

CHAPTER VII

CONCLUSION AND SUGGESTIONS

A. Conclusion

Based on the results of research on the effect of Journaling Therapy and Self Compassion Training on reducing academic stress levels in final year nursing and midwifery students at the Ministry of Health Polytechnic of Bengkulu in 2026, it can be concluded that:

1. The characteristics of respondents in the intervention group and control group showed that the majority (97.2%) Respondents were female with an average age of 22 years.
2. In the intervention group, the average academic stress score before the intervention was 56.69 and decreased to 49.92 after the intervention. Meanwhile, in the control group, the average academic stress score before the intervention was 57.14 and decreased to 51.06 after the intervention.
3. There was a significant difference between academic stress scores before and after the intervention in both groups. In the intervention group, the difference was significant ($p = 0.0001$), while in the control group the difference was significant ($p = 0.0001$). Therefore, it can be concluded that there is an effect of providing Journaling Therapy and Self-Compassion Training on reducing academic stress levels in final-year nursing and midwifery students ($p = 0.004$).

B. Suggestion

Based on the research results and discussion, the researcher provides several suggestions to the relevant parties as follows:

1. For Students

Students are expected to be able to carry out Journaling Therapy and Self-Compassion Training themselves as a drug-free way to help overcome and reduce academic stress levels while studying or working on final assignments.

2. For Educational Institutions

Educational institutions are expected to consider journal therapy and self-compassion training as part of student mental health promotion programs, such as through counseling activities, academic training, or stress management training.

3. For Health Services

Nurses, especially psychiatric nurses, are expected to use Journaling Therapy and Self-Compassion Training as non-drug intervention options to help students experiencing academic stress, thereby supporting the improvement of students' mental health.

4. For Further Researchers

Future researchers are expected to continue this research by using a larger sample size, a longer intervention duration, and exploring the effectiveness of journal therapy and self-compassion training on other respondent groups or psychological variables, such as anxiety, fatigue, or resilience.



