






Stress Management Education Among Housewife in Kebun Dahri Urban Village Bengkulu

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Abstract

Stress is a universal phenomenon that can be experienced by everyone in everyday life. Stress can be defined as a condition that fully of worry and mental tension caused by a bad situation. It can cause negative impact to physical condition, psychological, intellectual and spiritual. The important thing that must be understood is how to control it in facing stress experienced. Health education as a community service activity is aim to provide an understanding of stress management for housewife. It is very important because there is still many people don't know about it. If people's knowledge is good so people can manage stress better. Health education was carried out in Kebun Dahri Urban Village, Bengkulu involving 29 housewife. It was provided with a leaflet as supporting media for education. Pre-test and post-test activity was carried out to evaluate knowledge before and after education. The results showed that there was an increase of knowledge about stress management among housewife after health education given. It wasn't expected to increase knowledge only but also change behavior, so knowledge gained can be applied in everyday life.

A. Introduction

Health includes a state of physical, mental and social well-being. It enables everyone to life socially and economically productive, and also an absence of disease or infirmity. Health problems will arise if physical, mental and social well-being isn't fulfilled (Ambarwati et al., 2019). High economic burden, increasing social gaps, and an uncertainty of social situation make people often experience psychological disorders. Mental Health is defined as a state of individual well being. It makes individual aware regarding their abilities in facing bad situation, can work productively and contribute to their community. Mental Health disorders will give a big impact on health, social, and human right, even economic sector (World Health Organization, 2022). Mental health problems being one of the health problems that can't be resolved in social environment, both at global and national levels. Stress is a universal phenomenon that can be experienced by everyone in everyday life.

Stress can be defined as a condition that fully of worry and mental tension caused by a bad situation. It can cause negative impact to physical condition, psychological, intellectual and spiritual (Fink, 2016; Syam et al., 2022). The meaning of stress is different for everyone in a different situation. Lazarus & Folkman (1987) in (Labrague et al., 2017) stated that stress is a situation in which internal demands, external demands, or both, are appraised as taxing or exceeding the adaptive or coping resources of an individual or group. Meanwhile, Mills (1982) in (Baqutayan, 2015) defined stress as our inner reaction to things that happen to us and demands that are placed on us. The prevalence of stress is high enough, almost more than 350 million people in the world experience stress and it is the 4th ranked disease in the world (World Health Organization, 2017). Study Prevalence conducted by the Health and Safety Executive in the UK involved

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487.000 productive residents in 2013-2014 showed that prevalence of stress was bigger (54.62%) among women than man (45.38%) (Liu et al., 2020).

Sources of stress can come from the individual, a family, school, or work environment. Several ways in maintaining a healthy mental state include thinking positively, doing entertaining activities at home, gathering with family, and exercise. In addition, spirituality also has a important role in maintaining mental health (Prihati et al., 2020). Health education is one intervention to deliver informations. The purpose of providing education is to increase knowledge that can give a positive impact on healthy behavior change. Individual effort to doing stress management is needed. Stress management is skill that makes individu in facing, anticipating, preventing, managing and recovering stress due to threats and incompetence in situations that create mental disorders.

Health education to provide an understanding of stress management for housewife is very important because there is still many people don't know about it (Nurmina et al., 2020). If people's knowledge is good so people can manage stress better. Good ability in stress management can encourage people to do good coping strategies also (Khadijah & Indriastuti, 2023). The ability to carry out coping strategies will also affect the way decisions are made and how to respond the problem (Sarfika et al., 2021). Stress management ability is very necessary when facing a crisis situation so that the negative impact of the problem can be prevented. Based on these conditions, we are interested in doing community service on "Stress Management for Housewife."

B. Research Methods

Community service activity was carried out through several stages; preparation, implementation and evaluation as a benchmark for knowing success of activities carried out. The method used in health education was lecture method, and discussion. The Community Service Program will be held on November 29, 2022 at Al-Furqon Mosque, Kebun Dahri Urban Village, Bengkulu. Respondents in this activity were members of the Taklim Council in Kebun Dahri, totaling 29 housewife. Housewife hoped can understand regarding definition, etiology, symptoms, and stress management after attend community service that carry out.

This activity was carried out by a team of Lecturer Nursing Study Program of Bengkulu University, also involving nursing students; Eunike Nainggolan and Imelda Palingga. The qualifications of the team are appropriate with requirement, where a team must have the ability and skills to provide mental health education about stress management. Qualifications are necessary because the effectiveness of the education provided is influenced by the ability of educator to deliver material and ability to communicate with respondents.

