

THESIS

**THE EFFECT OF JOURNALING THERAPY AND SELF-COMASSION
TRAINING ON REDUCING STRESS LEVELS ACADEMIC
NURSING STUDENTS AND FINAL LEVEL
MIDWIFERY AT THE MINISTRY OF
HEALTH POLTEKKES
BENGKULU IN 2026**



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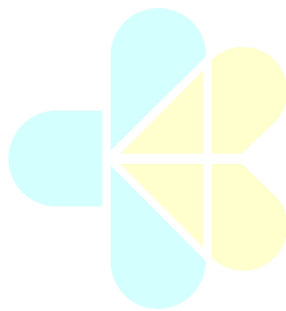
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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
MINISTRY OF HEALTH POLYTECHNIC OF HEALTH, BENGKULU
NURSING DEPARTMENT STUDY PROGRAM
BACHELOR OF APPLIED NURSING
ACADEMIC YEAR 2026**

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Submitted as one of the requirements to obtain a Bachelor of Applied Nursing
(STr) degree in the Bachelor of Applied Nursing Study Program, Nursing
Department, Poltekkes Kemenkes Bengkulu



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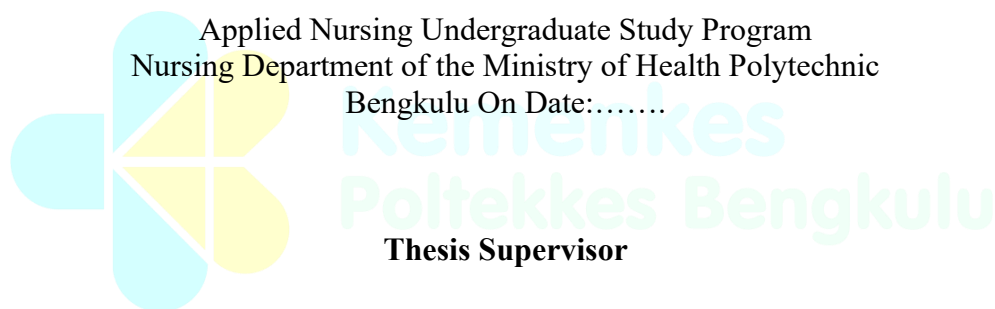
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I declare that this thesis is my own work (ORIGINAL), and the contents of this thesis do not contain any work that has ever been submitted by another person to obtain an academic degree at an educational institution, and to the best of my knowledge there are no works or opinions that have been written and/or published by another person, except those that are writtenly referred to in this manuscript and mentioned in the bibliography.

Thus this statement and I am willing to be responsible in accordance with the applicable provisions if it is later proven that there are elements of plagiarism in this thesis.

Bengkulu, July 15, 2026

That state,



Della Vanessa Agustin
Student ID Number P01720322010

OFFERING

God bless you بِالْعِبَادِ

"I leave my affairs to Allah. Indeed, Allah is All-Seeing of His servants."

QS. Ghafir [40]: 44

MOTTO

散ることを恐れず、咲き誇れ。

Chiru koto o osorezu, sakihokore.

"Don't be afraid to fall, bloom with all your heart."

OFFERING

The author dedicates this thesis to:

- ❖ Allah SWT, the One Who knows the hearts. Thank you for every lesson, blessing, and help from your prayers. It makes life easier when we surrender all our affairs to Him, but with the best of our efforts.
- ❖ To My Beloved Parents, Father H and Mother L. The most precious thing in this world for me is my parents, the figures who have been the supporters of the life-giving spirit of my soul, my parents who have been very meritorious in caring for and growing me with all my love, mother is the greatest woman in my eyes, mother whose life is filled with hard work, sweat and tears that have been shed all this time during the process of life that mother has gone through, thank you for growing and instilling all the good lessons and experiences for me, thank you for every prayer that mother gave until every difficulty I have become easier to overcome because of the prayers from mother for me, thank you for every support that mother gave so that I feel like I continue to rise when I fall and almost give up, and to my father who is my first love, thank you for all the support and encouragement that father gave, thank you for every hard work that father did so that I can be at this point, it is not easy to go through everything, thank you for trying everything, father. I dedicate this thesis with full love and sincerity as a form of gratitude for all the sacrifices and struggles that I will never be able to repay.

