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**Tarumanagara International Conference on the  
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Jakarta, Indonesia | October 23, 2024**



Jakarta, 19<sup>th</sup> of October 2024  
No. : 169-TICASH/UNTAR/X/2024

**ABSTRACT ACCEPTANCE NOTIFICATION**

Reference Number : **TICASH-169**

Title : The Relationship Between Academic Stress and Coping Strategies Among Internship Students in Jakarta

Author : Aurora Nurul Khamila, Ninawati

Dear Sir/Madam,

Thank you for your paper submission to the TICASH 2024. We are pleased to inform you that your abstract submission is accepted for presentation in TICASH 2024. In order to be published, you must send your full paper. Before submitting your full paper, we recommend that you check your manuscript to minimize obvious errors, such as formatting and grammatical errors.

It will be appreciated if you put your Reference Number and your name as your paper revision file name (e.g. 001\_Revise\_Wulan).

You need to send us your revised manuscript in Microsoft Office Document file format (doc or docx) to the TICASH 2024 committee (**ticash@untar.ac.id**) by **23 November 2024** to avoid unnecessary delay.

Further updated information will be published in our website (<http://ticash.untar.ac.id>)

If you have any questions, please do not hesitate to contact us.

Sincerely,

Assoc. Prof. Dr. Miharni Tjokrosaputro, M.M.,  
Chairman of Ticash 2024

# **The Relationship Between Academic Stress and Coping Strategies Among Internship Students in Jakarta**

Aurora Nurul Khamila  
(705210303)



# INTRODUCTION

- In recent years, university students in Indonesia have experienced an increase in academic load along with increased competition in the workforce.
- As a responsibility of being a student, they have to face the demands of coursework and various other activities. When completing these developmental activities, problems often arise that can cause stress.
- Sun in 2011, explained that academic stress is psychological pressure that is indirectly felt by individuals and comes from various academic aspects so that it can affect individuals.
- Another study involving 100 internship student participants experienced a moderate level of stress.
- Lazarus & Folkman in 1987, explained that coping strategy is one of the ways or strategies used in dealing with perceived stress.
- Coping strategies can be problem-focused coping, emotion-focused coping and avoidant coping. The relationship between academic stress and coping strategies is an important focus, because students who experience increased stress in academics tend to be more active in finding ways to cope with the stress they experience.



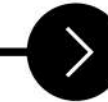
## Research Aim

This study will focus on discussing academic stress for undergraduate students who are participating in an internship program in Jakarta.



## Theoretical Benefit

Encouraging research on other topics related to the relationship between academic stress and coping strategies in students who are participating in an internship program in Jakarta.



## Practical Benefits

Can be used to help internship students identify effective coping strategies to manage academic stress properly.



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# METHODS

## > Samples

Participant Characteristic	Sampling Technique
<ul style="list-style-type: none"> <li>Active undergraduate students who participated in an internship program in Jakarta.</li> </ul>	<ul style="list-style-type: none"> <li>Uses non-probability as a sampling method, namely purposive sampling.</li> <li>This method was chosen to focus on a specific group of participants, which is active undergraduate students who are interning in Jakarta.</li> <li>The sample was calculated using Walpole's formula with a minimum of 385 participants.</li> <li>The participants collected in this study amounted to 389 undergraduate students who were participating in an internship program in Jakarta</li> </ul>

## > Measurement

Academic Stress	Coping Strategy
<ul style="list-style-type: none"> <li>ESSA (Educational Stress Scale for Adolescent).</li> <li>Designed by Sun, Dunne, Hou, and Xu in 2011.</li> <li>The ESSA measuring instrument consists of 16 statement items covering 5 aspects or dimensions.</li> <li>Likert scale of 1-5.</li> <li>ESSA questionnaire's 16 items are all above 0.3 which indicates that the validity of the data is acceptable. The tool has a Cronbach's Alpha reliability of = 0.81.</li> </ul>	<ul style="list-style-type: none"> <li>Brief COPE.</li> <li>Was adapted by Carver in 1997.</li> <li>The Brief COPE measuring instrument consists of 28 items, 3 dimensions which include problem-focused coping, emotion-focused coping, avoidant coping, and 14 subdimensions.</li> <li>Likert scale of 1-4.</li> <li>Brief COPE questionnaire's 28 items are all above 0.3 which indicates that the validity of the data is acceptable. The reliability test results of the Brief COPE instrument showed a reliability of = 0.821.</li> </ul>

# THANK YOU



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# Certificate of Achievement

This certificate is proudly presented to

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For the contribution as **Presenter**, with the title:

The Relationship Between Academic Stress and Coping Strategies Among Internship Students in Jakarta

**Tarumanagara International Conference on the Applications of Social Sciences & Humanities (TICASH) 2024**

**"Sustainable Communities: Promoting Law-Abiding Behavior through Digital Education."**

Jakarta, October 23th, 2024



Assoc. Prof. Ir. Jap Tji Beng, MMSI., M.Psi., Ph.D., P.E., M.ASCE  
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