

The Relationship of Stress to the Number of Assignments and the Health Impact of UINSU Students

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ABSTRACT

The number of assignments to students has become commonplace when someone undergoes lectures in college. The number of tasks has a slight influence on the health of students, especially UINSU students who need time and energy. Whether UINSU students care about health is a question. In addition to carrying out tasks properly and on time, as students we need to maintain health. According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being and not simply the absence of disease or infirmity. Health is not only physical or visible from the outside, but mental health is also an important aspect of health. Coupled with current conditions that make learning activities the cause of many students' current coursework and reduce the intensity of student social interaction. This paper aims to determine the effect of many tasks on the health of UINSU students. The research method used is a descriptive research method by taking data through questionnaires and direct interviews. From the data we have obtained from the results of the study, it can be concluded that the average percentage of sleep time of UINSU students before and after entering college has decreased and many students feel their eating and sleeping patterns are disturbed due to the large number of coursework.

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INTRODUCTION

According to Health Law No. 23 of 1992, health is a state of well-being of body, soul, and social that allows everyone to live a productive life socially and economically. Health is not only about physical or external health but also mental or mental health. Health is an important factor in human life. Everyone wants to live in a healthy state because with a physically and spiritually healthy body, humans can live and carry out daily activities, and improve the quality of life both socially and economically. Likewise, students who need good physical and mental to undergo lectures smoothly.

However, health is still often underestimated by students. The number of assignments is also a major factor in students not being able to maintain good eating, sleeping, and social patterns so many students whose eating and sleeping patterns are disturbed because they are busy undergoing lectures and completing the assigned coursework. Not infrequently students experience stress due to the number of coursework which results in disrupted student eating and sleeping patterns.

A student is someone who is studying at university. The desire of students to complete higher education is motivated by ideals. The rapid development of science and technology requires students to learn to develop themselves so as not to be left far behind. Students cannot get maximum results in their education and career if they only rely on knowledge from lectures alone because there are many other materials and knowledge from outside lectures that are not in the form of theory. Students are known to be closely related to assignments. Assignments are very important for students, especially UINSU students, students who do not do assignments are likely to get low grades.

THEORY AND METHODS

Understanding Health

Health is a resource that all humans have and is not a life goal that needs to be achieved. Health is not only focused on being physically fit but also includes a healthy soul where individuals can be tolerant and accept differences (Brook, 2017). A person's health is not only measured from physical, mental, and social aspects but also measured by productivity which means having a job or producing economically (Notoatmodjo, 2005). According to the Ministry of Health written in Law No. 23 of 1992, health is a normal and prosperous state of limbs, social, and mental in a person to be able to carry out activities without significant interference that there is continuity between a person's physical, mental, and social health, including in interacting with the environment. According to (Perkins, 1938), a medical expert, health is a dynamic balance between function and body shape about the surrounding environment that affects these two elements. From some of these expert opinions, it can be concluded that health means the condition of a person with a good body and soul so that they can carry out daily activities and achieve life goals.

Types of Health

The Indonesian Ulema Council (MUI) states that health is physical, spiritual, and social resilience possessed by humans as a gift from God that must be thanked by practicing all His teachings. According to (Brook, 2017), health is a resource that all humans have and is not a life goal that needs to be achieved. Health is not only about good physical focus but also includes a healthy soul so that a person can move well and smoothly. Health is also one of the basic human needs. Health is very important in human life. Healthy is also a state of good physical condition, good mentality, and social well-being, not only the absence of disease or weakness (WHO, 1948). The types of health, among others;

1. Physical or physical health

Physical health is a state where the organs or parts of a person's body can function properly without feeling any pain. Physical health is characterized by a fit body condition and organs that function normally so that a person can move normally. Body or physical health can be maintained by doing regular exercise every day, maintaining a healthy diet, and getting enough sleep.

