Interpersonal Communication Relation with Student Anxiety Level in Preparing Thesis in Nursery Science Program 2016 – 2017

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Abstract:- Interpersonal communication is a person-to-person interaction, both verbally and non verbally, by sharing information and feelings between individuals and individuals or between individuals with small groups (Purwoastuti, 2015) Anxiety or anxiety is an unclear concern And Spreads related to feelings of uncertainty and helplessness. This emotional state has no specific object. The anxiety is subjectively subjected and communicated interpersonally. The purpose of the research is to analyze the interpersonal communication relationship with the students' anxiety level in preparing the thesis on the nursing program of Universitas Cenderawasih 2016-2017 by using descriptive correlation method with cross sectional design. Location of research study program of nursing University of Cenderawasih. The population of final semester students with the number of samples as many as 89 respondents were obtained by sampling technique Probalility sampling. Data collection using quensioner and in the analysis using chi square test. Of the 89 respondents who had interpersonal communication less as many as 47 respondents (52.8%) anxiety as many as 54 respondents (60.7%) who have good interpersonal communication as much as 42 respondents (47,2%) and not anxious as many as 35 respondents (39, 3). There is relationship between interpersonal communication with student anxiety level in preparing thesis (p-value = 0,334).

Keywords:- *Interpersonal Communication, Student Anxiety.*

I. INTRODUCTION

Interpersonal communication is believed to be a social process which means that communication always involves humans and interactions. Communication always involves two people, the sender and receiver. Sender and receiver play an important role in the communication process i (Westet al, 2008) The impact that often arises on interpersonal communication is the low level of openness, reluctance to communicate in learning activities, emergence of inferior nature. Ineffective communication between students and supervisors is shown by the students who do not understand the suggestions and explanations from the supervisor, in accordance with the advice of the supervisor, and students have difficulties in contracting the next guidance time with the supervisor. Ineffective communication causes students to be reluctant to do guidance, and also those who say they are afraid to do guidance (Christy, 2016)

Anxiety is defined as a state of an individual feeling intense anxiety, a feeling, tension, and fear, occurring from a perceived threat from an impending danger. The threat that someone feels is not specific, is not tangible in nature, and there is no real physical danger. Anxiety is a normal aspect and has a positive side in human life. . Research conducted by (Sulistiani, 2015) conducted at Uncen FK was found to be the wrong problem experienced by students during the process of preparing the thesis, one of which was the accompanying lecturer consisting of supervisors and examiners.

Based on the initial data collection carried out by researchers to the students of PSIK FK UNCEN, the number of students who are preparing the thesis is 116.

II. METHODS

Analyzing the relationship of interpersonal communication with the anxiety level of students in compiling a thesis on the Nursing Study Program at Cenderawasih University in 2016-2017.

This Research Design is a *descriptive* research design *correlation,* d ith *cross-sectional* design. The sampling technique used is *probalility sampling.*

III. RESULTS AND DISCUSSION

➤ *Univariate Analysis*
- *Characteristics of Respondents*

No.	Characteristics of Respondents	Freq (n)	Percent (%)
1.	Age		
	a. 20-29 years	54	60.7%
	30.40 years old	35	39.5%
2.	Gender		
	a. Man	16	18%
	b. Women	73	82%

Table 1:- Characteristics of Respondents by Age, Gender, Year of Force, n on Nursing Science Study Program (n = 89)

From the results of the study show the characteristics of the respondents based on age in getting as many as 54 people (60.7%) aged 20-29 years and age 30-40 years as many as 35 people (39.3%). This is in line with the research conducted (Haydes in Kiay and Suherman 2016) which states that young people are more susceptible to stress (stress) Psychological and anxious, because of immature mental and mental readiness and lack of experience.

From the results of the study it was found that the majority of respondents were women as many as 73 while men were 16 people (Kaplan and Sadock in Kiay and Suherman, 2016) stated that anxiety occurred more in women. Women have a high level of anxiety as a result of excessive autonomic nervous reaction to the rise of the sympathetic system, *norepineprin rise,* an increase in the release of *Kotekalamin* and disruption regulas i *serotonergic* abnormalities. According to Luklut (2008), women are more anxious about their disabilities compared to men, men are more active, explorative, while women are more sensitive to their anxiety. Women are more easily influenced by environmental pressure than men.

➤ *Bivariate Analysis*

- The relationship of *interpersonal* communication with the level of anxiety of students in compiling a thesis

Anxiety communication	Worry			P - value
	Not worried	Anxious	Total	
less	17	30	47	
enough	18	24	42	0.334
Total	35	54	89	

Table 2:- Analysis of the Relationship of Interpersonal Communication with the Anxiety Level of Students in Compiling Thesis in the Nursing Science Program (n = 89)

Based on table 4.3 shows that of 89 respondents who had less interpersonal communication as many as 47 respondents (52.8%) anxiety as many as 54 respondents (60.7%) who had good interpersonal communication as much as 42 respondents (47, 2%) and those who did not anxious as many as 35 respondents (39.3).

From the results of the analysis of the relationship of interpersonal communication with the level of student anxiety in compiling the thesis using the *chi square* test obtained *p value* (0.334) is smaller than *p value* 0.05, which means that Ho is rejected Ha is accepted which means there is a relationship between interpersonal communication and student anxiety in compiling a thesis. So that the better the interpersonal communication of a student, the lower the anxiety experienced by students. This is in line with the research on the relationship of interpersonal communication with stress in compiling a thesis conducted by Gunawati, et al. (2013) Research carried out on September 18-19 bucket of 24 students of the Psychology Faculty of Diponegoro University who were preparing a thesis. The problems that are often experienced by students of the Psychology Faculty of Diponegoro University include: fear of meeting with supervisors, because students are internally afraid of the weakness of their scientific material. The results of the study showed that there was a negative relationship between the effectiveness of the communication of the students - the main supervisor of the thesis and the stress in preparing the thesis on the students of the UNDIP Psychology Study Program.

IV. CONCLUSION

➤ Characteristics of students taking thesis in Cenderawasih University Nursing Study Program aged 20-40 years; female sex as many as 73 people (82%) and men as many as 16 people (18%).
➤ The results of the study were the success of students in carrying out Interpersonal Communication with supervisors as many as 47 respondents had less communication and 42 respondents had good communication.
➤ The results of the research on the anxiety level of the students in the final semester in preparing the thesis were 54 respondents experiencing anxiety and 35 respondents not worried

➢ the results of the study there is a relationship between interpersonal communication with student anxiety in compiling a thesis with a *p-value of* 0.334

SUGGESTION

A. For educational institutions
➢ Educational institutions must strive to facilitate and motivate students who are preparing a thesis so that students can be faster in completing their thesis.
➢ Educational institutions need to gather students who prepare theses according to their respective classes, so that students can be more motivated to be faster in completing their thesis.

B. For lecturers
➢ The supervisor needs to understand the difficulties experienced by students during the preparation of the thesis.
➢ Supervisors should specifically discuss with students about various obstacles in doing thesis, so students can be more open about the difficulties they experience.

C. For students
➢ Anxiety can be experienced by students during guidance with a thesis supervisor. Students should prepare well the material that will be consulted to the supervisor so that it becomes more prepared and the anxiety experienced during the guidance can be reduced.
➢ Mahasiswa need to pay attention to preparedness before facing supervisor. Self-preparedness in question is that students need to have positive thinking that each student undergoes a guidance process and is sure that the guidance process will run smoothly, besides that students also need to have positive affirmations that the thesis will be completed.

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