STRESS ON PRE ADULT STUDENTS who served a STUDENT AND EMPLOYEES

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ABSTRACT :
College while working not too familiar in Indonesia, but there are students who doing it. Students motivate to college while working is to increase the allowance, tuition, or just leisure. Students who serve as student and employee, because of the demands of their role as students and employees can lead to conflict, and can be a source of stress for him. This study aims to find a picture of stress on early adult acting as students and employees, as well as the factors that influence it. Stress is a condition or state of imbalance created by the people perception of the demands of the environment or the self-weighing and beyond their ability so that he could not handle it. Subjects who made this research material the student is 24 years old and 27-year-old student. The method used was interviews and observation. The research question is how stress students acting as students and employees as well as what factors are making them experience stress. Stress symptoms experienced by the subject, which serves as a student and staff include physical symptoms such as headache subjects, sleep disorder, insomnia, backache, muscle tension especially in the neck and shoulders, too sweaty, appetite changes, fatigue, and growing a lot of mistakes in work and life. Emotional symptoms such as subject experienced anxiety, sadness / crying easily, mood changes quickly, easily offended, and nervous. Intellectual symptoms such as difficulty concentrating, making decisions difficult, decreased memory, excessive daydreaming, lost yangs healthy sense of humor, easily forgotten, decreased work performance, and in the workplace increases the number of errors made. Interpersonal symptoms such as loss of confidence on the subject of other people and "silencing" of others. Demands of the role of students and employees who are experienced subjects 1 and 2, there are things that hinder the subject in carrying out its role as a student and employee of the distance between the offices and place them in college and this is the main cause of stress for subjects experiencing symptoms of stress arising due to the roles of both the subject as a student and
employee. From the results of research that have been made known that the subject suffered stress because of their role as students and employees.