

The Effect of Chrysanthemum Craft as a Stress Solution for Students at Universitas Muslim Indonesia

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Abstract. Many of the problems experienced by early adulthood are having to make decisions about career, marriage, work & family stress, anxiety, and depression. Factors that cause stress are internal and external factors, external factors consist of physical, conflict, emotional, and behavioral conditions. While the external factors consist of the physical environment, work environment, community environment, family environment, economic problems, and legal problems. The burden of stress that is felt to be heavy can trigger a person to behave negatively, such as smoking, alcohol, fighting, free sex and even drug abuse. This study aims to determine the characteristics of final year students and determine the level of stress in final year students at the Universitas Muslim Indonesia. This study used a qualitative descriptive design with a cross sectional approach with a sampling technique using purposive sampling, a sample of 50 students. The instrument used is a questionnaire. The result of the research is that final year students tend to be stressed due to a lot of pressure both internally and externally.

Keyword: student, stress, chrysanthemum craft