

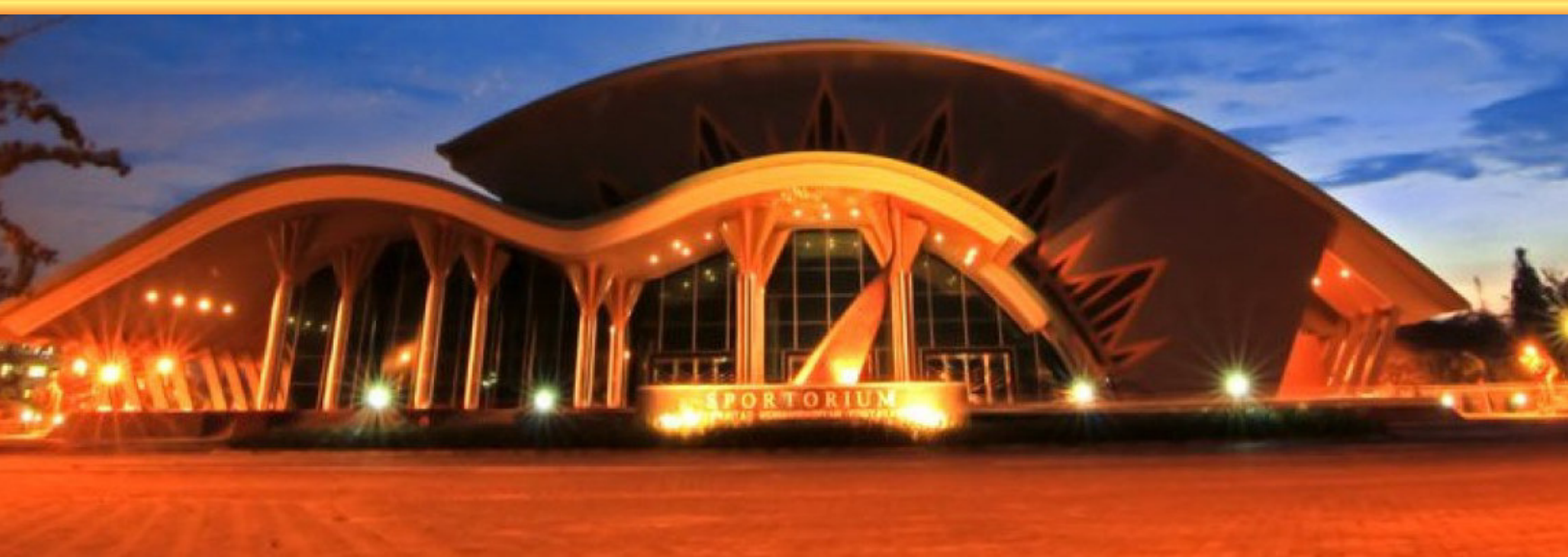


PROCEEDING
INTERNATIONAL NURSING CONFERENCE

Driving Change Through Teaching Learning Innovation in Nursing Education: Academic and Clinical Perspective

Yogyakarta, December 2nd-4th, 2015

ANNUAL SCIENTIFIC FORUM



MASTER OF NURSING
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA



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PREFACE

As one of Master of Nursing Program in Indonesia, we have strong commitment to be the part of Nursing Science and Nursing Education development, especially in Indonesia. To strengthen the academic atmosphere and in order to develop Nursing Science and Nursing Education, we proudly conduct Annual Scientific Forum (ASF) annually.

Annual Scientific Forum is a scientific forum which is conducted to give space for nurses, nurse educators, researchers, users, and other stakeholders to sit together and discuss nursing science and nursing education development.

Annual Scientific Forum 2015 will be conducted on 2-4 december 2015. It will addressed a topic, "Driving Change Through Teaching Learning Innovation in Nursing Education: Academic and Clinical Perspective". The conference will be participated by 110 participants. The speakers of this conference comes from varios countries in Asia, i.e. Indonesia, Philippines, Thailand, People's Republic of China, and Singapore.

We would like to thank to our co-host: STIKES Muhammadiyah Gombong, STIKES A. Yani Yogyakarta, Poltekkes Kemenkes Malang, STIKES Muhammadiyah Banjarmasin, and uiversities which their staffs participate this Conference as speakers: Ifugao State University Philippines; Khon Kaen University Thailand, Ubon Rachathani University Thailand, National University of Singapore and Guangxi Medical University Thailand.

It's a great honor for us to host this conference and I hope this conference can provide great benefits to the development of science, especially in nursing science and nursing education.

We wish you have pleasant stay in Yogyakarta and a meaningful conference.

Yuni Permatasari Istanti

Head of Master of Nursing Program

Universitas Muhammadiyah Yogyakarta

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STRESS LEVEL AND COPING STRATEGIES AMONG NURSING STUDENTS ENGAGED IN STUDENT BODIES

Nunun Pratiwi¹, Muhammad Mu'in²

Nursing Department of Medical Faculty of Universitas Diponegoro
¹(email: tiwigunawan9@gmail.com) ²(email: aq1lafw@gmail.com)

ABSTRACT

Extracurricular activities or student body is a means for students to develop Reviews their interests, talents, and potentials. Student involvement in the student body can cause stress such as pressure to comply tasks and responsibilities within the limited time period, besides stressors from curricular tasks. The purpose of this study is to describe the stress and coping strategies Among students who engaged in the student body. This study used a cross-sectional descriptive method using accidental sampling Consist of 87 respondents. Collecting the data used the DASS stress levels and coping strategies used for the Brief COPE. The result Showed that most of respondents experience stress in a normal stress level by 44.8% and 6.9% get severe stress. Coping strategies with religion is the highest average value (6:06) roommates used by the students. Its needed for the student who engaged in the student body to select and practice effective coping strategies to deal with the high stressor as multiple tasking student.

Keywords: Level of Stress, Coping Strategies, Student Body



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