

Research Article



Description Of Social Support And Academic Adaptation In First Year Students At Study Program Ners Stikes Santa Elisabeth Field

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ABSTRACT

Background: Adaptation is part of surviving with a pattern of adjustment to the environment, both for oneself and the environment and for changing environmental conditions according to one's own circumstances. Social support is as verbal and non-verbal information, advice, real help or behavior provided by people who are familiar with the subject in their social environment, or in the form of presence and things that can provide social benefits or influence behavior or recipient behavior. This study aims to determine the description of social support and academic adaptation in first-level students at the Nursing Study Program STIKes Santa Elisabeth Medan 2023.

Methods: This study uses descriptive research. The sampling technique in this study uses total sampling with a total sample of 100 respondents. The instrument used is a questionnaire on the variables of social support and academic adaptation.

Results: The study found that most of the 72 respondents (72%) received good social support, the academic adaptation of the majority of 61 respondents (61%) obtained sufficient. Grade I students get a source of social support from their family and peers, and academic adaptation for grade I students on campus and their social environment is still in the adequate category.

Conclusions: The author suggests that STIKes Santa Elisabeth Medan, especially for students of the Nursing Study Program level I, to increase social support for students and support the adaptation process on campus so that students' academic adaptation becomes better.

Keywords : *Social Support, Academic, Adaptation, Family*

INTRODUCTION

Adjustment is a process that can never be separated from human life, especially when facing change. This is also the case with new students when entering the college environment after graduating from high school. This process is usually experienced by individuals when they are 18-25 years old, which is a period where individuals feel they are no longer adolescents, but also not fully mature, which is often referred to as the emerging adulthood stage (1)

According to Salami in Maria (2020), adjustment refers to the harmony between individuals and themselves and other elements around them. More specifically, students' academic adjustment in higher education as an individual's ability to manage social, psychological, and scientific challenges when experiencing the transition to college life. This adjustment process is the way in which individuals attempt to cope with stress, conflict, tension and fulfill their needs. In other words, this adjustment can be seen as a condition or state where students feel that their needs have been met and that their behavior is in accordance with the needs of the environment.

The first year of university is often considered to be the most challenging period for students, where during this period students will encounter various new situations such as the lecture system, learning methods that are different from high school, more difficult lecture materials, friends who come from different regions, and a new living environment. The university education system can be confusing for new students and this confusion becomes greater when students come from various languages

and diverse cultural backgrounds (1).

The environmental changes that new students must face in college will shape their perceptions, especially regarding their ability to overcome various obstacles and challenges in college. When new students cannot overcome these challenges and obstacles, it can lead to various problems in the future. To be able to face various challenges and problems when entering college, students need to have the ability to adjust to the environment around them (1)

Based on the results of preliminary data from interviews with DIII nursing level I students at STIKes Santa Elisabeth Medan, with 10 respondents, the results obtained were 5 people (50%) had poor adaptation and 5 people (50%) had good adaptation (2).

A student is said to fail to overcome all the problems and differences that occur and the student's inability to adjust to stressful events can encourage conflict in students (3)

Learning motivation can affect the success of learning. High learning motivation makes students study diligently which will ultimately be realized in their academic achievement. Motivation is an individual's drive or desire to achieve the best possible success with comparison standards in the form of others or oneself. Individuals who have high learning motivation will try to be smart and improve their ability to complete their assignments. The learning motivation possessed by each individual is different. There are several factors that can affect a person's learning motivation, including: family environment, campus environment, and friend environment (4)

Communication skills are one of the

supporting factors for students in the handling and adaptation process. With communication we will know about various things between one another. As human social beings who cannot live alone. Humans will always be in contact with other humans who come from various nations. Through communication with others, we can fulfill our emotional and intellectual needs. To relate to other people, communication is needed, both verbal communication and non-verbal communication. Indonesia as a nation and state is very open in international roles and relationships, contributing a lot in taking part in matters of peace, economy, politics, culture and others, including in the field of education (5)

Based on this background, the author is interested in conducting research on the description of social support and academic adaptation in first year students in the Ners Study Program at STIKes Santa Elisabeth Medan in 2023.

METHOD

The design carried out in this study is descriptive design. Researchers describe or describe social support and academic adaptation in first year students at the Ners Study Program of Santa Elisabeth STIKes Medan in 2023.

The population in this study were all first year students of Ners Study Program at STIKes Santa Elisabeth Medan in 2023 which amounted to 100 people.

Sampling in this study used total sampling technique, namely all members of the population were used as research samples. The sample of this study was all students of the 1st level of the Ners Study Program at STIKes Santa Elisabeth Medan in 2023 which amounted to 100 people.

The variables in this study were social

support and academic adaptation in first year students at the Ners Study Program of STIKes Santa Elisabeth Medan.

