



## EFFECT OF SOCIALIZATION AND TRAINING ON UNDERSTANDING STRESS MANAGEMENT (CASE STUDY OF SMKS PARULIAN I MEDAN)

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### ABSTRACT

The Online Learning System during the Covid-19 Pandemic is considered to be less effective students, because this system is not directly face to face with teachers, it makes students and students of SMKS Parulian I Medan less understanding of the learning materials provided by teachers, especially if their internet card network is disrupted, or who have not bought internet packages because they have not been given money by their parents. Their incomprehension of the material provided makes them lazy to do the tasks and exercises given by the teacher. When the deadline is collection tasks or exercises, they will start busy working on the threes and eventually they stress themselves. Severe stress can result in physical attacks on the body such as lazy or forgetting to eat, the brain is used to think about finding answers to tasks given by teachers. Then this will be bad for their physical health and fitness. It is even feared that these teenagers will be grazed into negative things. Then the author is interested in making research. The aim is to see if socialization and training affect students' understanding of stress management.

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### 1. Introduction

Learning to teach in schools which was originally a fun face-to-face activity takes place in the classroom, being an activity carried out at home using an application or better known as the Online system. This is due to the emergence of disease outbreaks that entered Indonesia in 2020. This Online learning system certainly makes students and students' understanding of the material provided by teachers less than optimal. To train students in learning, the teacher will certainly give assignments. Because of their lack of understanding of the material provided, then they do not immediately do the task. When the task collection schedule, they will be more stressed doing it. In this case, what is needed is discipline so as not to lead to stress in terms of doing the task. According to Moh Muslim, one of the scopes of stress is academic stress, which is the pressure experienced by students or students related to the ability to master science. Thus academic stress is a state or condition in the form of physical, mental or emotional disorders caused by mismatches between environmental demands and actual resources owned by students so that they are increasingly burdened with various pressures and demands in school [1].

Stress Management itself is not far from the management function itself, namely Planning, organizing and briefing and supervision. This Management function will be applied in managing stress due to online learning and task tasks given by teachers. The stress experienced will be managed properly so as not to go towards negative thoughts and activities, but regulated by making the stress towards positive thinking and activities.

Research conducted by Mutiara Ramadhani obtained the results that stress management training has an effect in reducing work stress. Research, showed that all subjects studied experienced a decrease in work stress after taking stress management training [2].

From the results of discussions with students and students, the author found that they had difficulty in understanding subjects related to calculations, such as Accounting, and Mathematics. The task given by the teacher is intended to be somewhat students and students to be an exercise in understanding the subject, but not with the response of the students and students where they consider it as a burden and lead to stress. Stress caused by lack of understanding then develops into a buildup of tasks and stress when the task must be collected. The task is something that must be done immediately. Students who do not do assignments are likely to get low grades and as a result of low grades can have an impact on the value of reports to parents. So for the completion of students and students doing it when approaching the deadline of submission, this will certainly cause stress. Stress has an impact on health because it no longer pays attention to the right time and diet. While doing tasks accompanied by instant food, and accompanied by delays in eating hours that cause heartburn. Sleep patterns also change, where the rest time for sleep becomes reduced due to the number of tasks given, this also has an impact on health because adequate rest time is needed limbs.

The author conducted community service to SMKS Parulian I Medan on January 27, 2022 to provide stress management socialization for Students and Sisiwi SMKS Parulian I Medan with the intention to provide an understanding of how to manage stress with the results obtained by students and students began to understand about stress and how to manage it and by being led to comply with and carry out the daily activity schedule they made themselves. So that it does not cause a buildup of tasks. In addition, how to manage disetres into eustress [3]. After doing community service, the author wants to know whether socialization and stress management training affect students' understanding of stress management. Research conducted by Muhamaad faris Naufal and Putu Ery Setiawan entitled The Influence of Taxation Socialization, understanding of age taxation procedures, types of work on the compliance of private taxpayers. obtaining ariabel conclusions of tax socialization and understanding of tax procedures has a positive effect on the compliance of private taxpayers at the Tabanan Primary Tax Service Office, while the variable age and type of work has a negative influence on the compliance of private taxpayers at the Tabanan Primary Tax Service Office [4]. Another study conducted by Darmayanti entitled The Effect of Stress Management Training on santri happiness in pesantren yag concluded that the results of this study were able to prove the hypothesis that there is an influence of stress management training on the happiness of students, meaning that students are able to manage stress, have life satisfaction, and experience an increase in the presence of stress management. Positive afek versus negative afek, and still feel happy despite the many pressures felt from the environment [5].

