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JURNAL KEPERAWATAN KOMPREHENSIF	VOL. 8	NO. 3	Page 294 - 432	Bandung July 2022	ISSN 2354-8428  e-ISSN 2598-8727
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## Research Article

# Relationship of Optimism Attitude with Academic Resilience Indeveloping Final Assignments of Nursing Science Students

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Received : 22/02/2022

Revised : 26/06/2022

Accepted : 27/06/2022

Online : 31/07/2022

Published : 31/07/2022

### Abstract

**Aims:** Various difficulties help students in preparing easy final assignments so that every student is required to have an attitude of optimism and high academic resilience. The purpose of this study was to determine the relationship between optimism and academic resilience in the preparation of the final assignments for Nursing Study Program students.

**Design:** Non-experimental quantitative research

**Methodos:** This research is non-experimental quantitative research with a cross-sectional approach. The total number of respondents was 44 students who were preparing their final project using the total sampling technique. Data collection used a questionnaire of optimism and The Academic Resilience Scale (ARS-30). Data analysis using Chi-Square Test.

**Results:** The results of statistical tests showed 25 students (56.8%) had high optimism and 26 students (59.1%) had high academic resilience. In addition, this study resulted in a significance value of 0.009 (p-value <0.05). This means that there is a significant relationship between the attitude of optimism and academic resilience in the preparation of the final project of the Nursing Study Program students.

**Conclusions:** Having an attitude of optimism and high academic resilience can make students always try to complete their final project, not fall into difficulties during the process of finalizing their final project.

### Keywords:

**Optimism, Academic Resilience, Final Project, Nursing Students**

## INTRODUCTION

It is necessary to increase human resources who have good intellectuality. Things that can be done to improve the quality of human resources can be done by increasing the capabilities of human resources through science and technology that can be achieved through the educational process (1). According to (2) various kinds of challenges

and obstacles must be overcome by each individual from birth to adulthood. In the field of education, the forms of challenges and obstacles that must be overcome by every student who studies at a university are not easy things to be successful in college, as for the various kinds of challenges and obstacles that arise for each student. takes place from the beginning of the lecture to graduation.

According to Triyana (3) Students are individuals who are currently studying at a particular university at the university, institutional, or academy level. In a university, students are required to study various theories and are required to take SKS (Semester Credit Units) according to the chosen Study Program. After students enter the final stage of the lecture period, each student is required to be able to complete the final project. Students who are preparing for their final project have a busy and busy routine, starting from coaching, collecting and *reviewing* various literature, conducting field tests, to analyzing all the results that have been obtained. All the routines experienced by final year students are very different from the routines of students before entering the final year which is generally given in the form of group assignments and carried out by students together (4).

Most of the students who are preparing their final project feel that they are given a heavy academic burden, which causes students who are working on their final assignments to lose motivation, cause annoyance, feel anxious, and are pessimistic about being able to do the final project. , give up easily, causing a feeling of tension. , and feel depressed (5). Meanwhile, according to (6), the problems that are often experienced by students in the preparation of final assignments are that students often experience difficulties in formulating research problems, difficulties in finding the latest references, in-depth study of literature that is inaccurate, and inability to use research methods. These various problems are demands that require good readiness and adjustment for every student who is preparing their final project.

Students who are preparing for their final project are required to have high academic or self- defense resilience to be able to face various academic pressures. Student academic resilience aims to make students able to adapt positively to various academic difficulties (7). According to Desmita (8),

basic strength is the foundation in building the emotional and psychological strength of students, especially final year students. namely by having academic resilience. Students who have academic resilience are recognized as being able to determine the thinking process in achieving student success, including their success in overcoming various difficulties in learning activities in higher education.

Academic resilience arises from an attitude of optimism, namely the ability to form a person to be stronger in facing various kinds of life challenges (9). The perspective taken by students in overcoming a problem can indicate whether the student is a student who has an optimistic attitude or a student who has a pessimistic attitude. The perspective of students who have an optimistic attitude towards a problem that occurs can lead to the thought that these students can face various forms of problems. Meanwhile, the perspective of students who have a pessimistic attitude towards a problem that occurs will cause a feeling of helplessness and helplessness. Students who have an optimistic attitude will see a problem that occurs as normal and tend to be able to control it. Meanwhile, students who have a pessimistic attitude will have confidence that the problems they encounter will occur continuously and may not be controlled (10).

