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## SELF-HEALING AS A SOLUTION TO OVERCOME STRESS IN FINAL SEMESTER PHYSICAL EDUCATION STUDENTS AT UNIVERSITY

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**Abstract.** This study aimed to determine the effect of self-healing on the stress level of final students of sports education education at Muhammadiyah University of Jember. Self-healing is a process of treatment or healing that is carried out based on self-confidence and is also supported by the environment and also external factors. This study uses a quantitative method using a questionnaire instrument with a target of 20 participants from the sports education study program at Muhammadiyah University in Jember. The finding of this article is that the effect of self-healing is proven to be able to minimize stress levels when working on which students are often easily emotional, anxious, overthinking, and even difficult to digest material, therefore with self-healing students can be helped to reduce their burden of thought when working on a thesis. The results of the study showed that students of sports education class of 2021 Muhammadiyah University of Jember who were working on their thesis or final assignment experienced academic stress in the moderate category, namely 65%. Therefore, it can be concluded that the academic stress felt by students is due to themselves and there are demands from their surroundings, and because of this academic stress, students choose traveling or self-healing to reduce their mental burden.

**Keywords:** Self- Healing; stress; learning



## **INTRODUCTION**

College students are required to complete their studies as soon as possible. Usually at the end of the semester students get a thesis which is usually called a thesis. A thesis is a scientific paper that must be written by final year students as a requirement to complete their studies. The results of the researcher's observations of the 2021 class of sports education students at Muhammadiyah University of Jember, initially the subjects had great enthusiasm and motivation in working on their thesis because they wanted to finish their studies quickly, but during the thesis, their enthusiasm and motivation to study seemed to decrease along with the obstacles or difficulties faced during the preparation of the thesis and the educational environment plays an important role in shaping the psychological development of students (Nandang 2019).

The environment of a primary educational setting can be a source of problems for students (Rosyadi 2021). What is often experienced by final year students is feeling anxious in determining whether they graduate or not. The anxiety experienced by students makes students crave a sense of security comfort. and try to eliminate the anxiety. One effort that can be done to reduce anxiety is self-healing. A term based on the principle that a person can actually repair and heal his body through certain methods (Mulyono 2020). The method is the utilization of energy and body chakras based on the principle of balance. Chakras are something that is responsible for many aspects of health. Balanced chakras can ensure that one's entire physical system is functioning properly and one's mental health is also balanced (Wahyudi 2021).

When experiencing stress symptoms often go unnoticed because the initial phase of stress occurs slowly. Stress is experienced along with the development of symptoms and of course can disrupt and damage the environment where someone does activities, especially in the teaching and learning process. Learning is an activity of transferring information from teachers to students (Fatmawati 2021). While stress is the body's response to a situation that is considered difficult or threatening. This is a natural reaction that can motivate someone to face challenges, but excessive stress or prolonged can have bad effects physical and mental health and stress on that is often experienced by students can have a negative impact on their academic performance. The consequences of academic stress can be physical fatigue such as frequent fatigue, dizziness and feeling unwell, psychological fatigue such as being easily irritated, uncontrolled emotions, and

decreased motivation (Sudja 2021). At the same time, lazy behavior, procrastination, and sleep disturbances are shown. Therefore, students often use walking, eating, watching movies and self-healing (Mutohharoh,2022). Based on this, it is important for students to be able to cope with the stress they have by knowing the sources of stress and how to prevent or handle it. From the results of the questionnaire study conducted by researchers, the emergence of academic stress occurs most in the middle semester with 15 students answering that academic stress occurs in the middle of the semester. With the source of stress, 7 students answered that it was caused by environmental factors, and at most 12 students experienced stress due to excessive assignments.

This study was conducted to determine pengalaman self-healing in academic stress situations. The effects of academic stress include physical fatigue, such as often feeling unwell, often tired and even dizzy, psychological fatigue, irritability, easily provoked emotions, difficulty concentrating, often feeling anxious and decreased motivation. Self-motivation is the desire to act within a person. This drive is within a person, which makes him do something that is in accordance with his inner drive. The forms of motivation that humans have are different, such as learning motivation, work motivation, and achievement motivation (Heriyono,2021). Motivation plays an important role in determining the level of effort and perseverance of a person in achieving a goal. With the right motivation, a person can overcome obstacles, stay committed and achieve success in various areas of life.