- ❖ My beloved brother, Arga Rizky Harliansyah, thank you for all your support so that my difficult college life becomes easier, thank you for being a good listener and always helping me when I'm down, always being a solution when my way out is stuck.
- ❖ My beloved and beloved grandmother, the late Rohama, even though she did not have time to accompany me to college, all the advice, experiences and lessons that she gave me will always be imprinted and carried forever, thank you for taking care of me and fulfilling my growth with love and affection, I who grew up with my grandmother gave me an unforgettable experience, thank you for every patience given, losing my grandmother is the biggest wound in my life but this all teaches me that living side by side with wounds does not always look bad, sometimes the process of this wound makes us become stronger individuals.
- ❖ Mr. Ns.Agung Riyadi, S.Kep., M.Kes My supervisor who always makes the journey of writing this thesis easier, thank you for all the patience you have given, always making the course of this guidance easier and always giving directions that make me feel that I must always be better and strive for the future, thank you for all the motivation, support, advice and also directions that are so meaningful for the journey in pursuing this education.
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- ❖ To my friends at school Cindy Farza, Lowra Sati, Tri Julianti, thank you for coloring my days at school, thank you for every support, laughter, and happiness, every time we spent felt very precious, thank you for being my best friend.
- ❖ Especially my best friends, Tasya Karina, Berlin Ramadhani, Diva Mahardika putri, Yanka Intania putri Thank you for being part of my journey during college, thank you for every happy and sad laugh that we have shared, thank

you for the time we spent together, when life feels hard we embrace each other making life and problems easier to live, thank you for being my encouragement when I fall, being a good listener when I am fragile and being a good advisor when I am confused, thank you for being my best friend.

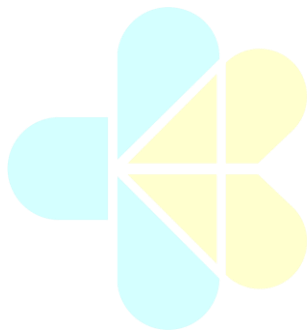
- ❖ To my beloved and beloved cat, Grey, thank you for accompanying me during my thesis and lectures, so that the fatigue I experience every day feels lighter when I see Grey's cute behavior, thank you for being the reason behind my laughter and thank you for being my strength in this journey, thanks to Grey I have become a braver and stronger person.
- ❖ To all my foster family, whom I cannot express one by one, thank you for the support you have given me. Thank you for being a family in this lecture.
- ❖ To my fellow students in the international class pioneering, thank you for your support, thank you for the teaching experience you have given, thank you for the togetherness and good family atmosphere so that the world of lectures feels fun and happy.
- ❖ To myself, Della Vanessa Agustin Thank you for surviving this far. Thank you for not choosing to give up even though I felt tired, doubtful, and wanted to quit many times. Thank you for believing that every effort, no matter how small, will lead to a long-dreamed goal. Thank you for choosing to persevere when things feel hard, keep moving when the road feels long, and keep believing even though the results are not yet visible. Today is not about who is faster, but about me who never stops. Hopefully after this I will always be given the courage to continue learning, growing, and becoming a better person. No journey is truly easy, but you managed to get through it with all the strength you have. For me who once felt unable, thank you for persisting. Thank you for choosing to get up every time you feel down, and keep going even though you often meet doubts. Not everyone knows your struggle, but God knows every prayer, every tear, and every effort you make. Today is proof that you are able to get through it all. Keep going. Your journey is still long, and this is only the beginning. It's okay if your pace is slower than others, because everyone has their own timeline. The important thing is that you don't stop. I'm proud of myself. Thank

you for trusting me in a process that isn't always easy. Hopefully, after this, I will not only become a more knowledgeable person, but also more humble, more useful, and closer to Allah SWT.

Bengkulu, July 15, 2025



Della Vanessa Agustin



Kemenkes
Poltekkes Bengkulu

FOREWORD

Praise be to God Almighty, prayers and greetings, the author offers thanks to the presence of God Almighty, thanks to His grace and gifts in the form of faith and health so that the author can complete the writing of a research thesis entitled "The Effect of Journaling Therapy and Self-Compassion Training on Reducing Academic Stress Levels of Final Year Nursing and Midwifery Students at the Ministry of Health Polytechnic of Bengkulu in 2026"

The author realizes that this research thesis could not have been completed without the assistance of various parties. The author has received much assistance, both in the form of information, data, and other forms. Therefore, he would like to express his deepest gratitude to:

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2. Mrs. Ns. Erni Buston, SST., M.Kes., Head of the Nursing Department, Bengkulu Ministry of Health Polytechnic
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4. Mr. Ns. Agung Riyadi, S.Kep., M.Kes as the first supervisor who has been willing to spend time, thoughts and energy to provide guidance and direction with full patience to the author in compiling this thesis.
5. Mr. Ns. Nehru Nugroho., S.Kep., M.Kep as the second supervisor who has been willing to spend time, energy and thoughts to provide guidance and direction with full patience to the author in compiling this thesis.