2. Mental or mental health

Mental health is a condition in which a person does not have feelings of guilt towards himself, has a realistic estimate of himself and can accept his shortcomings or weaknesses, can face problems in his life, has satisfaction in his social life, and has happiness in his life (Pieper & Uden, 2006). Unlike physical health, physical health can be obtained more easily, while mental health can usually only be obtained by people who have emotional stability, a clean soul, and do not have many problems in life. Mental health includes three components, namely positive, emotional, and spiritual thoughts.

a. Thought

Positive thoughts are very beneficial for the health of one's body and soul. Positive thoughts will lead a person to behave well and help to be good at overcoming problems. The benefits that can be obtained by thinking positively, it is easier to fight stress, reduce the risk of heart disease, accelerate the growth period, and improve health in the elderly (Adrian, 2018).

b. Emotional

Emotional health can allow a person to work positively daily and can help to reduce stress. Emotional health also affects a person's physical health. A person can know that he has good emotional health by treating others well, exercising and maintaining a regular diet, easily forgiving and repairing bad relationships, being more flexible or adaptable to circumstances in his environment, being more respectful of experiences than material things, understanding emotions in himself, feeling grateful, open to new experiences, and has the principle of the importance of self-development.

c. Spiritual

Spiritual health can be seen from the way a person expresses his gratitude, praise, and belief in God Almighty. Spiritual health can also be seen in one's religious practices. Spiritual health has relationships with other dimensions, such as physical, social, psychological, and cultural. Spiritual is a belief in human relations

with some power above it, creative, noble, or energy source. Spiritual is also the search for meaning in life, the development of one's values, and belief systems where there will be conflicts if understanding is limited (Hanafi & Djuariah, 2005).

Understanding Stress

According to Charles D. Spielberger, stress is external demands that hit a person, such as an object in the environment or a stimulus that is objectively harmful. Stress is also commonly interpreted as pressure, tension, and unpleasant disturbances that come from outside oneself (Donsu, 2017), while according to (Richard, 2010), stress is a process that assesses an event as something threatening or dangerous and individuals respond to the event at physiological, emotional, cognitive and behavioral levels. Stress is a feeling experienced when someone receives pressure (Visited, 2010). The pressure or demands received may come in the form of maintaining 10 relationships, meeting family expectations, and academic achievement (Syahabuddin, 2010). Based on the theory of the experts above, it can be concluded that stress is an event that is negative or has a negative impact that can threaten and endanger individuals, including students.

The Importance of Student Health

Student health is strongly linked to mental health. To find out whether someone is mentally disturbed or not is not an easy thing because it is not easy to measure, examine, or detect with measuring instruments as well as physical or body health (Daradjat, 2001). This means stating that mental health is relative, i.e. there are no firm boundaries between natural and deviant. As a result, there is no clear line between mental health and psychiatric disorders. This causes students' mental health to often be underestimated. Despite this, some experts attempt to formulate benchmarks for a person's mental health. Sadli (Bastaman, 1995), suggests three orientations in mental health, namely:

1. Classic Orientation: A person can be considered healthy if he does not have certain complaints, such as tension, fatigue, anxiety, low self-esteem, or feelings of uselessness, all of which cause feelings of pain or unwellness that interfere with the efficiency of daily activities.
2. Self-adjustment orientation: A person can be considered psychologically healthy if he can develop himself according to the demands of other people and the surrounding environment.
3. Potential development orientation: A person can be considered to have reached the level of mental health if he has the opportunity to develop his potential to maturity so that he can be appreciated by others and himself.

RESEARCH METHOD

The tasks that lecturers have given certainly influence student learning. In addition to being an obligation, students are also required to have good physical and mental health in undergoing lectures smoothly. In conducting research, the method used is very important to help the author find out what are the effects of the number of tasks on the health of UINSU students. The method is one way that can be used in research to achieve goals. This research was conducted to obtain and collect data. The method carried out in conducting research is the descriptive method. Descriptive research method is a method used to collect data that aims to solve the problem under study. The descriptive research method is research intended to investigate circumstances, conditions, or other things that have been mentioned and the results are presented in the form of reports. In this study, the descriptive methods used were as follows:

1. Interview

Interview is one of the data collection techniques carried out by interviewing sources either directly or indirectly.

2. Questionnaire

The questionnaire is a technique of collecting data or information through a form that contains a set of questions for a sample of people or respondents to get the necessary answers efficiently.