## **METHOD**

The method used in this study is a qualitative descriptive method or research that aims to describe phenomena that occur in the field. Qualitative descriptive methods are flexible and can be adjusted to the situation and conditions in the field. (Lindawati, 2016). This approach allows researchers to adjust research strategies according to the needs and results that emerge during the research process. In the study using a questionnaire to obtain research data. While the population in this study were final semester students totaling 20 students of the physical education study program who were working on their thesis or final assignment. This method aims to determine the level of stress of students in facing lectures so far, and to find out how they reduce stress. Data collection procedures: Surveying the objects or students to be studied. (1) Create some questions

and form them into a google form to get the questionnaire results; (2) Then distribute them to students to be answered. (3) After the form is answered by the students, the results will go directly to the researcher's drive; (4) And the results of the data that has been answered will immediately produce the number and percentage of students in the form of a table; (5) After that, the researcher will report or compile the results of the questionnaire.

## **RESULT AND DISCUSSION**

This research was conducted on students of sports education class of 2021 of Muhammadiyah University of Jember, with 20 respondents. It began with the distribution of a Google form containing several questions and produced the following questionnaire data:

**Table 1.** Stress experience data

Description	Amount	Presentation
Often	1	5%
Sometimes	13	65%
Seldom	6	30%

From the questionnaire research conducted by the researcher on 20 student subjects, the results obtained were that 1 student experienced academic stress with a percentage of 5% in the frequent category, 13 students with a percentage of 65% in the sometimes or moderate category, and 6 students with a percentage of 30% rarely experienced stress.

**Table 2.** Data on sources of academic stress

Description	Amount	Presentation
Surrounding Environment	7	35%
Lecturer	1	5%
Overloaded Tasks	12	60%

Next, in table 2 there is data showing the sources of academic stress in students, of which 7 people with a percentage of 35% answered because of environmental factors, 1 person with a percentage of 5% answered because of the lecturer, and 12 other people with a percentage of 60% answered because of excessive assignments.

**Table 3.** Data on the time of occurrence of academic stress in lectures.

Description	Amount	Presentation
Early Semester (1-3)	3	15%
Early Semester (4-7)	15	75%
Final Semester (>8)	2	10%

In table 3 there is also a time that shows the occurrence of academic stress in lectures, where students answered, 3 people answered the early semester (1-3) with a percentage of 15%, while 15 people answered the middle semester (4-7) with a percentage of 75%, and 2 other people answered semester (>8) with a percentage of 10%.

**Table 4.** Data on the impact of academic stress

Description	Amount	Presentation
Physical Fatigue	6	30%
Psychological Fatigue	11	55%
Behavioral Fatigue	3	15%

Data table 4 shows the impact of academic stress itself which produces a percentage of 30% with A total of 6 students answered due to physical fatigue, and 11 students with a percentage of 55% answered psychological fatigue, while 3 students with a percentage of 15% answered due to behavioral fatigue.

**Table 5.** Data on how to reduce academic stress

Description	Amount	Presentation
Traveling	10	50%
Watching movies	0	0%
Self Healing	10	50%
Eat	0	0%

In Table 5 there are ways to reduce academic stress with answers where students with the same number of 10 people answered traveling and 10 others answered self-healing, with a percentage of 50% each. This study was conducted to determine the experience of self-healing in academic stress situations. The effects caused by academic stress are physical fatigue, such as often feeling unwell, often tired and even dizzy, psychological fatigue is easily angered, easily provoked, difficulty concentrating, often feeling anxious and decreased motivation. While the behavior shown is laziness lazy, often delay work, even have difficulty sleeping. Based on the data students often face

academic, social, and personal pressures that can increase their stress levels and the way students reduce academic stress is by traveling, self-healing such as me time or calmly explaining the source of the problem. And from these data it can be seen that the current level of student stress must be prevented and anticipated early on, poor stress management can cause new problems that can complicate their academic activities, Academic stress refers to the pressure experienced by a person in an academic environment, especially those related to course requirements, exams, assignments, and other academic expectations.

