

## CHAPTER V: CONCLUSIONS AND SUGGESTIONS

### A. Conclusion

The majority of respondents were between 18 and 23 years old, with a median age of 20 years old, and were dominated by women (73%), in line with the composition of the BEM Unsoed board, the majority of which are also women. Respondents came from 11 faculties, with FISIP being the largest and Faculty of Animal Husbandry the smallest. In terms of organisational involvement, most of the 2024 BEM Unsoed administrators are involved at a moderate level (68.87%), with acceptance of risk as an indicator that needs further attention. The organisational structure of BEM Unsoed 2024 is dominated by administrators with ministerial positions (88.89%). Regarding psychological conditions, most administrators experience stress in the normal category (67.55%), although high agitation still affects the level of severe stress. The anxiety level of administrators was dominated by the moderate category (37.09%), mainly caused by uncontrollable subjective symptoms, which impacted their well-being and work effectiveness. In addition, many administrators experienced moderate depression (36.42%), which was triggered by psychological factors and heavy workload.

Organisational positions were strongly associated with levels of stress, anxiety, and depression, with the president's circle position showing the highest levels of anxiety and depression, with many administrators in this position experiencing stress, severe anxiety (50%), and severe depression (50%). However, no significant relationship was found between intensity of organisational involvement and levels of stress ( $p=0.197$ ) and anxiety ( $p=0.280$ ), suggesting that other factors such as resilience, social support, and time management were more dominant in influencing these conditions. Furthermore, organisational engagement was also not significantly associated with depression levels ( $p=0.233$ ), where factors such as high personal standards and environmental expectations were more influential in depression risk. Overall, responses to stress, anxiety and depression are highly dependent

on how individuals interpret and respond to stressors, which are influenced by both internal and external factors.

## **B. Suggestions**

### **1. For Respondents**

Respondents are expected to pay more attention to time management between academic tasks and organisational activities. Using methods such as daily or weekly planning can help reduce procrastination tendencies and maximise performance in both academia and organisations. For respondents who experience disorders that lead to psychological problems such as symptoms of stress, anxiety, or depression, immediately seek social support. Start by talking to your closest friends or consulting with counselling guidance at Unsoed to ease the emotional burden felt.

### **2. For Research**

This study showed no significant relationship between organisational involvement and levels of stress, anxiety, or depression. Future research should examine stress management strategies for students who are active in organisations and further explore other factors that affect students' stress levels, such as self-states that include physical, psychological, and social.

### **3. For Education and Development of Nursing Science**

This research can be the basis for developing the science of mental and community nursing, especially related to the psychological well-being of students involved in organisations.

### **4. For Nursing Services**

Educational institutions should strengthen counselling services to support students' psychological well-being for student organisations, cluding programs to manage stress, anxiety, and depression with effective coping techniques.