

## The Relationship between Peer Support and Anxiety Levels in Writing Students' Theses

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### ABSTRACT

**Introduction:** Final-year students often face anxiety, which can be alleviated through peer support.

**Objective:** This study aims to determine the relationship between peer support and anxiety levels during thesis preparation among final-year students of the Applied Bachelor Program in Anesthesia Nursing at Universitas Harapan Bangsa.

**Methods:** This research employs a quantitative method with a cross-sectional design. Stratified random sampling was used to select 115 students. Data were collected using a questionnaire distributed via Google Forms.

**Results:** The results indicate that 61 students (52.6%) reported moderate peer support, and 92 respondents (79.3%) experienced moderate anxiety levels. Spearman's rank correlation test revealed a relationship between peer support and anxiety levels during thesis preparation, with a negative coefficient indicating that increased peer support is associated with decreased anxiety ( $p$ -value 0.001,  $CC -0.310$ ).

**Conclusion:** In conclusion, peer support is significantly related to anxiety levels.

**Keywords :** Anxiety Levels , Final-Year Students , Peer Support

## INTRODUCTION

Student is participant educate on level Education Tall And is something group inhabitant non-governmental Indonesian state that has attention And role in field Education High . Student considered own level of thinking more tall from a student Good in pattern think and planning , every student own three skills complement that is action fast accurate in decide something state , thoughts critical And own demands academic on student level end (1).

Student level end will confronted with task or demands in settlement task end . One of the task end student in form thesis . No seldom student postpone writing thesis , not yet Again demands of parents who ask for his son finished appropriate time so that thesis become burden special from students . Students face various disturbance psychological like stress , panic , fear , depression , confusion , frustration , including anxiety Because lack of knowledge in compile strategy moment do thesis (2).

Anxiety And stress is two conditions that often overlap related , but own important difference . Anxiety is feeling fear that is not clear the object And No clear the cause . While stress is connection between individual with the environment , which is assessed individual as need or inability face threatening situation or dangerous (3).

Anxiety arise from various factors , internal factors and external factors external in compile task end . Internal factors are marked all something that exists in self individual factors the can in the form of lack of trust self , fear will failure , and experience negative in the future then . Factor other is factor external which includes support social from parents , and Friend peers (4).

Support Friend peers is giving support in the form of morals, spirituality, attention , and information that can increase intensity behavior on time certain . Support from Friend peers to student level end give impact positive in increase coping positive . Suggestions in face current problems experienced And support emotional in the form of attention that can avoid student from feeling saturated , stressed , broken hope And easy give up ( 5).

Based on results pre-survey on January 25 , 2024 on student Anesthesiology at the University Hope Nation , 8 out of 10 students said get support tall from Friend peers experience anxiety medium , 2 students with support low from Friend peers experience anxiety tall .

## MATERIALS AND METHODS

This research use quantitative research methods with design *cross-sectional* , The research was conducted at the Universitas Harapan Bangsa, Indonesia on June 21st until June 30 , 2024. Population in the research, namely student Degree program Applied Nursing Anesthesiology University Hope Nation with amount population as many as 161 students with sampling technique using *stratified random sampling* as many as 115 students / i . Criteria inclusion is student anesthesiology and , take task end thesis criteria exclusion is students who take PKM ( Community Service) To Society ). Independent variable is support Friend peers . Variables dependent is level anxiety . Instruments used is questionnaire support Friend peers And level spread anxiety through *Google Form link* . Test Analysis statistics use test Spearman rank analysis with SPSS assistance . This research Already get agreement ethics from Commission Health Research Ethics University Hope Nation with Decree No. B.LPPM-UHB/603/06/2024.

## RESULTS

**Table 1 Frequency Support Friend Peers On Undergraduate Students Applied Nursing Anesthesiology**

Support Friend Peers	Frequency (f)	Percentage (%)
Low	47	40.9
Currently	61	53.0
Tall	7	6.1
Total	115	100.0

Table 1 shows that majority respondents as many as 61 ( 52.6 % ) have support Friend peers who are And only 7 respondents (6.0%) have support Friend high peers .

**Table 2 Frequency of Anxiety Level On Undergraduate Students Applied Nursing Anesthesiology**

Anxiety Level	Frequency (f)	Percentage (%)
Worried light	4	3.5
Worried	92	80.0
Currently		
Worried Heavy	19	16.5
Total	115	100.0

Table 2 shows that part A large number of 92 respondents (79.3 % ) experienced level anxiety moderate , while 4 respondents (3.4%) who have level anxiety light . This data show that majority respondents tend experience level moderate anxiety until high , with proportion anxiety significant weight .