According to the results of Wibowo's research (11) conducted at the University of Muhammadiyah Malang, as many as 105 students with a percentage of 52.5% of students who are working on final assignments have high academic resilience and 95 students with a percentage of 47.5% have low academic resilience so that they can It was concluded that students who are taking their final assignments at the University of Muhammadiyah Malang have a high ability to survive and rise again in the difficulties faced during the final project completion process, and can adapt positively to the demands of the academic field. Meanwhile, according to Yulanda's

research (12), 64.38% of students experience various kinds of obstacles such as being diligent in completing final assignments, persevering in facing difficulties, interest in completing final assignments experienced by students, and various kinds of pressure on others. Academy. For this reason, every student needs high academic resilience to survive in the face of various difficult conditions, so that students will continue to try to complete the lecture process. In this study, the researcher wanted to find out whether there was a relationship between optimism and academic resilience in the preparation of the final project of the Nursing Study Program students.

## METHODS

**Study Design:** Type of research used in quantitative research *non-experimental* using a correlational research design with an approach *cross-sectional*. In conducting this research, the researcher tries to find the relationship between the two research variables and how much is the relationship between the two variables under study.

**Sample:** The population in this study were all regular students classes in 2014, 2015, 2016, and non-regular students class 2018 and 2019 who are preparing a final project for the Nursing Study Program, totaling 84 students. In this study, 8 students were used as a preliminary study, 4 students did not compile their final assignments because they had not reached the number of credits set by the college to be able to proceed to the next stage, 1 student was on leave, and 27 students were not willing to take part in the research from beginning to end. research, so that the total population in this study was 44 students. The Technique *sampling* used in this study was *total sampling*.

**Instrument:** The instrument used to measure optimism is based on Seligman's (13) theory using several aspects, namely *permanence, the amount of use, and personalization*. This instrument of optimism has been tested on 62 students who are preparing their final project and got a reliability value of 0.912. Instrument The instrument used to measure academic resilience in the preparation of final assignments for Nursing Study Program students used the research questionnaire *The Academic Resilience Scale (ARS-30)* based on Cassidy's (14) theory using several aspects, namely *persistence, reflection and adaptive seeking help; and negative influences and emotional responses*. instrument *The Academic Resilience Scale (ARS-30)* was tested on 62 students who were compiling their final project and got a reliability value of 0.811 projects.

**Data Collection:** For the research stage, the first is the researcher conducts a preliminary study using a questionnaire via the google form link then the questionnaire is tested for validity and reliability to be valid, after that the valid questionnaire is directly distributed to the respondents. And after the data is collected, the data analysis is continued

**Analysis:** Researchers want to know the relationship between the two research variables, namely the relationship between optimism and academic resilience in the preparation of the final project of the Nursing Science Study Program student. The statistical test used is an unpaired categorical comparative test, because in this study both data on the research variables are normally distributed, and have a 2x2 table with an Expected Count value of more than 5, so this study is feasible to use the Chi-Square Test.

## RESULTS

### Characteristic of respondents

#### Characteristics of Respondents by Gender, Age, and Class Year (n = 44)

**Table 1.**  
Distribution of Frequency and Percentage of Respondens Characteristics Based of Gender, Age, and Class Year (n = 44)

Characteristics of Respondents	Category	n	%
Gender	Man	10	22,7
	Women	34	77,3
Age	20 year	1	2,3
	21 year	2	4,5
	22 year	14	31,8
	23 year	9	20,5
	24 year	4	9,1
	25 year	2	4,5
	26 year	1	2,3
	28 year	1	2,3
	29 year	2	4,5
	30 year	1	2,3
	32 year	1	2,3
	33 year	1	2,3
	34 year	2	4,5
Class Year	35 year	2	4,5
	44 year	1	2,3
	Class Year 2015	4	9,1
	Class Year 2016	25	56,8
	Class Year 2019 (Non-Reguler)	15	34,1

Based on the results in the table, it can be concluded that the characteristics of the respondents, the majority of the research respondents were female with a total of 34 students (77.3), and the majority of the research respondents were 22 years old with a total of 14 students (31.8) the majority of whom came from the year batch 2016 with a total of 25 students (56.8%).

