

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

From the research results it can be conclude that;

1. The majority of respondents in this study were female respondents at 64.6% (186 respondents) with the age range of respondents being almost evenly distributed with the majority of respondents aged 20 at 29.2.% (84 respondents). The majority of respondents had grade event point >3,50 as much as 49.3% (142 respondents). The majority of respondents is come from department of public health namely 30.2% (87 respondents). Most respondents were currently taking semester 5, namely 35.1% (101 respondents).
2. Self has a positive influence on the stress level of FIKES UNSOED organizational activists.
3. Activity has a positive influence on the stress level of FIKES UNSOED organizational activists.
4. Self safety has a positive influence on the stress level of FIKES UNSOED organizational activists.
5. Health has a positive influence on the stress level of FIKES UNSOED organizational activists.
6. Other people has a positive influence on the stress level of FIKES UNSOED organizational activists.
7. Environment has a positive influence on the stress level of FIKES UNSOED organizational activists.
8. Finance has a positive influence on the stress level of FIKES UNSOED organizational activists.
9. College Environment has a positive influence on the stress level of FIKES UNSOED organizational activists.
10. Food has a negative influence on the stress level of FIKES UNSOED organizational activists.
11. Transportation has a positive influence on the stress level of FIKES UNSOED organizational activists.

12. Health has a positive influence on the stress level of FIKES UNSOED organizational activists.
13. Variables self, activity, self safety, health, other people, environment, finance, college environment, food, transportation and health provide an effective contribution of 99% to stress levels and 1% is given by other variables not discussed in this research. The variable that has the greatest influence on stress levels is the college environment variable.

B. Suggestion

After conducting this research, the suggestions put forward by researchers are:

1. For institutions, faculties, or departments, it is hoped that this can be used as a basis for determining appropriate strategies on how to increase knowledge with the aim to maintain stress level of organizational activists in the Faculty of Health Sciences Universitas Jenderal Soedirman.
2. Respondents who have low stress levels are able to maintain their stress levels. Then respondents with moderate and high levels of stress were able to reduce their stress levels with a good understanding of the sources of stress and factors that influence stress. Then we hope to be able to determine appropriate stress coping to make the stress level lower.
3. It is hoped that future researchers can develop this research by examining each factor that influences stress levels in this research, so as to expand understanding of this topic.