



# The Effect of Social Support on Student Academic Stress (Case Study Department of Economic Education Unima)

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## ABSTRACT

This study aims to determine whether there is an influence of social support on academic stress in students majoring in economic education. This research approach is a quantitative approach to the type of correlational research. The population in this study is whole student in majoring in economic education as much 1 023. Research sample as much 213 coed students who taken using *simple random sampling technique*. The data collection tool uses a scale of social support adapted from *Multidimensional Scale of Perceived Social Support (MSPSS)* and academic stress scale adapted from *Perceptions of Academic Stress (PAS) Scales*. Data analysis technique using simple regression analysis. Based on the results of simple regression analysis, the coefficient value is obtained regression social support as big 0.0672 with level significance as big 0.089 < 0.05. Besides That mark  $t_{count}$  as big 2,062 >  $t_{table}$  of 1.108. Matter it can be concluded that variable X (social support) has an effect on variable Y (academic stress), which means there is influence positive support social to stress academic great student in the Department of Economic Education UNIMA.

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## 1. INTRODUCTION

New policies implemented in education that is learning from House (*study from home*)/learning online/learning distance Far (PJJ), meant For disconnect chain deployment the Covid-19 virus that is currently hitting every country in world. Policy of learning from home (*study from home*)/ learning online/distance learning (PJJ) This make Good Teacher nor student must adapt with follow process learning in their respective homes, which turned out to provide impact in a manner psychological for para student, ie they more easy feel stress. stress Alone in defined by Feldman (2012) as a response a person to a situation or event considered threaten nor challenging.

Stress Also experienced by para great student in level college those participating in online learning activities. Results charging questionnaire "Column Curhatan Student \_ Which distributed on October 23, 2022, show How description feeling And circumstances Which experienced student during follow learning online/online. They disclose that they difficult concentrate, more easy feel bored when studying, feeling lonely, feeling anxious will left behind lesson And get mark low, poor

physical condition as a result often study until late at night to work on task college, easy feel tired, as well as difficulty in understanding the lessons, which caused them must share time. Study they with do work in House. As a result, on during the learning process going on a lot great student. Which No notice material lesson Which be delivered, And when given task college students can't do it so they keep putting off doing his college assignments which leads to behavior procrastination.

Viewed from symptoms Which appear, can concluded that they experience stress academic. Carveth et al (1996), explains: "stress academic or *academic stressor* including perception student to breadth knowledge base Which needed and perceptions of time when it is not adequate in develop it". stress academic can seen from symptoms Which appear, like symptom physique, emotion, thought as well as behavior. Results study has done Forknow level stress Which experienced by student during online learning. Reported from Sindonews.com (Riany, 2020), study Which published in *JAMA Pediatrics Journals* Which done Hubei, China Which involve as much 2,330 child school show that children school age who experience quarantine in the learning process due to Covid-19 is showing some signs pressure emotional. Study advanced from results observation the show that 22.6% from observed children with depressive symptoms And 18.9% experience worry. Results study Which done in Japan Also show results Which The same, ie around 72% children In Japan experience stress consequence Covid-19. Matter Which similar also happened in the United States.

Investigation results that done by *Centre for disease control* (CDC) show as much 7.1% children in age group 3 to 17 years have been diagnosed with anxiety, and about 3.2% in the group age Which The same suffer depression. In Indonesia, based on data Which obtained from Task Force Handling Covid-19 show that 47% child Indonesia feel bored in House, 35% feel worry left behind lesson, 15% child feel insecure, 20% of children miss their friends, And 10% child feel worry with condition economy family. If condition This left protracted, so will raises problem Which more Serious. Like on case teenager, initials MI, aged 16 year class 2 SENIOR HIGH SCHOOL origin gowa, Sulawesi South, Which reckless end his life by drinking grass poison because suspected experience depression consequence pressure learning distance far which experienced.

Ability student in process stress academic in this learning activity is very important. However, when student feel that stress academic That No can controlled Alone, then one way to deal with stress is with help people around or support social. Feldman (2012) state social support as a network of reciprocity between bunch people Which each other love and appreciate one another. Gottlieb et al. (2010) state support social as: "source Power social Which considered available or provided by non-professional to they in context group support formal And informal assistance relations. Social support as well emotional Which accepted can reduce stress experienced by the recipient. This is due to exists flavor reception in group or network social Which valuable (Feldman, 2012).

Results a number of study earlier Which has conducted in assessing the influence of social support to stress academic Which experienced by student. Study Which done by Faqih (2020) show that there is influence support social from Friend peer to stress academic Malang students who work obtained from results correlation *product moment*  $r_{xy} = 0.953$  And mark significance  $0.000 < \text{probability } 0.05$ . research that conducted by Indriani (2020) shows there is influence significant ( $p = 0.018$ ,  $p < 0.05$ ,  $R = 0.157$ ) between support social And stress academic on student SENIOR HIGH SCHOOL in Surabaya. Study Which done by Nuraeni (2021) found that there is influence support social to stress academic on student SMK Pharmacy Chandra Naya with sig. (p) as big  $0.023$  ( $p < 0.05$ ). Some of the research results above, researchers feel interested For study influence support social to stress academic experience student, especially in period pandemic This.