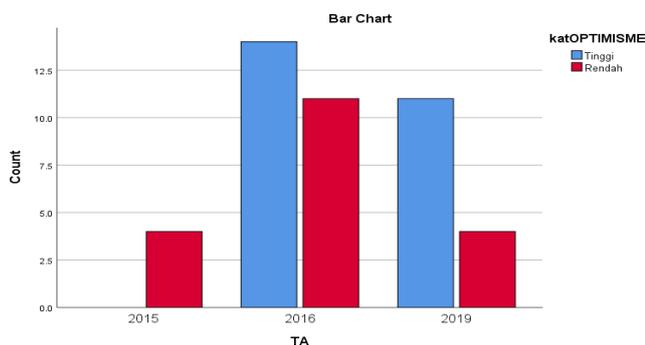
### Optimism Attitude

Researchers classified the optimism attitude of students who were preparing for their final into high optimism and low optimism which was obtained based on the results of the scores. *The mean is*

obtained using the help of *SPSS 26 for Windows*. The following is a table of the frequency distribution and the percentage of optimism attitudes of students who are preparing for the final project of the Nursing Study Program:

**Table 2.**  
Frequency Distribution and Percentage of Optimism Attitudes (n = 44)

Variable	Category	m	n	%
Optimism Attitude	High	$\geq 72$	25	56.8%
	Low	$<72$	19	43.2%



The results in the table show that the distribution of frequencies and percentages in the optimistic attitude category is 25 students (56.8%) consisting of 14 students of class 2016 and 11 students of class 2019. Extension classes for the 2019 academic year have an optimistic attitude. with the high category.

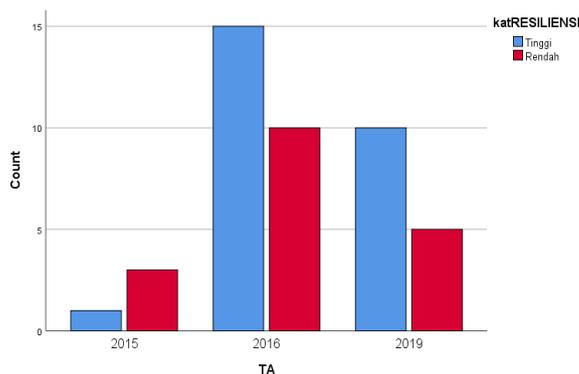
**Academic Resilience Academic resilience**

In the preparation of the final project of the Nursing Study Program students is classified as high academic resilience and low academic resilience which is obtained based on the values obtained using the help of SPSS 26 for Windows. The following is a table of the frequency distribution and percentage of academic resilience in the preparation of students' final assignments:

**Table 3. Frequency distribution of Percentage Academic Resilience in Student Final**

**Preparation (n = 44)**

Variable	Category	m	n%
Academic Resilience preparation	High	≥ 103	26 59.1%
	Low	< 103	18 40.9%



The results in the table show that the frequency distribution and percentage of academic toughness in the preparation of student final assignments are 26 students (59.1%) consisting of 1 student class 2015, 15 students class 2016, and 10 students class 2019 extension have academic resilience in the preparation of high category student final assignments.

**BIVARIATE ANALYSIS**

**Normality-normality**

test in this study using the Shapiro-Wilk test and resulted in a significance value (Sig) of 0.067 on the optimism attitude variable, and a significance value (Sig) of 0.540 on the academic resilience variable in student preparation. thesis. Both of these variables have a significance value (Sig) of more than 0.05, so it can be concluded that the two research variables are normally distributed.