Before the education was carried out, respondents were given a questionnaire containing several questions related to stress and stress management. At the beginning of activity, Secretary of Aisyiyah Kebun Dahri Council gave a speech. The next activity was education of stress management, our team distributed leaflets as supporting media in providing education. The presentation about Stress Management for Housewife was delivered by Ns. Bardah Wasalamah and Ns. Encik Putri Ema Komala, S.Kep., M.Kep.SP. Kep.J. The activity took approximately 2.5 hours. Lecture and discussion methods aim to provide an understanding of the material (Sarfika et al., 2021). The educational event with the discussion method uses the following sequence of events:

- a. Opening of Community service activity by Secretary Aisyiyah Kebun Dahri



Figure 1. Opening Community Service Activity

- b. Education of stress management by Ns. Bardah Wasalamah, M.Kep and Ns. Encik Putri Ema Komala, S.Kep., M.Kep, Sp.Kep.J



Figure 2. Education session by educator

- c. Discussion among respondents and Team Educator



Figure 3. Discussion Session

- d. Closing
e. Evaluation (*Post Test*)
Respondents were asked to fill out a questionnaire containing questions about stress and management to evaluate the level of understanding of the material that had been delivered. This evaluation phase was carried out at the end of the activity.
f. Photo session with team and respondents



Figure 4. Photo session

C. Result and Discussion

a. Characteristics of Respondents

Table 1. Characteristics of Respondents

Characteristics	Category	N	Percentage (%)
Age	≤ 35 years	0	0
	35-45 years	8	27.6
	>45 years	21	72.4
Education	Basic	3	10.3
	Middle	22	75.9
	High	4	13.8
Total		29	100

Characteristics of Respondents studied in this community service activity were age and education. The majority of participants were aged >45 years (72.4%), (27.6%) of respondents were 35-45 years old, nobody of respondents ≤ 35 years old. Based on a level of education, there were 3 respondents (10.3%) low educated, 75.9% respondents have middle education, and 4 respondents (13.8) were highly educated.

b. Respondent's Knowledge Before Stress Management Education

Table 2. The Frequency of knowledge before Stress Management Education (N=29)

Level of Knowledge	N	Percentage (%)
Good	5	17.2
Sufficient	16	55.2
Deficient	8	27.6
Total	29	100

Based on table 2, it is known that before the stress management education was carried out there were 5 respondents with good knowledge (17.2%), 16 respondents (55.2%) with sufficient knowledge, and 8 respondents (27.6%) have deficient knowledge.

c. Knowledge after education

Table 3. The Frequency of knowledge before Stress Management Education (N=29)

Level of knowledge	Total	Percentage (%)
Good	18	62,1
Sufficient	9	31
Deficient	2	6,9
Total	29	100

Team get satisfactory results after carrying out health education. There was increasing of knowledge indicated by increase scores on questionnaires distributed after education. The results of this community service activity showed that after being given education about stress management, there was an increasing respondents' knowledge, 18 respondents have good knowledge (62.1%), 32% had sufficient knowledge, and 6.9% had deficient knowledge.

Health education is important to implement in enhancing knowledge regarding stress management. Respondents also actively participated in conducting discussions, ask a question and answer during health education. The results of community service activity have proven that health education using lecture method and discussion can increase knowledge of housewife about stress management. These results are supported by community service activity carried out by Erawati et al (2016) that showed health education using the lecture and discussion method can significantly increase participants' knowledge. Research conducted by Kurniawan & Sulistyarini (2017) showed that there was an increase participants' knowledge after being given psycho education. The knowledge increase from 8.93 to 12.13 after health education. Team distributed leaflets as the media to support the educational process before community service activity begin. Several studies have shown that leaflet media was effective in conveying information. Increasing of knowledge will support changes in health behavior. Leaflet is print media that contains health information at a sheet of paper and has two or more folds and contains information in sentences or pictures (Kurniawan & Sulistyarini, 2017; Purimahua et al., 2020).

Research by Enindelastrri et al. (2021) showed that education using leaflets affects knowledge and attitudes of 14 Bombana students regarding positive cases of Covid 19. Research conducted by Wulan et al (2021) showed the same results that respondents who were given education using leaflets get an increase knowledge and able to re-explain health protocols that must be done in their daily activities. Leaflets were chosen as educational support media in this education activity because it was easy to store, economical, and can be read again as a reminder for respondents (Wulan et al., 2021). Therefore, one of the efforts made to increase knowledge is to provide education by giving leaflets. Widuri (2020) explain that knowledge is something that known by people or respondents related to health and illness. Increasing of respondent's knowledge in community service activities of course inseparable from the enthusiasm and activeness of the respondents asking questions and conducting discussions about the material presented. Several respondents also asked questions that came from actual conditions in their environment so that by conducting discussions based on actual cases it would make it easier to understand.

D. Conclusion

Community service activities regarding stress management that have been carried out well. Based on the activities that have been carried out, stress management education has a positive effect on the knowledge of housewife, this is evidenced by an increase in knowledge based on the results of the pre-test and post-test. This activity is important to implement because some people don't know about it. If people's knowledge is good and people can do stress management well.

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