The instruments in this study consisted of 2 parts, namely social support instruments and academic adaptation instruments. The social support instrument consists of 12 statements. Sources of social support include family (1-4), close friends (5-8), community groups (9-10) and coworkers (11-12). This questionnaire consists of 12 items consisting of favorable so that there are no unfavorable items. The academic adaptation instrument has 24 statements of adaptation mechanisms of the cognator sub-system (1-13 and 20-24), and the regulator sub-system (14-19). The items for this questionnaire consist of favorable and unfavorable items.

The researcher conducted the research at Santa Elisabeth College of Health Medan. The researcher chose Santa Elisabeth College of Health Medan as the research site because the campus fulfilled the research objectives. The researcher conducted the research on April 21-22, 2023.

The data collection used by researchers is by collecting primary and secondary data. Primary data is data obtained directly by researchers from research subjects through questionnaires. Secondary data is data taken from BAAK (student academic administration bureau).

The type of data collection used in this research is primary data, namely obtaining data directly from the target through interviews.

The reliability test of an instrument is said to be reliable if the alpha coefficient is > 0.80 , using the Cronbach alpha formula.

In this study, researchers used questionnaires, namely the social support questionnaire and the academic adaptation questionnaire, which were adopted from (6)

The researcher identified the frequency distribution of social support and identified the frequency distribution of academic adaptation among first year students at the Nursing Study Program of STIKes Santa Elisabeth Medan in 2023. Researchers processed data using computerized assistance.

The analysis in this study used a manual (Microsoft Excel 2010) to describe the variables in the study. First, the author entered the data in Microsoft Excel 2010 in accordance with the predetermined codes including demographic data, social support questionnaire sheet and academic adaptation questionnaire sheet. The researcher conducted an ethical feasibility test from the Health Research Ethics Commission of STIKes Santa Elisabeth Medan with letter number No.052/KEPK-SE/PE-DT/III/2023.

RESULTS

The research was conducted from April 1-30, 2023 at the STIKes Santa Elisabeth Medan Institution located at Jalan Bunga Terompet No. 118 Pasar 8 Medan Selayang District, Sempakata Padang Bulan Medan Village.

1. Demographic data of respondents in Level I Students at the Nursing Study Program of STIKes Santa Elisabeth Medan Year 2023

Table 1 Frequency Distribution Based on Demographic Data (Age and Gender) of First Year Students in the Nursing Study Program at STIKes Santa Elisabeth Medan in 2023.

Characteristics	f	%
Age:		
Late adolescence (17-25 years old)	100	100.0

Total	100	100.0
Gender:		
Female	88	88.0
Male	12	12.0
Total	100	100.0

Based on table 1, it is obtained that as many as 100 respondents are at the age of 17-25 years, namely in late adolescence according to the Indonesian Ministry of Health (2009).

Based on the data obtained from 100 respondents, 88 respondents were female (88%) and 12 respondents were male (12%).

2. Distribution of social support among first year students in the Nursing Study Program of Santa Elisabeth STIKes Medan, 2020

Table 2 Frequency Distribution of Social Support among Level I Students in the Nursing Study Program of Santa Elisabeth STIKes Medan in 2023

Social Support	f	%
Good	72	72.0
Simply	28	28.0
Less	0	0.0
Total	100	100.0

Based on table 2 above, good social support was obtained for 72 respondents (72%) and sufficient social support for 28 respondents (28%).

3. Distribution of social support among Level I students in the Nursing Study Program of Santa Elisabeth STIKes Medan in 2023

Table 3 Frequency Distribution of Social Support among Level I Students in the Nursing Study Program of Santa Elisabeth STIKes Medan in 2023

Academic adaptation	f	%
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Good	39	39.0
Simply	61	61.0
Less	0	0.0
Total	100	100.0

Based on table 3, 61 respondents (61%) obtained moderate academic adaptation and 39 respondents (39%) obtained good academic adaptation.

DISCUSSION

1. An overview of social support for Level I Students at the Ners Study Program of Santa Elisabeth STIKes Medan in 2023.

Good social support data were obtained, namely 72 respondents (72%), and sufficient social support data were 28 respondents (28%).

Researchers assume that first year nursing students get social support from parents. Social support provided by parents in the form of appreciation support, instrumental support, emotional support and informational support. Based on the questionnaire in the good category by choosing the answer strongly agree, namely: "my family tries to help me as many as 79 respondents, when I need help, my family provides affection support as many as 74 respondents, my family wants to listen when I have a problem as many as 72 respondents, my family helps me in making decisions as many as 51 respondents".

In line with Desy's research (2019), (7) explaining that social support from parents has a very important role in fostering learning motivation. Forms of support provided by parents in the form of emotional support, namely concern for children's activities or activities, instrumental support in the form of providing or providing learning support materials, providing a safe and

comfortable learning environment, appreciation support, namely giving appreciation for children's achievements, informational support in the form of delivering or explaining related information about learning that is not understood.

