

The Meaning of Self-Healing in Reducing Academic Stress Among Final Year Students at Universitas Informatika dan Bisnis Indonesia

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Abstract:

Self-healing, is one of the phenomena practiced by generation Z as an activity to reduce the pressure felt on oneself. One of them is done by students to reduce academic stress. This study uses a qualitative research method with Alfred Schutz's phenomenological research approach. Data collection techniques were carried out using interviews, observations, books, journals and documentation. The technique of determining the informants of this study using purposive sampling and data validity techniques of source triangulation. experience in doing self-healing activities to reduce academic stress including becoming a person who has empathy, a sense of gratitude, increasing self-confidence, increasing motivation to resume daily activities. The experience is motivated by a because of motive that is oriented towards the past and a desire that becomes a goal motive (in order to motive).The self-healing methods used in this study are Mindfulness, Activity Seeking, and Me Time Self-healing to reduce academic stress is interpreted as an activity to restore self-confidence, self-reward, restore positive energy to the self, and as a form of awareness of mental health. From these experiences, motives and meanings, the meaning construction formed is an activity to build self-confidence, empathy, self-reward and activities to restore positive energy in the self, and as a form of awareness of mental health.

Keywords: Experience; Meaning; Motives; Phenomenology; Self-Healing

Introduction:

Final year students are students who have completed the theory in lectures and have taken the final project or thesis. When students are in the final semester and have completed all their courses, students are required to make a thesis. To achieve this, students must complete coursework, practical work, midterm exams and final semester exams. The responsibilities and academic demands and problems faced by final year students can be a part of the stress that can be experienced by final year students. Stress is the

inability to cope with threats faced by mental, physical, emotional, and spiritual humans, which at some point can affect the physical health of these humans. Stress is a situation where an individual will experience tension because they are in a situation that can affect themselves, this situation can come from the external environment or within a person. Stress can have a negative impact on a person's psychological and biological conditions.

Stress experienced by students is caused by various things, namely excessive task loads,

changes in the surrounding environment, expectations and parental pressure and so on. The term for stress caused by these things is academic stress. Academic stress is anxiety or stress arising from school or education.

In this study, researchers chose the Psychology Study Program at the Universitas dan Bisnis Indonesia because like humans in general, although psychology students learn about mental disorders and learn about human nature, according to researchers it is possible that final year Psychology Study Program students have a tendency to do self-healing activities to reduce perceived academic stress.

When viewed from the background of final year psychology students at Universitas Informatika dan Bisnis Indonesia, psychology students are students who study and understand the conditions, mentality, thoughts and also behavior carried out by a person who is studied during learning activities in college. According to the researcher, this is unique in itself, because Psychology Study Program students are better able to understand the pressure or stress they experience.

Based on this explanation, the researcher observed that the phenomenon of healing began to emerge in the last two years after the COVID-19 pandemic. Usually, healing is done by individuals who feel stressed and tired due to daily routines as a way to take a break for a while. The term healing is quite popular among Generation Z [1]. Those who are under pressure from work, family problems, friends, or academic demands often choose "Self-healing" to relieve stress. Self-healing activities can include going on excursions, buying their favorite things, or doing other things that can entertain themselves [2].

Self-healing means self-healing, healing can be defined as "a process of cure": a stage of healing. Self-healing means a stage of treatment or healing carried out by oneself through a process of belief from oneself and supported by the environment and external factors as support [3].

There are several self-healing methods, including taking time for yourself (me time), applying mindfulness as a way to be more present in the present moment, doing positive activities such as meditation, and increasing self-compassion, which is the ability to understand and accept one's emotions. In addition, talking to yourself can also help in the emotional healing process [4]. Therefore, self-healing can be understood as an effort to overcome problems and negative impacts arising from traumatic events, so that individuals can regain control over their lives [5]. The goal of self-healing is to heal inner wounds, grief, and trauma from within as part of the recovery process due to traumatic events experienced by individuals [5].

To support this research, the researcher used Alfred Schutz's phenomenological study as an approach in this study, because the researcher wants to know how something is interpreted by individuals so that it can produce a certain decision or action. This action is a reflection of a person's thinking or 'consciousness' because by knowing a person's consciousness, we can define the things that become the basis for someone to take certain actions or actions.

Based on the explanation above, the focus of the research is the construction of the meaning of Self-Healing in final year students of Psychology Study Program at Universitas Informatika dan Bisnis Indonesia in Reducing Academic Stress.

Research Methodology:

The method should be well elaborated enhancing the model, the analysis approach and the steps taken. This section typically has the following sub-sections: Research type; Population and Sample/Informants; Research Location; Instrumentation or Tools; Data Collection Procedure; Data Analysis; Ethical Approval.

