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ABSTRACT

(Nunito, font size 9, Justify) Self-disclosure is a person's ability to express problems and personal experiences to get a positive response so that a person is able to reduce stress levels. The results of the initial survey showed that 48.9% of students experienced severe stress and 51.1% experienced mild stress.

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INTRODUCTION (Center, size 12, Nunito)

(Justify, size 11, Nunito) Stress is an individual's inability to cope. Stress occurs due to a discrepancy between the desired situation and what is expected. The discrepancy in question is the individual's biological, psychological and social conditions to the desired situation caused by uncontrolled physical, environmental and social demands.(Barseli & Ifdil, 2017). WHO stated that the incidence of stress in the world reached the 4th rank and experienced quite high stress where almost more than 350 million people in the world experienced stress(Ambarwati et al., 2017).

Seeing the problems that occur in students who are working on their thesis, it takes the right way to reduce the possibility of stress. Lazarus and Folkman (Gamayanti, 2018). There are five reasons for self-disclosure according to Derlega and Grzelak: (1) Expression, with self-disclosure, humans can express their feelings. (2) Self Clarification, by telling the feelings and problems experienced, a person can gain understanding from other people so that they can find a solution to a problem (3) Social Validation, after self-disclosure the listener will give a response, thus will get an information that beneficial. Fourth, Social Control, individuals will give beliefs or ideas that will form a good impression about themselves,Syafei, I. (2018).

METHOD (Center, size 12)

(Justify, size 11, Nunito) This type of research uses correlation research with a cross sectional design. Where the research design emphasizestime`measurement / observation of independent and dependent variable data only once at a time.The cross sectional approach is a type of research that emphasizes the measurement time or data observation of the independent and dependent variables only once. The population in this proposal is a final year student at STIKes Santa Elisabeth Medan with a total of 169 people. The sampling technique used in this proposal uses a proportional sampling technique. In proportional quota sampling, researchers sample subjects for each category of sample characteristics in proportionate amounts according to the composition of these characteristics in the population (Bhisma Murti, 2015). The number of

samples in this study were 61 respondents. The type of instrument used in this research is a questionnaire.

RESULTS AND DISCCUSION (Center, size 12)

Demographic characteristics of respondents

Table 1. Distribution of Characteristics of Respondents Based

Characteristics	Frequency (f)	Percentage (%)
Age		
20 – 21 years	43	73.8
22 – 23 years	16	26.2
Total	61	100
Gender		
Man	8	13.1
Woman	53	86.9
Total	61	100

Based on table 1 Distribution of the frequency of respondents from 61 respondents, it was found that the age data of the majority of respondents aged 20-21 years were 43 people (73.8%), the minority aged 22-23 years were 16 people (26.2%). Respondent data based on gender found the majority of women as many as 53 people (86.9%) and male minority as many as 8 people (13.1%).

Self DisclosureFor Final Year Students

(Justify, size 11, Nunito) Distribution of Self Disclosure Frequency to Final Year Students who are Working on Thesis at STIKes Santa Elisabeth Medan Academic Year 2021

Table 2. Self Disclosure For Final Year Students of Stikes Santa Elisabeth Medan in 2021

S1 Nursing		
Variable	n=40	%
Tall	33	82.5
Low	7	17.5
D3 Nursing		
Variable	n=10	%
Tall	5	50.0
Low	5	50.0
D3 Midwifery		
Variable	n=11	%
Tall	6	54.5
Low	5	45.5

(Justify, size 11, Nunito) Based on the table above, the distribution of the frequency and percentage of self-disclosure for final year students/I students who are preparing thesis in 2021, it was found that self-disclosure for final year students/I study program Nurses in the academic stage was obtained in the high category as many as 33 (82.5%) and the low category as much as 7 (17.5%). In the D3 Nursing study program, 5 (50.0%) high categories were obtained and 5 (50.0%) low categories were obtained. In the D3 Midwifery study program, 6 (54.5%) high categories were obtained and 5 (45.5%) respondents were in the low category.

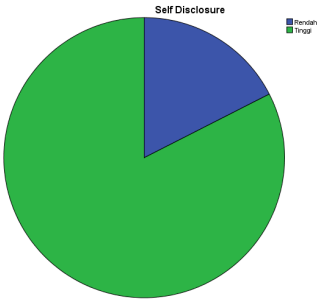


Figure 1. Distribution of Self Disclosure to Final Year Students

(Justify, size 11, Nunito) Based on Figure 1 the results of research conducted on final year students of the Academic Stage Nursing Study Program at STIKes Santa Elisabeth Medan in 2021 from 40 respondents showed that the majority of respondents had high self-disclosure as many as 33 people (82.5%) and those who had low self-disclosure were 7 people. (17.5%). This shows that the majority of self-disclosure motivation in the Low category is 7 people (17.5%).

CONCLUSION (Center, size 12)

(Justify, size 11, Nunito) At the end of this study, the researcher describes several conclusions that can be drawn and suggestions based on the findings of the research. In general, the researcher concludes that the relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021. More specifically Specifically, researchers can draw the following conclusions Final year students at STIKes Santa Elisabeth Medan have high self-disclosure found as many as 44 respondents (72.1%) and those who have low self-disclosure are 17respondents (27.9%). Final year students at STIKes Santa Elisabeth Medan who experienced high levels of stress were found to be 15 respondents (24.6%) and who experienced a low level of stress as much as 46respondents (75.4%). Based on the results of the chi-square test, a p-value of 0.001 (p <0.05) can be concluded so that it can be concluded that there is a relationship between self-disclosure and stress levels in final year students in doing thesis at STIKes Santa Elisabeth Medan in 2021.

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