Research conducted by Antonius Rino Vanchapo who analyzed the Influence of Public Health Care Training on the Understanding of Nursing Ethics of Ners STIKes Students Maranatha Kupang concluded that there was an influence of PERKESMAS training on the understanding of nursing ethics of professional Student students ners STIKES Maranatha Kupang[6].

## 2. Research Methodology

This study was conducted at SMKS Parulian I Medan with the population in this study being 40 students and students of SMKS PARULIAN I Medan. This type of research is quantitative with data processing using SPSS 20. Data collection through questionnaires provided by the author to be filled by 40 Students and Students of SMKS Parulian I Medan as a responden. For reliable research is done with Cronbach Alpha Value to answer reliable questions according to Sugiono in ratika article based on the provision of value 0.6 assuming that the list of questions tested will be said reliably if the cronbach alpha value is above 0.6 [7].

The conceptual framework of this study can be seen in figure 1 below:

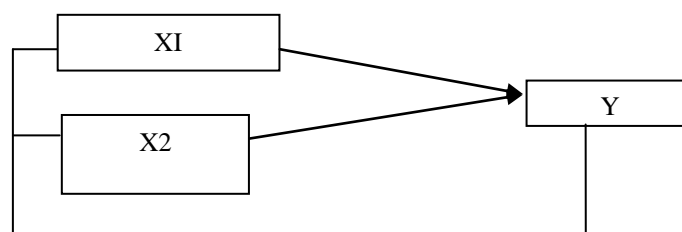


Figure 1 Kerangka Konseptual

Description:

$X_1$  = Socialization

$X_2$  = *Training*

Y = Understanding Stress Management

## 2.1 Socialization

Socialization means efforts to socialize something, so that it becomes known, understood, lived by the community [8]. So socialization can be understood as a process of influence, influence, and influence activities with which each individual can adjust [8].

## 2.2 Training

Training is an activity that focuses on improving the skills and abilities needed for a job. [9] Training is an activity in order to develop human resources and the performance of individuals or groups that are properly and precisely designed for those goals to be achieved by having the goal of upgrading the knowledge, understanding and skills of individuals or groups of people [10]. Research conducted by Gemma and friends obtained results that showed that this stress management training was quite effective for students. They can understand the material delivered and can practice it independently [11].

## 2.3 Stress Management

Stress management in Schafer is an individual's ability to manage stress that arises in everyday life [12]. Stress management is an activity that aims to regulate the stress that exists in humans so that stress does not become a detrimental thing [13]. Research conducted by Marizki and Yasherly who concluded that stress management therapy affects adolescent stress in the new normal. There is an Effective Application of Self Talk Therapy and Stress Management against Reducing Adolescent Anxiety Levels in the New Normal period with a p value of 0.00. Stress management is an activity to regulate the stress that exists in humans so that stress does not become a detrimental thing [14]. according to Hawari in Rochani's research [15]. There are several stages of stress in the individual as follows"

### 1. Stage 1

Where this stage is a light stress characterized by the spirit of working excessively than usual so that over time unwittingly energy reserves run out and excessive nervousness arises

### 2. Stage 2

The impact of stress that was originally "pleasant" began to disappear. Complaints arise caused because energy reserves are depleted and do not have time to rest, such as complaints of lack of

sleep, uncomfortable stomach, fatigue.

3. Stage 3

If the individual continues to force himself without ignoring complaints, then the disorder that is felt will be more real, now it is better to consult a doctor to get therapy.

4. Stage 4

If the individual continues to force himself without ignoring complaints, then the disorder that is felt will be more real, now it is better to consult a doctor to get therapy.

5. Stage 5

At this stage, the individual will feel more and more profound physical and mental exhausting, not even able to complete light daily work.

6. Stage 6

Is the climactic stage of a person experiencing panic attacks and feelings of fear of death. The heart beats fast, difficulty breathing, the body trembles and dries cold and the possibility of fainting.

In general, stress management interventions aim to improve an individual's ability to deal with and manage situations or sources of stress in order to lower stress levels [16].

### 3. Result And Analysis

#### 3.1 Reliability Test

**Table 1.**  
Reliability Test Results

Variabel	Cronbach Alpha	N of item Information
Socialization	0.917	10 Reliable
Training	0.932,	10 Reliable
Understanding Stress Management	0.942	10 Relieble

From the data above, it can be concluded that the questions given to Students and Students of SMKS Parulian I Medan in the form of questionnaires are reliable.