The author fully acknowledges that this thesis contains numerous errors and omissions, both in its writing and organization, and in its methodology. Therefore, he welcomes suggestions and guidance from various parties to further improve his work in the future. He hopes that this research thesis can serve as a reference for further research and be beneficial to all parties.

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BENGKULU IN 2026**

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ABSTRACT

Background: Academic stress in final-year health students is a problem that significantly impacts academic performance and psychological well-being. Emotion regulation-based intervention approaches such as journaling therapy and self-compassion training are gaining increasing attention due to their effectiveness in improving adaptive coping. **Objective:** To determine the effect of journaling therapy and self-compassion training on reducing academic stress levels in final-year nursing and midwifery students at the Poltekkes Kemenkes Bengkulu. **Method:** This study used a quasi-experimental pretest–posttest design with a control group. The sample was selected using a purposive sampling technique and divided into intervention and control groups. The intervention group received a combination of journaling therapy and self-compassion training for a certain period, while the control group received a standard intervention. Academic stress levels were measured using the validated Perceived Academic Stress Scale (PASS). Statistical analysis included normality tests, paired t-tests for intra-group analysis, and independent t-tests or Mann–Whitney U tests for inter-group analysis, with a significance level of $p < 0.05$. **Results:** There was a significant decrease in academic stress scores in the intervention group between pretest and posttest ($p < 0.001$), with a greater average decrease compared to the control group. Intergroup analysis showed a statistically significant difference in change scores between the two groups ($p < 0.05$), indicating a strong intervention effect. **Conclusion:** The combination of journaling therapy and self-compassion training is statistically and clinically effective in reducing academic stress in final year students. **Recommendation:** This intervention is recommended to be integrated into mental health promotion programs in higher education institutions as an evidence-based strategy.

Keywords: Academic stress, Journaling Therapy, Self Compassion Training, Nursing Students.

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OF FINAL-LEVEL NURSING AND MIDWIFFERY
STUDENTS AT THE POLTEKKES OF THE
MINISTRY OF HEALTH
IN BENGKULU IN 2026**

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ABSTRACT

Background: Academic stress among final-year health students is a significant issue that affects both academic performance and psychological well-being. Emotion regulation-based interventions, such as journaling therapy and self-compassion training, have gained increasing attention due to their effectiveness in enhancing adaptive coping strategies. **Objective:** To examine the effect of journaling therapy and self-compassion training on reducing academic stress among final-year nursing and midwifery students at Poltekkes Kemenkes Bengkulu. **Methods:** This study employed a quasi-experimental design with a pretest–posttest control group approach. Samples were selected using purposive sampling and divided into intervention and control groups. The intervention group received a combination of journaling therapy and self-compassion training over a specified period, while the control group received standard intervention. Academic stress levels were measured using the validated Perceived Academic Stress Scale (PASS). Statistical analysis included normality testing, paired t-test for within-group comparisons, and independent t-test or Mann–Whitney U test for between-group comparisons, with a significance level set at $p < 0.05$. **Results:** There was a significant reduction in academic stress scores in the intervention group between pretest and posttest ($p < 0.001$), with a greater mean reduction compared to the control group. Between-group analysis revealed a statistically significant difference in change scores ($p < 0.05$), indicating a strong intervention effect. **Conclusion:** The combination of journaling therapy and self-compassion training is statistically and clinically effective in reducing academic stress among final-year students. **Recommendation:** This intervention is recommended to be integrated into mental health promotion programs in higher education institutions as an evidence-based strategy.

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LIST OF ABBREVIATIONS

FIRE	: Indonesian Psychological Association
WHAT	: American Psychological Association
ASQ	: Academic Stress Questionnaire
ASS	: Academic Stress Scale
CFA	: Confirmatory Factor Analysis
COVID-19	: Coronavirus Disease 2019
DASS	: Depression Anxiety Stress Scale
GABA	: Gamma-Aminobutyric Acid
GAS	: General Adaptation Syndrome
GPA	: Grade-point average
KMO	: Kaiser-Meyer-Olkin
MSC	: Mindful Self-Compassion
Student ID Number	: Student ID Number
OSCE	: Objective Structured Clinical Examination
PASS	: Perception of Academic Stress Scale
PSS	: Perceived Stress Scale
SCT	: Self-Compassion Training
SSRI	: Selective Serotonin Reuptake Inhibitors
STS	: Strongly Disagree
TS	: Don't agree
UKOM	: Competency Test
WHO	: World Health Organization