

CHAPTER III

CONCEPTUAL FRAMEWORK, HYPOTHESES, AND OPERATIONAL DEFINITIONS

A. Conceptual Framework

The conceptual framework of a research study is the relationship between one concept and another in the problem being studied. The conceptual framework is derived from the scientific concepts/theories used as the basis for the research. The independent variables in this study are Journaling Therapy and Self-Compassion Training, while the dependent variable is the level of academic stress. This study aims to determine the effect of Journaling Therapy and Self Compassion Training on the level of academic stress in final year nursing and midwifery students at the Poltekkes Kemenkes Bengkulu.

Based on the theoretical basis, the researcher designed a scheme within the following conceptual framework:

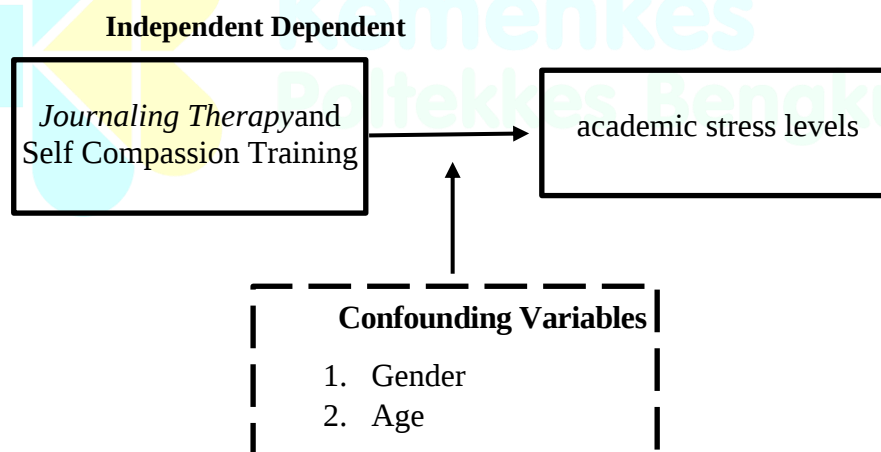
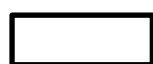


Chart 3.1 Conceptual Framework

Information:

-  : Variables studied
-  : Variables not studied
-  : Relationship of variables

B. Operational Definition

Table 3.1 Operational Definition

Variables	Operational Definition	Measuring instrument	How to Measure	Measurement Results	Scale
Independent Variables:					
Journaling Therapy and Self-Compassion Training	Journaling therapy was conducted by means of expressive writing for 15 minutes per session, four times a week, lasting for one week. In each session, participants were instructed to explore the sources of stress, and their deepest emotional experiences related to academic pressure. This was followed by group self-compassion training, consisting of four 15-minute sessions. Each session included psychoeducational elements.	SOUP <i>Journaling Therapy And Self-Compassion Training</i>	Observation	Measurement results are: 1. Given <i>Journaling Therapy And Self-Compassion Training</i> 2. Given Benson Therapy	Nominal
Benson Therapy	Relaxation techniques that involve breathing relaxation activities and focusing the mind on words that create a deep sense of calm, this therapy is carried out 4 times a week with a duration of 30 minutes for one week.				
Dependent Variable:					
Level Academic Stress	Responses perceived by students as mental stress resulting from the educational process.	Interview Sheet (PASS Questionnaire)	Interview (pretest before the intervention is given and post test after the intervention is given)	Academic stress level score With a moderate-severe score range (42-90)	Ordinal
Confounding Variables:					
Gender	Physiological and biological identity responden since birth	Sheet Questionnaire	Filling out the Questionnaire	1= male 2 = Female	Nominal
Age	Length of life respondents from birth to the time of the study	Sheet Questionnaire	Filling out the Questionnaire	Expressed in years.	Ratio

C. Research Hypothesis

Based on the description above, a research hypothesis can be formulated, namely:

Ha : There is an influence of Journaling Therapy and Self Compassion Training on reducing academic stress levels in final year nursing students at the Ministry of Health Polytechnic of Bengkulu in 2026.