Interview data collection techniques (live, via Google Meet, and WhatsApp) are carried out indirectly or online. Interviews were conducted with several students as respondents to answer the questions that had been prepared. Respondents were random ITERA students to be used as research samples. The questionnaire data collection technique is carried out using Google Forms media to contain questions that will be asked to respondents. Questionnaires are distributed over the internet with an online system using social media such as WhatsApp. Questions with questionnaires are more quantitative than interviews. The results of respondent data will be presented in the form of diagrams, both bar charts and pie charts.

RESULTS AND DISCUSSION

In carrying out research methods, we conduct data collection through questionnaires and interviews. After collecting questionnaire data, we distributed several questions to active UINSU students using Google Forms. Within seven days, we managed to gather 47 respondents consisting of 2 students from the class of 2022, 5 from the class of 2021, and 40 from the class of 2020. Of the respondents, the majority are active students of the class of 2020. In this questionnaire, we divided the questions into three parts which became the main problem in determining the effect of many tasks on the health of UINSU students. In the first part, we asked about the average sleep time of students before and after entering college, the average number of assignments obtained in a week, and the length of time usually spent on assignments. In the second and third parts, we asked about students' eating and sleeping patterns, physical and mental health, and the effectiveness of assignments in learning. From the questionnaire that we have distributed, here are some data that we can present.

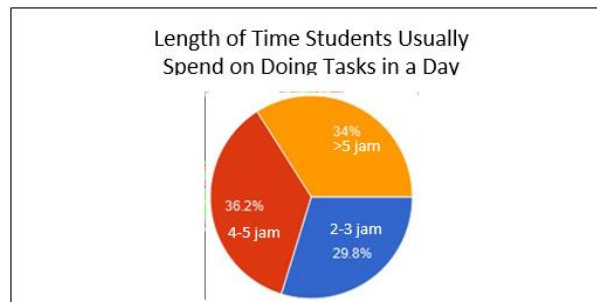


Figure 1 Diagram of the Length of Time Students Usually Spend on Assignments in a Day

From the results of respondent data, as many as 36.2% of students spend time doing assignments for 4-5 hours a day, 34% work for more than five hours, and 29.8% of students work for 2-3 hours a day. Based on the results of the questionnaire, it can be seen that the majority of UINSU students usually spend 4-5 hours a day doing coursework.

In addition, students also responded to the average amount of sleep before and after entering college. Before entering college, the average student has 7-8 hours of sleep a day, which is 55.3% of the total respondents. After entering college, the average hours of sleep obtained by students decreased to 5-6 hours a day, which is 53.2% of the total respondents. From the data that has been collected, it is also known that the average assignment received by students in a week there are as many as four tasks. This shows that students need more time to do assignments in addition to the time used for lectures and other activities so that student sleep hours are reduced than before.

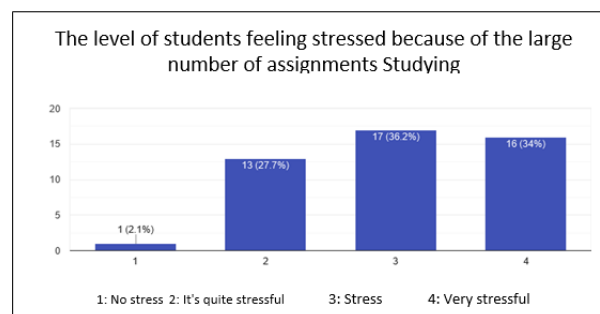


Figure 2 Graph of Student Level Feeling Stressed Due to the Number of Coursework

From the graph above, it can be concluded that many students feel stressed because of the large number of coursework. On a scale of 1-4, 34% of students felt very stressed, 36.2% of students felt stressed, 27.7% of students felt moderately stressed, and 2.1% of students felt less stressed. Stress is usually caused by several factors, such as being under pressure and worrying about something. This allows students to be under pressure in the form of responsibility for coursework and worry about the results of assignments, whether they can be completed properly and optimally or not. Some students who have felt stressed argue that they handle stress in various ways, namely paying in installments, studying with friends, to dividing time as best as possible, such as Dito Putratama's opinion in handling stress, "Handle it by playing games, listening to songs, and taking breaks."

