

THE EFFECT HUMOR ON STRESS STUDENTS OF PSYCHOLOGY UIN PALEMBANG

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ABSTRACT

A student who has a myriad of activities and experiences obstacles in managing time in lecture activities, organizations and life problems can experience stress. So that students need a way to get rid of the stress they are experiencing, one way is by looking at humor shows. The purpose of this study was to determine differences in stress levels among students of the Faculty of Psychology, Raden Fatah State Islamic University Palembang between before and after the humorous show was given. The type in this research is a quantitative experiment. In this study the experimental design used was a single group pre and post test design, namely an experimental design that used only one group of subjects and carried out measurements before and after treatment of the subjects (Latipun, 2011). The results of this study are that humor has no effect on student stress as evidenced by the paired t test using SPSS 16.0 software with a significant value ($0.228 > 0.05$). This shows that the humor displayed has no effect on the stress experience of the person being tested.

Keywords: Show Humor, Stress Level, Students

INTRODUCTION

Everyone has the right to continue his studies. Likewise teenagers who have graduated from high school, some of them will continue to level lectures. Part from they more choose for direct work because a number of reason. Anyone want studying because want to direct college, anyone want direct work because want to help parents. They decide for continue studies to college tall called student. Complex university life very tense. In case student from outside country, some from they experience longing. A number of student also experience difficulty finance. By because that difficult for they for arrange pattern eat it. Struggling student for arrange time Among college, organization and life personal they possible experience

stress. So, if You have problem in crowded areas or have problem else, preferably quick resolved .

Sukadiyanto 's opinion (2010) states that stress is where a person can feel pressure or experience tension which can cause stress to avoid a sense of belonging and one's life can be interpreted so that people never avoid the experiences they feel. joy in life. According to Sarafino (2008) stress is a condition that occurs when differences in a person or environment are related to the individual, namely between the desired situation and the individual's biological, psychological or social system. Student have requirements and burden. A burden academic and sometimes use confusing time. One of them is humour. Watch program comedy make somebody happy and laugh. Laugh could lower hormone stress like epinephrine, cortisol and dopamine (Rahayu& Hadriami, 2015) . Gross humor eye naturally is humor which is not touch on anybody and no related with race, religion, type gender, ethnicity or harassment. With watch impressions comedy During not enough more 10 minutes, expected student could remove the stress. Cialdini(Li et al., 2006) said that humor can be make student participate more open in activity learning , improving learning and capable more active explore something related problems with given material. And deep neurology (Matthews, 2011) state that humor can be enable brain namely the ventral tegmentum, ventral striatum, and a number of the area involved in processing emotion and award.

RESEARCH METHODS

Research used in study this is experiment quantitative. Study experiment shared Becomes three, pre experiment, experiment real, and experiment pseudo (Latipun, 2010) Research this is part from a pilot study that is research that doesn't use group control (Latipun, 2011) . On study this design experiment used is a single-group pre-post-test design, ie design the only experiment use one group subject and conducted action before and after treatment to subject (Latipun, 2011) Study this conducted at the Faculty Psychology UIN Raden Fatah Palembang. Purposive sampling, purposive sampling including non-probability sampling or non-probability sampling is used for taking sample in study this (Latipun, 2011) . Technique data collection used in study this is (Lovibond & Lovibond,

1995) . Depression Anxiety Stress Scale (DASS). Data collection for variable stress conducted with gift scale stress post care and then collected back. Study above using Product and Service Solution (SPSS) for Windows version 16.0 for calculating data. Study this use sample -t test in pairs that is score confirmatory, difference score before treatment (pretest) and score / result test after treatment (posttest). Calculation correlation second treatment using Pearson's Product Moment program.

RESULTS AND DISCUSSION

Research data that has been obtained then analyzed with descriptive statistics, for knowing the average value (mean) and standard data deviation Statistics descriptive on study this could depicted with tables as following .

Descriptive Statistics					
	N	Minimum	Maximum	Means	std. Deviation
Experimental Pre-Test	30	11	67	27.03	12,637
Experimental Post-Test	30	5	52	23.50	8,725
Valid N (listwise)	30				

Statistics Descriptive Research Data

Table above indicates the subject 's mean pretest namely 27 .03, and the mean posttest was 23.50. It means there is the average difference of 3 .53 Among subject before and after test. The average difference show that level stress subject test experience decline.table below this explain classification of related pretest and posttest data with eye lesson. Calculation of data with Solution Product and Services (SPSS) for Windows version 16.0. Study this use sample-t test in pairs from score confirmatory, difference score before treatment (pre-test), and value / yield test after treatment (post-test). Then results classification fitness subject also served. Classification this related with Azwar (2010) which compares is there is difference of mean or means of two group in pairs. in pairs means data source comes from same topic .

Paired Samples Statistics

		Means	N	std. Deviation	std. Error Means
Pair 1	Experimental Pre-Test	27.03	30	12,637	2,307
	Experimental Post-Test	23.50	30	8,725	1593

From the table on could is known difference results pretest and post test. Then on table 1.3 shows score the correlation shows connection second variable on sample in pairs. this obtained from coefficient pearson bivariate (with test significance two side) for every couple entered variable.

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Experimental Pre-Test & Experimental Post-Test	30	-.052	.785

Paired Samples Test									
Paired Differences									
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	Pre-Test Eksperimen - Post-Test Eksperimen	3.533	15.726	2.871	-2.339	9.405	1.231	29	.228

CONCLUSION

Type research used in study this is experiment quantitative. And results study this show that humor does take effect to stress student and results the proven with-t test using SPSS 16.0 software with score significance ($0.228 > 0.05$). Results this also in line with study previously found that humor does take effect to stress student. Research data generated then analyzed with statistics descriptive for know the average (mean value) and deviation raw from that data. The average difference between subject before and after test on results the is 3.53. The average difference shows that level stress subject decreased.

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