### 3.2 Classic Assumption Test Results

#### Normality Test Results

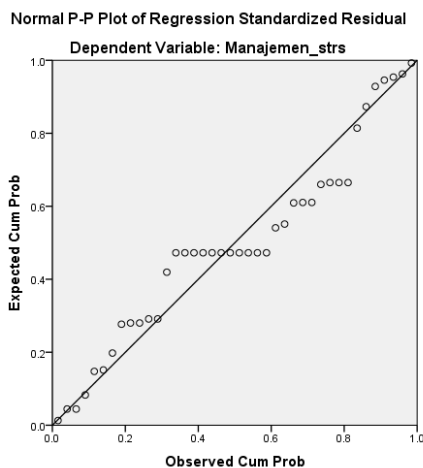


Figure 2. Normality Test Results

The normality test is carried out by observing the spread of data on the diagonal axis of the graph. The method used is the plot method. The way to make decisions on this method is:

1. If the data spreads around the diagonal line and follows the direction of the diagonal line, then the regression model meets the assumption of normality.
2. If the data spreads away from the diagonal line or does not follow the direction of the diagonal line, then the regression model does not meet the assumption of normality. Dari gambar 2 terlihat titik menyebar mengikuti arah garis diagonal yang artinya model regresi ini memenuhi asumsi normalitas

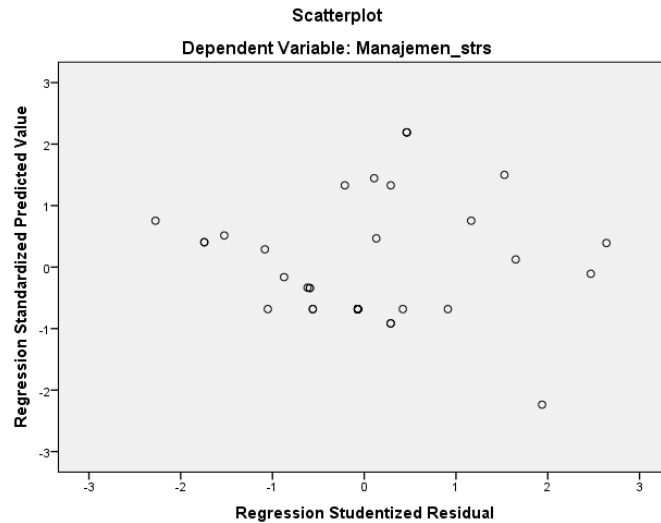
### 3.3 Uji Mutikolinieritas

Table 2.  
Nilai Tolerance dan Variance Inflation Factor

Variabel	Tolerance	VIF
Socialization	0.430	2.328
Training	0.430	2.328

From the multicollinearity test table above it can be seen that the value of Tolerance Socialization and Training  $0.430 > 0.10$  This means that there is no multicollinearity. While the value VIF for Socialization and Training  $2.328 < 10$  There is no multicollinearity.

**3.4 Heteroskedastisitas Test**



**Figure 3.** Heteroskedastity Test

The results of the heteroskedasity test in the figure above are visible point spreads above and below the number 0 on the axis Y. Thus it was concluded that the above test results were homoskedasitas.

**3.5 Multiple Linear Regression Test**

Multiple linear regression analysis is looking for the relationship of two or more variables X to Y

**Table 3.**  
Multiple Linear Regression

Model	Coefficients <sup>a</sup>					Collinearity Statistics	
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Tolerance	VIF
	B	Std. Error	Beta				
(Constant)	4.258	4.072		1.046	.302		
1 Socialization	.363	.137	.363	2.658	.012	.430	2.328
Training	.534	.138	.530	3.884	.000	.430	2.328

Dependent Variable: Understanding Stress Management

Based on table 3 can be known Stress Management Understanding (Y) is affected by a constant of 4.258 with coefficient values for Socialization (X<sub>1</sub>) as big as 0.363 and Training Value (X<sub>2</sub>) as big as 0.534. Regression equations are formulated as follows:  $Y=4.258+0.363 X_1+0.534X_2$

**3.6 Determinas Coefficient Test i (R<sup>2</sup>)**

**Table 4.**  
Determination Coefficient Test

Model	R	R Square	Adjust R Square	Std.Error of the Estimate
1	.839 <sup>a</sup>	.704	.688	2.080

- a. Predictors: (Constant), Socialization\_Tarining
- b. Dependent Variable: Understanding\_Stres\_Management

Results from the R Square determination coefficient test table of 0.704 (70.4%), thus it can be said that Training and Socialism are only able to explain as much as 70,4 % understanding stress management, while the rest (29.6%) influenced by other variables outside of research, such as family, friends and others.