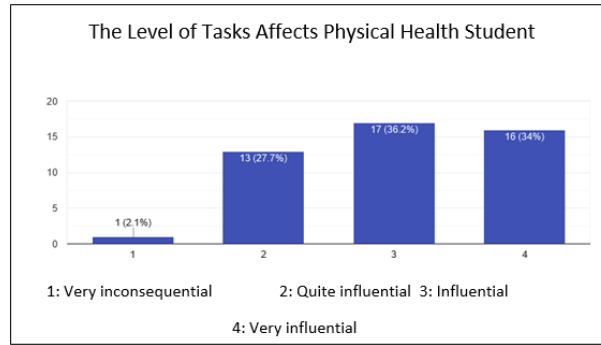


Figure 3 Graph of the number of tasks affecting the physical health of students

In addition to mental health, we asked about the effect of the number of tasks on the physical health of students. The graph above shows that 34% of students think that the number of tasks affects their physical health, 36.2% of students say influential, 27.7% of students say it is quite influential, and 2.1% of students say it is very influential. This shows that many students have not only their mental health compromised but also their physical health. This can also be proven through the diagram below about how students' eating and sleeping patterns are amid many college assignments.

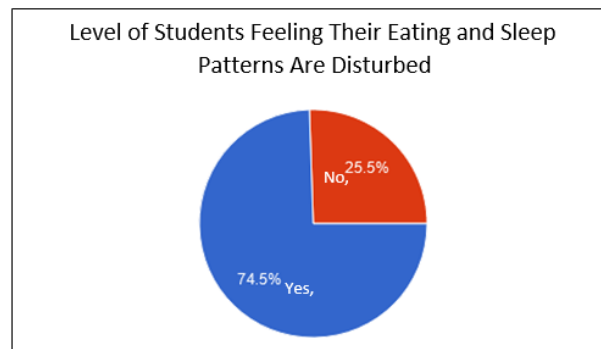


Figure 4 Student Level Diagram, a Feeling of Disturbed Eating and Sleep

The diagram above shows that as many as 74.5% of ITERA students feel their eating and sleeping patterns are disturbed and another 25.5% say no. In addition to being under pressure and worrying about tasks that are not completed or maximized, insufficient sleep and disrupted eating patterns can cause students stress. The number of students who are stressed due to doing coursework is usually supported by disturbed eating and sleeping patterns. In doing coursework, students need more time in addition to lectures and other activities. This can affect eating and sleeping patterns, such as staying up late and eating late.

In addition, the number of students with disturbed eating and sleeping patterns is also related to student time management in managing their time between lectures and other activities, such as the opinion of Dito Putratama, "Doing tasks that have deadlines first as a top priority, then doing others". Then, there are also other opinions such as Indira Paramarini's opinion, "So it is planned on weekends or in the evening full for tasks." This proves the close relationship between the number of tasks, time management, and eating and sleeping patterns can be a factor in students experiencing stress or not. If students can divide their time between lectures, doing assignments, and other activities well, students will be less likely to experience stress, and vice versa if a student cannot manage his time well so he chooses to stay up late to eat which will have a higher potential for stress.

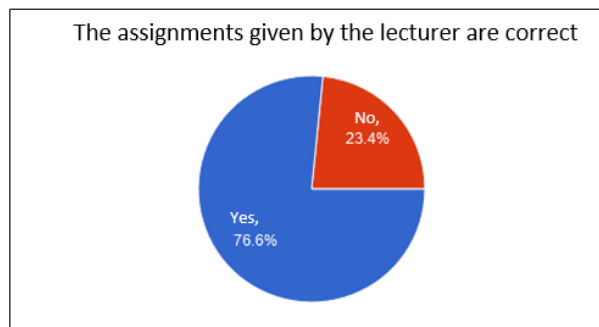


Figure 5 Diagram of the Task Given by the Lecturer is Right Despite getting a lot of coursework, many students argue

that the task given by the lecturer is appropriate. This can be seen from the diagram above which shows that students who think the assignments given by lecturers are right there are as many as 76.6% of students and students who think otherwise that the tasks given by lecturers are not or have not been right as many as 23.4% of the total respondents. This shows that there is still a high awareness of students in studying because the tasks given by lecturers are responsibilities and can support learning if given with the right portion.

