



RELATIONSHIP OF SPIRITUAL WELL-BEING WITH HEALTH STUDENT ANXIETY LEVELS WHO IS COMPILING FINAL PROJECT

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ABSTRACT

Spiritual well-being is very important in dealing with anxiety, which makes a person grow into a human being ready and patient in solving life's problems and able to develop the meaning of each event spiritually. Knowing the Relationship of Spiritual Well-Being with the Anxiety Level of Health Students Who Are Completing Final Projects at Universitas Harapan Bangsa. The study with cross-sectional correlative analytic type with respondents used a total sampling of 103 respondents, who filled out the Spiritual Well-Being Scale (SWBS) questionnaire and the Zung Self – Rating Anxiety Scale (SAS/SRAS) questionnaire. Uji statistic with Chi-square obtained a P-value of 0.000 where the P-value < 0.05. The conclusion of this research is that there is a relationship between the level of spiritual well-being and the level of anxiety of health students who have been preparing the last day at Harapan Bangsa University.

Keywords: anxiety; final project; spiritual well-being

INTRODUCTION

The final project is one of the prerequisites for a student to complete his undergraduate education. Problems that are often encountered when students are working on final assignments such as having difficulty making titles, finding references, and collecting administrative data. The effects of such problems can cause some physical disorders such as headaches and some psychological problems such as stress, loss of motivation, depression and anxiety (Andika, 2020). The results of a survey conducted by the American College Health Association, reported that 25.9% of students experienced anxiety and stress (Br. Bukit, 2022). According to Basic Health Research (Riskesdas, 2018), 6% of people in Indonesia over the age of 15 years or around 14 million people experience emotional problems, one of which is anxiety. The impact of anxiety is a feeling of irritability, difficulty sleeping, feeling a feeling of worry, not being able to do a job properly, not being able to focus on studying and usually individuals who are experiencing anxiety often perform repetitive actions such as tapping their fingers (Ashouri, et. al, 2016).

Spiritual well-being can lead individuals to have purpose and meaning in life, hope, optimism, as well as improve the psychological status of the individual so that the individual gets a physically and psychologically healthy life. Good spiritual well-being is characterized by a person having a harmonious relationship with oneself, harmony with others, harmony with the environment, and a harmonious relationship with God (Francis B, Yit HN, Jesjeet SG, Chiara FP, 2019).

The results of interviews with the Head of the Undergraduate Nursing Study Program and the Head of the Thesis Committee Class of 2022-2023 obtained data from 103 students of the Undergraduate Nursing Program in the regular program who had completed the proposal seminar stage totaling 41 students. Other data that researchers can add is related to the

guidance process for students of the Undergraduate Nursing Study Program Class of 2022-2023 at this time, of the 12 guidance students who can pass the proposal seminar according to the target time of the Study Program, only 1 student, the rest process with the available time. The aim of this research is to find out the relationship between spiritual well-being and the anxiety of nursing students who are writing their final assignments at Harapan Bangsa University, so the researcher is interested in finding out more "Is there a relationship between spiritual well-being and the anxiety of nursing students who are writing their final projects at Harapan Bangsa University".

METHOD

This study used a correlative analytical research design with a *cross sectional* approach method. The independent variable in this study was spiritual well-being and the dependent variable was anxiety level. The population in this study includes all students of the Undergraduate Nursing Study Program for the 2022-2023 Academic Year, a total of 1.03 students who are recorded in the academic calendar for the 2023-2024 academic year who are active in semester 7 of the regular program. The sampling technique used in this research was total sampling. The instrument used to measure the variables of this research is the Spiritual Well-Being Scale (SWBS) questionnaire which has a satisfactory factor analysis legitimacy test (correlation matrix determinant = 0.017, KMO = 0.822 and Bartlett's Test of Sphericity $p < 0.001$) with a factor analysis result of 76.3 % overall variance and the Zung Self - Rating Anxiety Scale (SAS/SRAS) questionnaire where the results of the reliability test on the Zung Self - Rating Anxiety Scale (SAS/SRAS) questionnaire have an alpha value of 0.829 (Nasution et al. 2013 in Andika, 2020).

RESULTS

A total of 103 students of the Undergraduate Nursing Study Program became research respondents, each consisting of 9 people (8.7.9%) men and 94 people (91.3%) women. The proportion of the spiritual well-being level of students who did the final project is in table 1.

Table 1.

Frequency Distribution based on the Spiritual Well-being of students working on final project

Category	f	%
Tall	38	36,9
Keep	62	60,2
Low	3	2,9

Table 1 shows that the spiritual well-being of the majority of respondents is moderate at 62 respondents (60.2%).

Table 2.

Frequency distribution of anxiety levels in moderate Faculty of Health Students compile a final project

Category	f	%
No Anxiety	86	83,5
Light	14	13,6
Keep	3	2,9

Table 2 shows that the majority of respondents did not experience anxiety, 86 respondents (83.5%).

