

Hubungan antara keeratan ikatan keluarga dan stres akademik dengan tingkat kecemasan, harga diri, dan ide bunuh diri Mahasiswa Keperawatan = The Relationship between family relationship and academic stress with levels of anxiety, self-esteem, and suicidal ideation among Nursing Students

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Abstrak

Mahasiswa tingkat akhir, khususnya mahasiswa keperawatan, rentan mengalami masalah kesehatan mental karena berada pada tahap dewasa muda dan menghadapi tekanan akademik yang lebih tinggi dibandingkan dengan mahasiswa lainnya. Stres akademik dapat meningkatkan kecemasan, menurunkan harga diri, dan memicu ide bunuh diri. Sementara itu, keeratan ikatan keluarga dianggap sebagai faktor protektif terhadap dampak negatif tersebut. Penelitian ini bertujuan untuk menganalisis hubungan antara keeratan ikatan keluarga dan stres akademik dengan tingkat kecemasan, harga diri, dan ide bunuh diri mahasiswa keperawatan tingkat akhir di Jakarta. Desain penelitian menggunakan cross-sectional dengan pendekatan kuantitatif yang melibatkan 108 mahasiswa S1 keperawatan tingkat akhir yang berkuliah di Jakarta. Data diambil menggunakan kuesioner data demografi, Index of Family Relation, Student Life-Stress Inventory, Depression Anxiety Stress Scale-21, Rosenberg Self-Esteem Scale, dan Scale for Suicide Ideation. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara keeratan ikatan keluarga dan stres akademik dengan tingkat kecemasan. Namun, tidak ditemukan hubungan pada harga diri dan ide bunuh diri. Penelitian ini diharapkan dapat memberikan kontribusi bagi pengembangan intervensi berbasis keluarga dan penanganan stres akademik mahasiswa di lingkungan kampus.

.....Final-year students, particularly nursing students, are vulnerable to mental health issues as they are in the young adult stage and face higher academic pressure compared to other students. Academic stress can increase anxiety, lower self-esteem, and trigger suicide ideation. Meanwhile, family relationship is considered a protective factor against these negative effects. This study aims to analyze the relationship between family relationship and academic stress with levels of anxiety, self-esteem, and suicide ideation among final- year nursing students in Jakarta. The study employed a cross-sectional design with a quantitative approach involving 108 final-year undergraduate nursing students studying in Jakarta. Data were collected using demographic questionnaires, Index of Family Relation, Student Life-Stress Inventory, Depression Anxiety Stress Scale-21, Rosenberg Self-Esteem Scale, and Scale for Suicide Ideation. The results revealed a significant relationship between family relationship and academic stress with levels of anxiety. However, no significant relationship was found with self-esteem and suicide ideation. The results of this study can be used as a basis consideration for family-based interventions and the management of academic stress among students in campus environments.