**Relationship Test relationship**

a test was conducted to determine the relationship with the research variables, namely the variable optimism attitude and academic resilience variables in the preparation of the Nursing final project for the Study Program students. In this study, the data obtained were analyzed using the test Chi-Square.

**Table 4.**  
**Test Results *Chi-Square***

Research Variables	Value $\alpha$	value $P$	Description of the
Relationship between Optimism and Academic Resilience in Final StudentCompilation	<0.05	0.009	There is a relationship based

on the results test *Chi-Square* in the table, value  $p$  0.009 ( $p$ -value 0.009 <0.05). Statistically, it can be concluded that there is a relationship between optimism and academic resilience in the preparation of the final project of the Nursing Study Program students.

## DISCUSSION

Based on the results of research on the relationship of optimism and academic resilience in the preparation of the final project Prodi Nursing student using test analysis *Chi-Square Results* obtained statistics that of 44 respondents was obtained  $p$ -value of 0.009 ( $p$ -value <0.05) based on the acquisition value of  $p$  can be concluded that the results of this study  $H_a$  accepted and  $H_0$  rejected. This means that in this study there is a relationship between optimism and academic resilience in the preparation of the final project of the Nursing Study Program students. By the results of research on these two variables, namely the variable of optimism and the variable of academic resilience in the preparation of students' final assignments, the two research variables have a significant relationship, where the value of academic resilience in the preparation of students' final assignments. The student's final project score will be high if the students' optimistic attitude is also high, high, and vice versa.

The results of this study are by the results of research conducted which amounted to 12.3% which shows that an attitude of optimism plays a significant role in the resilience of final year students who are

working on their thesis (5). This means that if final year students who are working on a thesis do not have the confidence to get good results, then this can cause final year students to be unable to face various kinds of difficulties that occur during the thesis writing process.

The results of this study are supported who found that there is a positive relationship in the relationship between optimism and resilience (15). The results of this study are supported by Klohnen's research by having an optimistic attitude, students will have full enthusiasm in facing various kinds of difficulties, have an interest in facing new situations that are full of challenges, and have a positive attitude in thinking (16). According to Carver, Scheier, & Segerstrom (17), the variables of optimism and academic resilience have a causal relationship, namely, the two variables accompany each other in dealing with various difficult situations. So it can be concluded that having an optimistic attitude can form resilience and resilience which leads to the formation of an optimistic attitude. In addition, the results of this study are supported by research by having high academic resilience will make students have confident that various kinds of problems in the academic pressure they experience can be minimized (5).

In undergoing higher education, every student is required to have great independence and responsibility in completing academic assignments that have been set by the college. For some students, the final study load which is expected to be completed on time, project working on a project for the project The purpose of making the final project is that all students who have entered the final level can compile, write, and complete scientific papers according to their scientific fields (18).

The difficulties experienced in final assignment preparation are often considered a heavy burden that students often find difficult and will develop into a

negative emotion. Students who have negative feelings can cause tension in themselves such as worry, stress, low self-esteem, frustration, and loss of motivation. If these negative feelings continue to students who are preparing for final assignments, students will have difficulty making decisions and will feel hopeless (19).

The results of this study can be concluded that students who are preparing for the final project of the Nursing Study Program have a high attitude of optimism and academic resilience in the preparation of their final project. So in this case the researcher agrees with previous research, namely that an optimistic attitude and academic resilience are research variables that go hand in hand in dealing with various difficult situations. Given the many difficulties faced by students in the process of preparing their final assignments, it is hoped that students will continue to strive and increase their optimism and resilience academically during the end of the assignment preparation process so that they do not give up easily when faced with various challenges and difficulties during the final project preparation process.

## CONCLUSION

Based on the results of the data analysis that have been discussed, it can be concluded that students have an optimistic attitude in the preparation of the Nursing Study Program final project with a high category, have academic resilience in the preparation of the Nursing Study Program Student Final Project with a high category, and there is a strong relationship. significant between the attitude of optimism and academic resilience in the preparation of final assignments for Nursing Study Program students.

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