

## ABSTRACT

### ANALYSIS OF FACTORS INFLUENCING STRESS LEVEL AMONG COLLEGE ORGANIZATIONAL ACTIVISTS AT FACULTY OF HEALTH SCIENCES UNIVERSITAS JENDERAL SOEDIRMAN

*Dian Novita Sari<sup>1</sup>, Ridlwan Kamaluddin<sup>2</sup>, Wahyudi Mulyaningrat<sup>3</sup>*

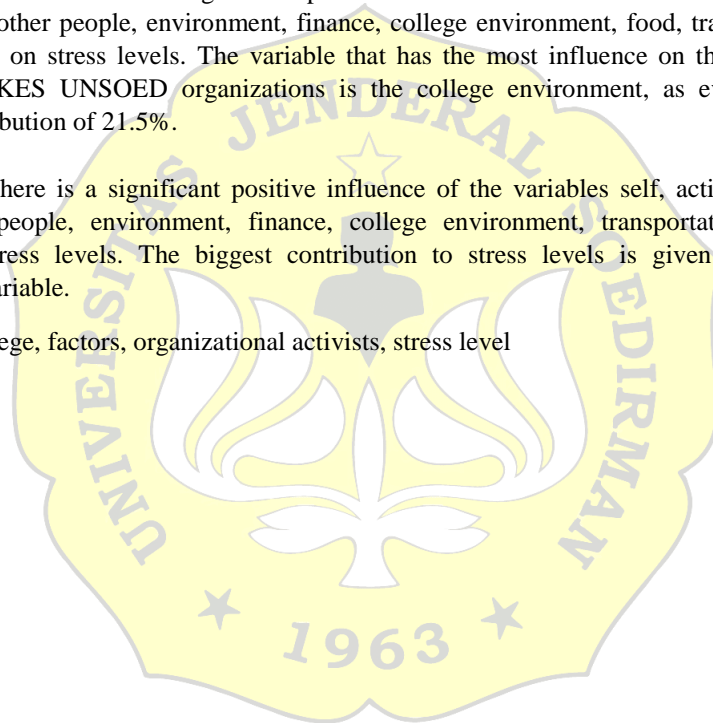
**Background:** In the college environment, there are various student organizations that are active in various activities and programs. College organizational activists play an important role in managing activities, but they often face high pressure and stress levels.

**Methodology:** This research uses the classical assumption test method, F test, T test, and multiple linear regression analysis, data collection used a simple random sampling technique using a questionnaire distributed to 288 organizational activists in FIKES UNSOED.

**Research Results:** There is a significant positive influence of the variables self, activity, self safety, health, other people, environment, finance, college environment, food, transportation, and health together on stress levels. The variable that has the most influence on the stress level of activists in FIKES UNSOED organizations is the college environment, as evidenced by the effective contribution of 21.5%.

**Conclusion:** There is a significant positive influence of the variables self, activity, self safety, health, other people, environment, finance, college environment, transportation, and health together on stress levels. The biggest contribution to stress levels is given by the college environment variable.

**Keyword:** college, factors, organizational activists, stress level



<sup>1</sup>Student of the Nursing Department, Faculty of Health Sciences, Universitas Jenderal Soedirman

<sup>2&3</sup>Lecturer of the Nursing Department, Faculty of Health Sciences, Universitas Jenderal Soedirman