

ABSTRACT

VERAWATI 30.01.13.0070

Activity relations outside school with stress levels experienced by grade IV and V children at SD Methodist 1 Palembang.

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN

FAKULTAS ILMU KESEHATAN

UNIVERSITAS KATOLIK MUSI CHARITAS

Keywords: Activity relations outside and stress

(xvi + 57 pages + 7 tables + 8 appendixes)

Background : The growing world of education now the parents encourage children to tutor outside school hours not just tutoring in education but also non academic tutoring. The impact that can be ditumbulkan of child stress is difficult to divide the time to learn so that the child more quickly tired, anxious, difficult to berkonsentasi make child achievement to be down. During the preliminary study, 4 children said they were saturated, tired of their activities every day and 2 daily activities.

Objective: To know the relationship between the level of out-of-school activity and stress level of grade 4 and V elementary school 1 Palembang with population 112.

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Method: This study used an analytic survey with cross sectional design. Sampling of this study using stritified random sampling with a sample of 87 children.

Results: Results 39.1% had one activity, 60.9% had ≥ 2 activities outside school and for moderate stress level 59.6%, mild stress level 36.8% and heavy stress 3.4%. P -value 0,001 with result of correlation 0,884 which have very close relation between activity outside school with stress level.

Conclusion: There is a very close relationship of activities outside the school with the level of stress experienced by grade IV and V SD Methodist 1 Palembang.

Suggestions: With this research for the school and parents can be a source of information that the child is not only in the guide to learn, but children also need time to play. Allow children to choose activities outside of school according to their willingness to avoid learning stress.

Bibliography 20(2009-2016)