This is a common problem among students. Of the many sports education students of the 2021 class of Muhammadiyah University of Jember. they have their own ways to reduce the level of stress they are facing, and from the data that has been studied they more often travel and self-heal. For traveling itself is an activity that involves moving from one place to another with a specific purpose, such as for a vacation, work, education, or exploration. This includes a variety of activities such as transportation, accommodation, and cultural experiences that allows one to explore and experience different places in the world. And traveling is a fantastic way to enrich one's life, broaden one's horizons, and experience the incredible diversity of the world. It can also be a significant source of inspiration, learning, and personal growth for many people. while self-healing itself refers to the process by which a person actively participates in an effort to restore, repair, or improve their physical, emotional, mental, or spiritual state. It encompasses a variety of practices and strategies aimed at improving overall well-being without significant external intervention. And Self-healing is a psychological term that is now widely discussed in today's society and on social media, Instagram, Twitter, WhatsApp, podcasts, YouTube and is becoming a new psychological trend.

Human life is often faced with various frictions, conflicts or life problems that are continuous. If not answered correctly, it will lead to mental health disorders. One way to overcome mental disorders is with self healing (Harefa 2022), Self-healing or self-healing is a process in which a person takes action to improve or recover health, whether physical, mental, or emotional. This concept includes a variety of techniques and practices that help a person strengthen themselves to cope with stress, trauma, or other health problems. Self-healing is not a substitute for medical care needed in serious health conditions, but it can be a powerful complementary approach to improving quality of life and overall well-

being. Meanwhile, this study shows that academic stress has 2 factors, namely: external factors, and internal factors.

External factors:

1. Academic demands: Heavy workloads, tight deadlines, and pressure to achieve good academic results can cause significant stress for students.
2. Financial problems: Financial difficulties, including high tuition fees, living expenses, or working part-time to finance education, can add to the stressful financial pressures.
3. Social environment: Interpersonal conflict, loneliness, or relationship problems with peers or teachers can cause significant social stress.
4. Social support: Lack of support from family, friends or social environment support can also increase the risk of stress in students.
5. Life changes: Significant life transitions, such as moving to a new university, moving to another city, or major changes in personal life, can add stress due to the adjustments required.

Internal factors:

- 1) Mental and emotional health: Stress, anxiety, and pressure can be very high, especially when working on a thesis or dissertation.
- 2) Overthinking: Is an act of thinking carried out by students excessively, so that it can result in the emergence of negative thoughts that are not needed, resulting in the emergence of symptoms and behaviors that interfere with expectations (Riski 2023). Unrealistically having too high expectations of yourself or your parents can increase pressure and stress. Procrastination, the habit of putting off work and assignments, can increase the amount of work that must be completed in a short time, which can ultimately cause stress.

There are also impacts of academic stress itself, such as: physical fatigue, psychological fatigue, and behavioral fatigue:

1. Physical fatigue: Definition: Physical fatigue occurs when the body's energy and strength decrease after excessive physical activity. Symptoms: Includes weakness, fatigue, muscle pain, and reduced physical ability. A person may have difficulty performing daily physical tasks. Causes: Causes can be due to excessive physical activity, lack of sleep, poor diet or some diseases. Psychological fatigue: Definition: Psychological fatigue is fatigue related to a person's mental and emotional state. Symptoms: Includes

stress, anxiety, depression, difficulty concentrating, and loss of motivation. A person may feel irritable or mood swings. Causes: due to work stress, personal problems, heavy emotional burdens, or mental health disorders.

2. Behavioral fatigue: Definition: Behavioral fatigue is fatigue that affects a person's behavior and interactions with their environment. Symptoms: Include changes in sleep, eating, and daily activity patterns, decreased productivity, and withdrawal from social interactions. The person may become less enthusiastic and tend to avoid tasks that are usually done. Causes: This is often caused by a combination of physical and mental fatigue, as well as environmental stressors. These three types of fatigue are interrelated and can affect each other. It is important to recognize the signs of this fatigue and take steps to overcome it, such as getting enough rest, eating healthy foods, and seeking support dari orang tersayang atau profesional.

## **CONCLUSION**

The results of the study showed that students of sports education class of 2021 Muhammadiyah University of Jember who were working on their thesis or final assignment experienced academic stress in the moderate category, namely 65%. Therefore, it can be concluded that the academic stress felt by students is due to themselves and there are demands from their surroundings, and because of this academic stress, students choose traveling or self-healing to reduce their mental burden. Because the impact of academic stress itself is negative where students often get emotional, anxious, overthink, and even have difficulty digesting material.

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