Researchers assume that the social support obtained by first-year students is in the sufficient category because this social support is classified in emotional support that will be received from their peers. Based on the questionnaire, most chose the answer agree, namely: "my friends are serious about helping me as many as 42 respondents, my friends I can rely on when bad things happen to me as many as 70 respondents, I have friends to share my joys and sorrows as many as 85 respondents, I can tell the problems I am facing with my friends as many as 65 respondents, there is someone very close who is always ready when I ask for help as many as 55 respondents, I have someone very close to share my joys and sorrows as many as 54 respondents, there is someone very close as a source of comfort for me as many as 52 respondents and there is someone very close who cares about my feelings as many as 49 respondents."

In line with Weldina's research (2020), (8) it states that students need emotional support from peers in overcoming problems in the campus world, such as poor exam results or personal problems shared with peers. The desire to be accepted by peer groups is very large for new students, for them the biggest threat is not the distress of being between two cultures but if they are not in any group. Because of this, students still find it difficult to make friends who are

very close to them. This is because at the beginning of the university year students are still in the adjustment stage.

2. An overview of academic adaptation in Level I Students in the Nursing Study Program of STIKes Santa Elisabeth Medan Year 2023

Obtained sufficient academic adaptation data totaling 61 respondents (61%) and good academic adaptation totaling 39 respondents (39%).

Researchers assume that academic adaptation in level I students is in the moderate category due to less active socializing with the surrounding environment and less finding out issues about activities on campus. Based on questionnaire statements with disagreeing answers, namely: "I am less than optimal in attending lectures as many as 48 respondents, I am less trying in academic matters as many as 59 respondents, I am less enthusiastic about attending lectures as many as 68 respondents, if I meet new people I will make friends as many as 70 respondents, I am happy with socializing on campus as many as 67 respondents, I feel alienated when I meet other friends on campus as many as 54 respondents, I feel nervous when on campus as many as 46 respondents, I am more irritable as many as 34 respondents, I feel my health is fine as many as 56 respondents, I am thinking of resigning from the current study program as many as 34 respondents, I am thinking of transferring to another college as many as 39 respondents.

In line with Anisa's research (2020),(9) it states that some first-year students do not have clear academic goals, do not have a complete belief that studying in college is important, have not

played an active role in finding out the latest issues related to academic activities and campus activities, and do not have enough information to access academic support. Furthermore, they have difficulty adapting due to different ways of learning and have not been able to deal with the pressures associated with the typical demands of college such as often experiencing a decrease in sleep quality, and experiencing tension related to academic tasks or demands.

Researchers assume that academic adaptation in level I students is categorized as good. This is because level I students have a good perception of the learning environment and have good self-motivation. Based on the questionnaire statement with an agreed answer, namely: "I try to participate in academic activities on campus as many as 55 respondents, I am satisfied with the academic situation on campus as many as 57 respondents, I am satisfied with the program at lectures as many as 66 respondents, I am involved in social activities on campus as many as 54 respondents, I have a group of friends on campus as many as 61 respondents, I have adequate interaction skills when on campus as many as 74 respondents, I am happy with student activities outside of lectures as many as 60 respondents, I have difficulty controlling my emotions as many as 39 respondents, my mood changes easily as many as 57 respondents, my sleep patterns are irregular as many as 59 respondents, I hope to complete the lecture to completion as many as 39 respondents, I am happy with my decision to study in the study program I chose as many as 47 respondents".

In line with Putri's research (2020), (10) it states that humans in their lives

must face changes from the environment they have experienced before. Students who have difficulty adapting can experience interference in interacting with their environment, interference in learning which can cause inhibition of the academic process in both personal and group assignments and their identity. The perception of the learning environment and self-motivation really helps students to be able to interact well with students and lecturers, with good adaptation in the learning environment will greatly support in achieving optimal and effective learning. Individuals who do not adapt will become stressed. Psychological stress can lead to a decline in health, because the function of organs is disrupted, such as kidney health, which in turn can lead to chronic kidney disease (12-13).

CONCLUSION

The description of social support for first year students in the Nursing Study Program of Santa Elisabeth STIKes Medan in 2023, a good category of 72 respondents (72%) out of 100 respondents.

The description of academic adaptation in first year students at the Ners Study Program of Santa Elisabeth STIKes Medan in 2023, in the moderate category was 61 respondents (61%) out of 100 respondents.

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The results of this study can be used as an additional reference regarding the description of social support and academic adaptation in students of the Academic Phase of the Ners Study Program at STIKes Santa Elisabeth Medan in 2023.

The results of this study can add knowledge in knowing the description of social support and academic adaptation in Ners Study Program students at the Academic Stage at STIKes Santa Elisabeth Medan in 2023. For future researchers to examine the relationship between social support and academic adaptation in first-year students by expanding the scope of research respon

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