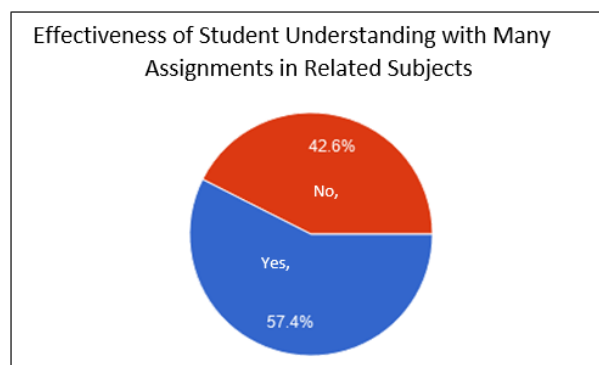


Figure 6 The Effectiveness of Student Understanding with the Number of Tasks in Related Courses

However, if the portion of assignments given is excessive or inappropriate, students tend to experience ineffectiveness in understanding related courses. In the diagram above, there is a fairly small percentage difference when we ask UINSU students whether the number of assignments is effective for students' understanding of related courses. From the results we obtained, as many as 57.4% of students think the number of tasks is effective for their understanding of a course, while 42.6% of others think that the number of tasks is not effective in supporting students' understanding of related assignments courses, such as Che Ranny Dellmasyura Faota's opinion, "Not at all, because from assignments we can cheat and that in my opinion is not effective in making students understand what material is being studied", while Rakha Efriza's opinion is the opposite, "Yes because we practice more often".

Therefore, it can be concluded that a student's understanding of a course depends not only on the number of assignments given but also on the type of assignments given, as Dito Putratama argued, "The ability to understand courses also depends on what kind of tasks are given by lecturers." Then, another opinion related to the influence of the number of assignments on the ability of students to understand the course, such as from Dian Demak Dominica, "If from the DKV study program itself, it affects the ability because there are many practices in DKV, drawing practice is more precise, so the more often we practice, the more proficient we are in drawing." This correctly proves that not only the quantity of assignments given but the type or quality of assignments also affects students' understanding in understanding a course.

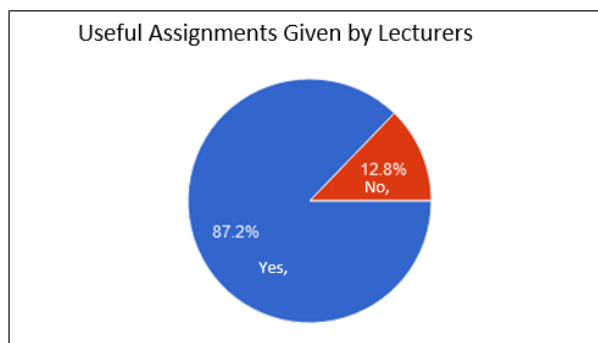


Figure 7 Level Students Think Assignments Given by Lecturers Are Helpful

Not only the tasks given by lecturers are appropriate, but the majority of students agree that the tasks given by lecturers are useful. In the diagram above, as many as 87.2% of students agree and 12.8% of students disagree that the assignments given by lecturers are useful. This shows that many students think the assignments given by lecturers are useful in student academics even though the number of assignments sometimes affects students' eating and sleeping patterns disrupted that which can cause students stress and eventually students' physical health is affected because of the many coursework given.

CONCLUSION

In addition to actively studying and other activities, having many coursework is common in student life. Duties are the obligations and responsibilities of students. Students are required to do assignments well to get good grades as well. However, the number of assignments often makes students forced to stay up late and eat late because they focus on the task at hand. This makes students often feel stressed because of disturbed sleep and eating patterns plus feeling under pressure in the form of college assignment responsibilities and worries about the results of the assignments done.

Disturbed eating and sleeping patterns are closely related to some students because their activities tend to be dense in addition to doing assignments. Students also have other activities, both active on and off campus, as well as activities at home. Tasks given with inappropriate portions can interfere with students' physical and mental health. As a student, physical and mental health is important to be maintained in supporting student lectures so that students can complete their education well and optimally. There is also good time management that can support students in achieving their life goals. If assignments are given with the right portion to students, students can better maintain their health so that they launch student lectures to the end. Therefore, students are expected to be able to manage their time well between lectures and other activities to avoid stress and disrupted physical health.

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