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Penulis : Khamida, Syiddatul Budury, Riska Rohmawati, Andikawati  
Fitriasari, Chilyatiz Zahroh

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Email : [lppm@unusa.ac.id](mailto:lppm@unusa.ac.id)

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# A Lifestyle Management of Mental Health Decreasing The Stress Level Of Student

*by* Khamida Khamida

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## **A Lifestyle Management of Mental Health Decreasing The Stress Level Of Student**

**Khamida\*, Syiddatul Budury, Riska Rohmawati, Andikawati Fitriasari,  
Chilyatiz Zahroh**

*Nahdlatul Ulama University Surabaya, Indonesia*

\* [khamida@unusa.ac.id](mailto:khamida@unusa.ac.id)

### **ABSTRACT**

Student at Islamic boarding schools have a lot of activities, are required to set rules with fixed targets at the boarding school. Living and stay at boarding school environment requires to approach the environment in the boarding school well. Because of the demands or burdens of some complain of dizziness, fear of not being able to memorize according to the target, difficulty sleeping, unable to concentrate which is a sign and symptom of stressfull. Research purposes to find out the relationship between life style management of ' mental health and stress levels.

This study uses Cross Sectional Design, the sample was boarding school consist of 153 , using simple random sampling. The independent variable was mental health life style management and the dependent variable was the level of stress of. The instrument uses a questionnaire. Data analysis was performed with the Spearman's Rho correlation test

Spearman's Rho statistical test results with a significance level of  $p < 0.05$  obtained  $p = 0,000$ , which means there was a relationship between life style management of ' mental health with stress levels.

Life style management it needs to be applied by in carrying out their lives in Islamic boarding schools in order to increase their productivity and minimize the risk of illness and stay mentally healthy.

**Keywords :** Life style management, Mental Health, Islamic Boarding School

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## **BACKGROUND**

Islamic Boarding School is a place that is used for in studying Islam as well as a gathering place and a place to live, in the view of the community known as educational institutions that nuanced moral guidance by hoping for the birth of a good student so that they can practice their knowledge with a form of behavior in the social environment that is through the process learning in the cottage and outside the cottage. Besides that the students at Islamic boarding school also has a lot of activities, required for rules with targets that have been determined boarded. Because of the demands or burdens of some complained of dizziness, fear of not being able to memorize according to the target, difficulty sleeping, unable to concentrate which was a sign and symptom of stress.

Based on the Islamic Boarding School's database in 2019, East Java is the province that has the second largest number of Islamic Boarding School after West Java, which has 4561 Islamic Boarding School. (Ministry of Health of the Republic of Indonesia, 2019) Results research about "Level of stress and stressor of Islamic boarding school in Banda Aceh" found stressor of high school in the high category as much as 51.7%(Millasari & Jannah, 2019). This proves that islamic boarding school have quite a lot of stress in their environment.

Activities that must be carried out by during the Islamic Boarding School, learning demands that are followed, the rules imposed in the Islamic Boarding School become stressors. Students is expected to be able to adapt to various stressors to be able to study in Islamic Boarding School well.

A Management of lifestyle students constitutes students behavior in regulating and implementing clean and healthy lifestyles which includes promote, preventive, curative and rehabilitative efforts, with the aim of increasing the degree of health of the preventive and promote efforts in mental health are also one of the ones in lifestyle management. Students lifestyle management in the field of mental health teaches about speaking to overcome stress.

The purpose of this study was to determine the relationship between life style management of student mental health with stress levels.

## **MATERIALS AND METHODS**

This research used Cross Sectional Design, the sample was Islamic boarding school consists of 153, using simple random sampling. The independent variable of this study was the management of life style of mental health and the dependent variable was the stress leve. The instrument used a questionnaire. Data analysis was performed using the Spearman's Rho correlation test. This research has been declared ethical by the Ethical Commission for Health Research of the Nahdlatul Ulama University Surabaya Number 136 / EC / KEPK / UNUSA / 2020

## **RESULT**

The results of the study of the correlation between life style management of students mental health with Students's stress levels, Mei-Juni 2020 are as follows:

Table 1: Distribution of Respondents by Characteristics of Respondents

Characteristics	Respondents	
	n	%
1. Age		
a. 12-15 years	0	0
b. 15-18 years	89	58
c. 18-21 years old	64	42
2. Gender		
a. Female	114	74.5
b. Male	39	25.5
3. Tribe		
a. Javanese	137	89.5
b. Madurese	14	9.2
c. Malay	2	1.3
4. Period become Students		
a. ≤ 1 year	29	19
b. > 1 year	124	81

Table 1 shows that of the 153 respondents found that most (58%) were aged 15-18 years, most (74.5%) were female, almost all (89.5%) were Javanese, and almost all (81%) of one year lived at Islamic Boarding School as students.

