of religious practices and spiritual beliefs as a coping action has a positive impact on dealing with stress, in other words, one of the abilities to deal with stress that individuals can do when faced with problems (stress) that come to them. is through a religious approach.

Univariate Analysis

(a) The level of student religiosity at STIKes Darussalam Lhokseumawe.

Based on this research, most students at STIKes Darussalam Lhokseumawe have a high level of religiosity, namely 119 respondents (76.3 %). The researcher assumes that religiosity is a person's behavior in carrying out religious activities based on strong beliefs, believing in God, carrying out His commands and staying away from His prohibitions, likes to help others, feels a pleasant experience from answered prayers, and good religious knowledge to gain comfort in life. From the results of research, many students, both male and female, who carry out religious activities due to the stress they experience cannot be faced in other ways, they are closer to religious activities that can make themselves calm and peaceful.

This is in accordance with the theory of Safaria (2005) which says that through religious activities (routinely in carrying out religious practices) will make individuals in a relaxed state (relaxation), calm and peaceful. a state of relaxation and make individuals feel calm and comfortable can affect and stimulate the parasympathetic nervous system, which will affect

blood pressure and heart rate, decrease muscle tension in the body so that it becomes relaxed.

This can affect the psychological state that causes individuals to feel relaxed, calm, peaceful and increase the ability to concentrate to find alternatives / overcome the stress they face.

(b) Ability to Overcome Student Stress at STIKes Darussalam Lhokseumawe.

Based on the research, most of the respondents can cope with stress in the positive category, which is 106 respondents (67.9%). The researcher assumes that the ability to cope with stress is a person's effort to withstand or overcome the negative effects of stress that are not destructive, both for themselves and the environment. From the results of the study, the higher a person's level of religiosity, the more positive the ability to cope with stress, many of the students were able to cope with stress due to problems in life by frequently doing religious activities, doing positive activities such as exercising, asking for help from others if they could not solve it themselves.

This is in accordance with Pitaloka's (2005) theory which says that the strategy of dealing with religious stress is the best solution that can be used by students. Several studies show that religion plays an important role in dealing with stress. Two sources that are usually used are Prayer and Faith in God (praying and surrendering to God).

Bivariate Analysis

Based on the results of the Chi Square test, a p value of $0.001 \leq 0.05$ was obtained. It can be concluded that H_a is accepted and H_0 is rejected, which means that there is a relationship between the level of religiosity and the ability to cope with stress in students at STIKes Darussalam Lhokseumawe.

The researcher assumes that the higher the level of religiosity of students, the more positive the ability to cope with stress, on the contrary, the lower the level of religiosity, the more negative the ability to cope with stress in students. In general, students are prone to experiencing stress due to various factors ranging from many college assignments, problems with friends, physical and psychological fatigue, coupled with thinning finances.

This encourages a person to get closer to religion, so that they can control themselves from psychological tensions, by carrying out what religion commands, such as praying, reading the Qur'an, praying, dhikr, being patient, always grateful, and others, so that a person gets psychological calm, a calm state can increase concentration so that individuals find it easier to find alternatives to deal with stress with positive things.

This is in accordance with Darmawanti's (2012) theory which says that religiosity can enhance a person's ability to cope with tension due to the problems at hand, besides that individual who are religious or have high religiosity certainly have better guidelines and endurance in dealing with stress. Added by the theory of Witmer in Safaria (2005) states that the use of religious practices and spiritual beliefs as a coping action has a positive impact on dealing with stress, in other words, one of the abilities to deal with stress that individuals can do when faced with problems (stress) that come to him is through a religious approach (Asiedu-Appiah et al., 2016; Jolliffe & Bruce, 2018).

CONCLUSION

Based on the results of the research and discussion that have been presented, it can be concluded that (1) the level of religiosity of students at STIKes Darussalam Lhokseumawe is in the high category; (2) the ability to cope with stress in students at STIKes Darussalam Lhokseumawe is in the positive category; (3) there is a relationship between the level of religiosity with the ability to cope with stress in students at STIKes Darussalam Lhokseumawe.

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