### 3.7 Partial Test (uji t)

This t test aims to find out the magnitude of the influence of each independent variable individually (partially) on the dependent variable. Regression equation showing the effect of Training (X1) and Socialization (X2) on Stress Management (Y). The number of observations (respondents) we use to form this equation is as many as 40 people. Hypothesis testing with  $\alpha = 5\%$ .

$$(df = n - k) = 40 - 3 = 37$$

$$t\text{-table} = t(\alpha/2; n-k-1) = 0.05/2; 40-2-1 = t(0.025; 37) =$$

Information

$\alpha = 0,05$

n : number of observations/samples forming regression

k = (number of variables (free variable + bound variables))

df = Degree of freedom

Based on table 3, conclusions are obtained. Nilai

1. t calculate for socialization variable (X1) as much as 2,658 greater than t table 2,026 ( $2,658 > 2,026$ ) or sig.t value for Socialization variable 0.012 Smaller than 0.05 ( $0.012 < 0.05$ ). this means that socialization has a significant effect on understanding stress management. (Ho is rejected and Ha is accepted)
2. T value count for Training variable (X2) 3,884 more than t table 2,026 ( $3.884 > 2.026$ ), or the sig.t value for the training variable 0.000 is smaller than 0.05. This means that training has a significant effect on the understanding of stress management (Ho rejected and Ha accepted) This means that training has a significant effect on the understanding of stress management (Ho rejected and Ha accepted) This means that training has a significant effect on the understanding of stress management (Ho rejected and Ha accepted) This means that training has a significant effect on the understanding of stress management (Ho rejected and Ha accepted).

### 3.8 Unison Test (Uji F)

Simultaneous tests aim to determine the effect or not significantly independent variables together (simultaneously) against dependent variables.

$$F\text{ table} = F(k; n-k) = F(2; 40-3) = F(2; 32) = 3.29$$

df1 = k-1 so df1 = 3-1=2

df2 = n-k so df2 = 35-3=32

Information

k : Number of variables (variables + bound variables)

n : Number of regression-forming observations/samples  
df= degree of freedom

**Tabel 5.**  
Anova

Model	Sum of Squares	df	Mean Square	F	Sig
Regression	379.959	2	189.97943.928		.000 <sup>b</sup>
Residual	160.016	37	4.325		
Total	539.975	39			

- a. Dependent Variable: Understanding Stress Management  
b. Predictors (Constant), Socialization, Training  
c. F table =  $F(k;n-k) = (2; 40-2) = (2;38) = 3,24$

From the results of table 5 simultaneous tests it can be seen that F calculates = 43,928 with a significance level of 0.000. When compared to F table at a confidence level of 5% ( $\alpha = 0.05$ ) is 3.24 then F calculates > F table (43.928 > 3.24). Because F Numeracy > the F table so it is said that free variables consisting of x1 and x2 simultaneously have a significant effect on the bound variables, namely understanding stress management. Together with dependent variables Understanding Stress Management is able to affect independent variables (Socialization and Training) significantly.

#### 4 Conclusion

Based on the description that has been made about the Influence of Socialization and training on the understanding of Stress management of SMKS1 Students Parulian I Medan, the author can draw several conclusions, including: Based on the description that has been made about the Influence of Socialization and training on the understanding of Stress management of SMKS1 Students Parulian I Medan, the author can draw several conclusions, including: Hasil dari pembahasan sejalan dengan penelitian yang telah dilakukan Antonius Rino Vanchapo took the conclusion that there was an influence of PERKESMAS training on the understanding of nursing ethics of STIKes ners professional students Maranatha Kupang. Meanwhile, research conducted by M, Faris concluded that the variables of tax socialization and understanding of tax procedures have a positive effect on the compliance of private taxpayers in the Tabanan Primary Tax Service Office. Data processing using SPSS shows there is a significant influence between Socialization and Understanding stress management and there is also a significant influence between training and understanding stress management. Socialization and training simultaneously have a significant effect on understanding stress management.

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