Table 3.
 The relationship of spiritual well-being with anxiety levels of faculty students health who is preparing a final project

Spiritual well-being	Anxiety Level								P Value
	Not Anxiety		Mild		Moderate		Total		
	f	%	f	%	f	%	f	%	
Low	1	1,0	0	0	2	1,9	3	2,9	0,000
Keep	54	52,4	8	7,8	0	0,0	62	60,2	
Tall	31	30,1	6	5,8	1	1,0	38	36,9	

Tabel 3 shows that spiritual well-being with anxiety levels of respondents is partly in the moderate category as many as 54 respondents (52.4%). From the *Chi-Square* statistics, a P-value of 0.000 was obtained where *the P-value* < 0.05 which means that there is a relationship between spiritual well-being and anxiety levels in health faculty students who are compiling their final project at Harapan Bangsa University.

DISCUSSION

Table 1 found that the most spiritual welfare in students of the Faculty of Health, Universitas Harapan Bangsa with the medium category was 62 respondents (60.2%). These results illustrate the condition of health students of Universitas Harapan Bangsa as described in Law No. 6 of 1974, namely having a social, material and spiritual system of life and livelihood that is covered by a sense of safety, decency and inner peace (Mirhoseini H, et. al, 2016). Research conducted by Graham, et al shows that the more important spirituality is for a person, the greater his ability to overcome the problems faced (Purborini, 2009). The definition of spirituality in the Big Dictionary Indonesian is related to or psychological (spiritual, mental), awakening or self-enlightenment in achieving the purpose and meaning of life and is the most essential part of one's overall health and well-being (Gok AF, et. al, 2019). Spiritual health can include efforts to find meaning and purpose in one's life such as relying on God or *the higher power*, feeling peace or feeling a connection with the universe.² Hasil from this study is in line with other studies that also get an idea of the level of spiritual well-being of PSPD FK ULM medical students class of 2017 is more than 50%. Research conducted by Lucchetti *et. al* in medical students in Brazil with a result of 87.7% and in Indonesia by Bagus Maulana Akbar et al obtained the category of high spiritual well-being in PSPD FK ULM class of 2017 medical students Indonesia amounted to 59.3%.

Anxiety can be caused by pathophysiological and situational factors. Onething that becomes a stressor in student life is the demand in working on the thesis so that it must be completed according to the target is also one of the factors triggering anxiety in students. Anxiety can interfere with student homeostasis, because it is necessary.handling withvarious adjustment methods.. This is supported by research by Noviandari et al., (2022) conducted at PGRI University Banyuwangi with a total of 30 final semester students who are preparing a thesis. Research revealed that the anxiety experienced by final semester students is usually in the form of a feeling disorder characterized by fear of things that have never happened, feeling themselves threatened, and feeling unable to deal with it (Firmansyah, Q. D, et. al, 2021) Theanxiety that arises actually comes from self-fear which is usually characterized by feelings of worry and overthinking (overthinking about events that have not yet happened). Not only individual spiritual well-being that affects student anxiety control but also the role of educational institutions as institutions that provide education specifically and are aimed at forming quality characters and have broad insight, high competence so that they are ready to enter the world of work is also very important (Agung Pambudi H, et. al, 2020)

The proportion of the relationship between spiritual well-being and the level of anxiety of students in completing the final project in table 3 shows that the spiritual well-being with the level of anxiety of respondents is mostly in the moderate category as many as 54 respondents. Various stressors that lead to anxiety experienced by individuals tend to be able to be overcome and corrected by eliciting positive coping mechanisms born from a good spiritual state (Andika, 2021). Research conducted by Esa *et al* in 2010 proved that spiritual well-being has a positive influence in improving an individual's mental health and reducing mental disorders and factors that threaten an individual's mental health (Bagus Maulana Akbar, et. al, 2020). Another study that reinforces this assumption is from Fazilat *et al* in 2016 on the relationship between *spiritual well-being* and individual mental health. Individuals who do well in spiritual activity will have great life motivation and have low levels of anxiety according to this study (Cahyati, 2020). Based on data analysis using the *chi-square* test, a value of $p = 0.003$ was obtained in table 3, showing that *spiritual well-being* is one of the contributing factors in reducing individual anxiety levels. Therefore, the better the spiritual well-being of the individual, the lower his anxiety level. With high spiritual well-being, individuals will be more optimistic and ready to face various stressors in the face of exams (Cahyono, 2019).

CONCLUSION

There is a relationship between the level of spiritual well-being and the level of anxiety of nursing students who are preparing the final project of the academic year 2022/2023 as evidenced by the *Chi-Square* statistical test with a P-value of 0.000 where *the P-value* < 0.05. Based on these results, further research is recommended to compare students' spiritual well-being and anxiety levels with the final grades of students' final assignments. For students who have a moderate level of spiritual well-being and experience severe anxiety in compiling final assignments can increase spiritual activity to reduce anxiety and improve performance when compiling final assignments. Meanwhile, students with a high level of spiritual well-being but still experiencing anxiety can add independent learning activities, increase practice, and do relaxation as recommended by experts. For educational institutions, it is expected to be able to conduct early detection of anxiety disorders in students or consult the student affairs department for further handling.

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