## 2. RESEARCH METHOD

This type of research is research that uses a quantitative approach that is associative. The quantitative research approach put forward is defined as research based on positive thinking, aims to study a definite population or sample, collects data using research instruments, analyzes data in a quantitative or statistical nature, with the aim of describing and testing established hypotheses. Quantitative research is a process of discovering knowledge that uses data in the form of numbers as a tool to

analyze data about what one wants to do. The type of data in this study is quantitative data. Quantitative data is data in the form of numbers or scoring data. So quantitative data is data that has a tendency to be analyzed with models or statistical techniques. The data is in the form of numbers or scores obtained from the results of filling out the questionnaire by respondents. Primary data is an exclusive data source providing data only to data collectors. Data are grouped by researchers, directly from the original source or where the object of research is carried out. In this study, primary data were obtained through interviews and questionnaires by respondents, secondary were sources of research data (obtained and recorded by third parties) obtained indirectly by researchers through connected media. Secondary data is data obtained from secondary sources or necessary secondary sources such as references obtained from books, previous research as well as journals related to work stress, social support, and work calm.

### 3. RESULTS AND DISCUSSIONS

The approach used in this research is a quantitative approach. Emzir (2019) put forward a quantitative approach is a study which in a manner primary use paradigm postpositivist in develop knowledge use research strategies such as experiments and surveys are need data statistics. Type study This is study correlational. Correlational research aims to identify the relationship between two variables or more with use calculation statistics (Emzir, 2019).

The population in this study are students Department of Economics Education UNIMA. On research In this case, determining the number of samples using the formula *slovin* with a tolerance limit of 5% so obtained amount sample as big 213 person. As for taking sample study done with use technique simple random sampling.

#### **Analysis Descriptive**

Analysis descriptive in study This used For know description stress academic and description of social support for economic education students in the academic year 2022 /2023 which are actively participating in the learning process, with results as following,

Based on the table above shows that level stress academic on Economics education students who actively participate process learning is at on category currently. The level of social support for economic education students actively follows process learning is at on category tall.

#### **Test Regression linear**

Test regression linear in research This used For test hypothesis with results as following. Based on table on, can is known that results test regression linear between variable support social with variable stress academic with magnitude correlation 0.072 with significance  $0.032 < 0.05$  so can said that there is connection Which positive between support social with stress academic, be marked with sign negative (+) on mark coefficient correlation, It means that the more tall efficacy self so the more also high academic stress on for economic education students. Matter This show that hypothesis study rejected.

#### **Discussion Study**

On study This is known that economic education students have level stress academic in category currently. Matter This show that stress academic Which experienced by student of Economics Education still need noticed. If academic stress is not overcome, then will bother performance Study great student And performance great student become decrease.

Stress academic is pressure Which experienced by great student Which originate from results perception as well as assessment of matters relating to knowledge knowledge And education (Govaerts & Gregoire, 2004). stress academic No only caused by the teaching and learning process alone, however environment education That Alone Also can cause student become stress. stress academic Which faced by student can caused by various things, such as heavy workload, tense exam period, expectations from people person around, perception to ability Alone, as well as competition with Friend peer (Bedewy & Gabriel, 2015).

Stress academic Which experienced by great student will impact on thought, behavior as well as her emotions. stress academic Which experienced student in time Which long can cause decline

Powerstand body so that more easy Sick And influence health mentally student (Aryan, 2016). Student own response Which different in face stress academic. Wrong One Which usually dependable great student in overcome stress this academic is the help that comes from people person surrounding or more known with term social support. Social support is expected help reduce stress Which felt by great student.

Based on the results of the descriptive test it is known that economic education students have level support social in category tall. Matter This shows that students of Economics Education have attachment Which tight with people surrounding, so that own belief Which big that the people around him will give support for him.

Social support is defined as information from others that the person is loved and cared for, valued And respected, And part from network communication and equal obligations (Taylor, 2018). Support social can lead to action.

Which showed by people other ( *received support* ), or feeling nor opinion person that comfort, concern, And help can obtained If needed ( *perceived support* ). Social support can come from anyone, for example family, friends, or certain people (Zimet et al., 1988). Support social Which accepted can helps reduce stress and its effects from stress academic ones experienced student.

How social support affects stress there is two theory Which explain matter the, ie *buffering hypothesis* And *direct effect hypothesis* (Sarafino & Smith, 2010). According to *the buffering hypothesis* Social support affects physical and health mentally by guarding students against negative effects from high stress, whereas according to *the direct effect hypothesis* support social generally beneficial during non-stressful times and times Which cause stress (Taylor, 2018).

With the perception that support will available any time support That needed, will improve the mental health of students so that more easy For face stress Which felt (Wethington and Kessler in Musabiq et al., 2017). Students who get high social support will obtain various profit, like become personal Which more optimistic, more skilled in fulfil need psychological, level low anxiety, improve ability interpersonal, have the ability to achieve the things you want, and have the ability adapt tall one (Dianto, 2017).

Results hypothesis test shows there is influence positive between variable support social to academic stress variable. It can be concluded that support social Which accepted by student increase stress academic Which experienced by student . No all aspect support social equivalent in protecting against stress. Support form the most beneficial is the appropriate support with need recipient support (Taylor, 2018). Support which doesn't match needs recipient causes support be no effective, so that possibility For reduce very little stress. In addition, based on the findings Lepore et al (Sarafino & Smith, 2010) state that sometimes help Which accepted convey message to si recipient that they No capable finish problem them. own which will cause price self low on recipient help.

#### 4. CALCULACION

The results of research that has been conducted on economic education students who actively participate process learning show that the academic stress level of economics education students is on category currently, The results of research that has been conducted on economic education students who actively participate process learning show that the level of social support students of Economic Education are on category tall, The results of research that has been conducted on students of economic education show that support social influential positive to academic stress of economic education students active follow process learning

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