Table 2. The Correlation of Students life style management of mental health to ' stress levels

Life Style Management	Remember Stress								Total	
	Normal		Light		Is		Weight			
	N	%	N	%	N	%	N	%	N	%
Less	0	0	2	5.7	7	20	26	74.3	35	100
Enough	0	0	52	57.8	38	42.2	0	0	90	100
Good	0	0	23	82.1	5	17.9	0	0	28	100
Total	0		77		50		26		153	100

*Spearman's Rho p = 0,000*

Table 2 shows that of the 35 who applied mental health life style management, it was found that the majority (74.3%) experienced severe stress levels. Of the 90 who applied mental health life style management, it was found that most (57.8%) had mild stress level, and from 28 who apply mental health life style management properly, a small proportion (17.9%) has a moderate stress level.

Spearman's Rho statistical test results with a significance level of  $p < 0.05$  obtained  $p = 0,000$ , which means there is a correlation between life style management of ' mental health with stress levels.

## DISCUSSION

Stress has become a part of people's lives, including Islamic Boarding School communities. There may be no human who has never felt stressed, as well as. Manifestation of manifestation is a behavior in managing health, managing and implementing a clean and healthy lifestyle, which is an effort to improve health, and management.(Khamida, K; Budury, S; Nurjanah, S; Ainiyah & C., 2020) Students's Life

Style management in the field of psychiatric health is positive students behavior in dealing with stressors. If are able to carry out mental health life style management properly it can be interpreted that can use adaptive coping in dealing with stressors they encounter during becoming. Based on table 1 it is known that most (58%) who carry out mental health life style management are aged 15-18 years. At that age experience development from early adolescents to middle adolescents with increasing age as have a level of maturity and strength of a person will be more mature in thinking logically making it possible to use positive coping mechanisms.(Saefudin, 2019).

Students who implement life style management of mental health properly choose to always pray a lot when going to face the exam to memorize the Koran, often train themselves by learning to memorize when going to face the exam memorizing the Koran, and choose to tell a friend or friend when having problems.

Based on Table 2 shows that of the 35 who applied mental health life style management, it was found that the majority (74.3%) experienced severe stress levels, out of 90 who applied mental health life style management, it was found that most (57.8%) has a mild stress level, and of 28 who apply mental health life style management properly found a small proportion (17.9%) has a moderate stress level who apply mental health lifestyle management well choose to pray a lot when they are going to face an exam. Pray as a bastion of self-defense against stress. Getting closer to God Almighty by praying is the right way to direct their coping mechanisms in a more positive direction, where the effect of prayer can make the mind and heart calmer so that they are able to cope with the stress felt in the face of the test. Spiritual beliefs can be useful as a source of hope and can sustain one's coping efforts in the most unexpected situations (Stuart, G.W; Keliat, 2016). In addition, when facing exams often choose to train themselves by learning to memorize, by often training themselves by learning to memorize can make someone will become memorized so that they are better prepared when taking the exam and will get a good final result this can make a feeling calmer, relieved because can reach their target memorization. Students also chooses to tell other people when they find a problem, by communicating or telling what is a burden on the mind or problems to friends or friends will provide good benefits for them, that is, will get a solution so that it will help calm, calm the mind and make feelings feel relieved (Khamida, Budury, Nurjanah, Ainiyah, & Zahroh, 2020).

As per table 2, there were 35 Students who applied less mental health life style management (74.3%) experiencing severe stress levels. Stress has become part of people's lives, Stress has become a human thing as long as it does not drag on. Severe stress is one of the effects of prolonged stress. Prolonged stress can affect the ability to complete developmental tasks (Priyoto, 2018). who apply less mental health life style management are always crying when facing exams. They expressed anxiety facing the exam. Anxious to face an exam is one form of stress that is common to almost everyone. Anxiety in a little level is not a problem and is good because it can motivate us to study more actively preparing for exams, but if excessive stress becomes severe it can become distress which can interfere with performance and physical health.. The physical and emotional tension that accompanies stress causes discomfort. The well-known mental health life style management is students that has an effective coping mechanism. Effective coping is coping which helps a person to tolerate and accept stressful situations, and not to worry about pressures he cannot handle (Nasir, Abdul; Muhith, 2011)



## CONCLUSION

Life style management of mental health is related to stress level. Life style management needs to be applied by in running their life in Islamic boarding schools in order to increase their productivity and minimize the risk of illness and stay mentally healthy

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