**Table 3Results of Bivariate Test of the Relationship between Peer Support and Anxiety Levels in Writing Theses of Students in the Applied Undergraduate Program in Anesthesiology Nursing**

Peer Support	Anxiety Level						Total	CC	P-value			
	y											
	Light		Currentl		Heavy							
	F	%	F	%	F	%	F	%				
Low	2	1.7	30	26.1	15	13.0	47	40.9				
Currently	1	0.9	56	48.7	4	3.5	61	53.0	-.310 0.001			
Tall	1	0.9	6	5.2	0	0.0	7	6.1				
Total	4	3.5	92	80.0	19	16.5	115	100.0				

Table 3 shows results test correlation *rank spearman* to connection support Friend peers with level anxiety obtained mark *Correlation Coefficient* (CC) between support Friend peers with level anxiety is -0.310 with mark *p-value* of 0.001 indicates that there is significant relationship between both variables. Value negative correlation indicates that the more tall support Friend peers so level anxiety will the more low And on the contrary . Findings This can interpreted that support social Friend peers play a role important in reduce level anxiety individual , the important thing in context thesis or situation academic other .

## DISCUSSION

### **Support Friend Peers On Undergraduate Students Applied Nursing Anesthesiology University Hope Nation**

Table 1 shows that the majority of respondents, 61 (52.6%), had moderate peer support and only 7 respondents (6.0%) had high peer support.

The results of this study are in line studies previously found that in 2023, at Kertosari 2 Public Elementary School, 29 respondents (55.8%) reported having social support from peers. This peer social support refers to an individual's assessment of the positive assistance or support received from friends who are close in age or the same age, so that the individual feels valued, cared for, and loved. (6)

Research result also showed that the results of research on peer social support at STIKes Piala Sakti Pariaman showed that the majority of respondents, namely 62.2%, received social support from their friends. Social support helps individuals feel more capable of facing challenges when carrying out various activities. For example, for students who are writing a thesis, social support can help them manage stress, reduce anxiety levels, and increase their efforts to achieve predetermined goals or objectives. (7).

### **Anxiety Level On Undergraduate Students Applied Nursing Anesthesiology University Hope Nation**

Table 2 shows that the majority of the 92 respondents (79.3%) experienced moderate levels of anxiety, while 4 respondents (3.4%) experienced mild levels of anxiety. These data indicate that the majority of respondents tended to experience moderate to high levels of anxiety, with a significant proportion experiencing severe anxiety.

The results of this study are in line with A study showing results in data categorization, that the category with the lowest percentage is the low category, followed by the high category, and the medium category. This finding indicates that the majority of students working on their thesis experience quite high levels of anxiety. This anxiety is a subjective feeling that arises due to challenges that are perceived as threatening and difficult to control. (8).

Studies previously also showed that 21 respondents or 39.6 % experienced moderate levels of anxiety. This anxiety is an emotional state that causes feelings of tension and worry that something bad will happen. This condition often leads to irrational thought patterns and intense emotional responses. (9).

## **Connection Support Friend Peers With Anxiety Level In Compilation Thesis Undergraduate Students Applied Nursing Anesthesiology University Hope Nation**

Table 3 shows results test Spearman's rank correlation is *The Correlation Coefficient* (CC) is -0.310 with a p-value of 0.001 (<0.005). This show existence significant relationship And opposite direction between support Friend peers And level anxiety on students who are currently compile thesis , Relationship opposite direction that is connection backwards between two variables, meaning , the more tall support Friend peers , tend to level anxiety student will more low , and on the contrary . Findings This inform that support social from Friend peers play role important in reduce level possible anxiety arise during the drafting process thesis .

This research in line with studies previously shown The results of the analysis using Spearman's Rank correlation obtained a value of  $p_{xy} = -0.134$  with a significance of  $p = 0.034$  (<0.05 ) . This negative correlation value indicates a negative relationship between social support and anxiety, namely the higher the social support received by students, the lower their level of anxiety, and vice versa, the lower the social support, the higher the anxiety felt. These results support the hypothesis proposed by the researcher, which states that there is a negative relationship between social support and anxiety in the thesis writing process among students of the Faculty of Psychology and Education, Muhammadiyah University of Sidoarjo. (10).

Other research also shows that the results of the analysis indicate that most students with high peer social support experience normal anxiety, with a total of 56 respondents (26.3%), while the majority of students with low peer social support experience very severe anxiety, with a total of 60 respondents (38.5%). The Pearson Chi-Square statistical test produces a p value = 0.022, which is less than 0.05, so  $H_0$  is rejected and  $H_a$  is accepted. This shows that there is a significant relationship between peer social support and anxiety levels in final year students who are writing their thesis during the pandemic at the University of Riau. (11).

## **CONCLUSION**

Based on research results , can concluded part large 61 respondents (52.6 % ) own category support Friend peers currently And only 7 respondents (6.0%) have support Friend tall peers . The highest level of anxiety found 92 respondents (79.3 % ) experienced level moderate anxiety And only 4 respondents (3.4%) experienced anxiety light . Results Analysis show results *p-value* of 0.001 (<0.05) which means There is connection between support Friend peers with level anxiety whereas *Correlation Coefficient* (CC) of -0.310 which means opposite , if support Friend peers increase so level anxiety decrease

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