Research Type:

To understand the construction of the meaning of Self-Healing for Psychology Study Program students at the Universitas Informatika dan Bisnis Indonesia in reducing stress, univresearchers use qualitative methods to achieve a deep

understanding of how people experience stages or processes in life, provide meaning and describe how people experience the stages or processes in life. life, giving meaning and describing how people interpret their experiences.

This study use qualitative method for research method. Qualitative used to research on natural object conditions (as opposed to experiments) where the researcher is the key instrument, data collection techniques are triangulated (combined), data analysis is inductive, and qualitative research results emphasize meaning rather than generalization [6]. Qualitative methods have the aim of being able to explain natural phenomena by searching for the deepest data so as to produce a discovery of complex data on the phenomenon of what is experienced by the research subject. This will be described descriptively using scientific methods. Researchers use qualitative methodology so that researchers are expected to find, examine and understand a phenomenon that has not been found using only numbers, or personal opinions, the phenomenon is self-healing. The phenomenon is an activity related to a person's daily experience or behavior and related to social, psychology, communication and others. So that by using qualitative research methods, researchers will descriptively explain the research results of the phenomenon of self-healing carried out by students to reduce academic stress carefully and thoroughly. reduce academic stress carefully and in detail with a focus on the meaning of self-healing behavior. self-healing behavior. In addition, by examining more deeply using qualitative method is expected to obtain data that is complete, in-depth, credible and meaningful

Population and Sample/Informants:

This informant determination technique is obtained from purposive sampling technique. According to [6] Purposive sampling is a sampling technique from data sources with certain considerations and objectives. Then the results of this study will not be generalized to the population because, sampling is not taken randomly. To determine informants in phenomenological research, informants must be directly involved with the phenomenon to be studied, informants are able to describe the phenomena experienced, willing to be interviewed and involved in the research process, agreeing to intersubjective

meanings of phenomena compiled by researchers [7]. compiled by researchers [7].

Research Location:

location of research conducted by researchers at the Universitas Informatika dan Bisnis Indonesia.

Instrumentation or Tools:

Qualitative Research: According to Berger [8] An interview is a conversation between a researcher (someone who hopes to get information) from an informant (someone who is assumed to have important information about an object under study). In this study, the interview technique used is an in-depth interview or direct or face-to-face interview with informants in order to obtain complete and in-depth data. In this study, interviews were conducted with students of the Psychology Department Class of 2019 at the Universitas Informatika dan Bisnis Indonesia. Interviews are conducted formally and informally, researchers will conduct open interviews, so that research subjects or sources to be interviewed know that the subject is being interviewed for research purposes. being interviewed for research purposes.

Data Collection Procedures:

Researchers will collect data from observations and interviews conducted within a certain period of time, so that the data obtained will be a lot. Then, the researcher will generally explore the situation of the subject under study. In this study, researchers collected data through observations and interviews of psychology students who have met certain requirements so that they have qualified data for research results.

Data Analysis:

Data analysis according to Miles and Huberman [9] is the process of systematically searching and compiling data, so that the data is the result obtained from interviews, field notes, and documentation studies. The way to analyze is by grouping data into categories, breaking it down into units, synthesizing, arranging into patterns, choosing which ones are important to learn, and making conclusions so that they can be understood. Then all data from various sources were sorted and reduced by doing abstraction. The process of data analysis in this research takes place from before entering the field until it is completed. until completion.

Results:

The results section should present the key findings of the study.

Self-Healing Experience to Reduce Academic Stress in Final Year Students of Psychology Study Program at Universitas Informatika dan Bisnis Indonesia:

This sub chapter will display how the experiences experienced by the informants. Phenomenological studies must observe in depth the individual's experience of the phenomenon experienced by the individual in everyday life on the subject to be studied. Researchers observed in depth the behavioral experiences of final year students of the Psychology Study Program in doing self-healing to reduce perceived academic stress. Self-healing is one way to appreciate or please yourself.

In the first informant, Ika, she admitted that the experience gained when healing for herself had a positive impact. Ika admitted that the feeling was difficult to explain, but according to her, it was felt because she did positive activities during healing and was an experience that made her more of a positive person when interacting with people around her.

In contrast to what was experienced by informant Putri. She revealed that the experience during and

after doing self-healing made her feel proud and more confident. According to her, the form of self-healing she does is different from most people. Putri explained that she chose to work and keep herself busy in the office as a way to cope with stress. When facing pressure, especially in thesis work, she had the desire to hurt herself. However, by staying active at work, she was able to distract her mind from negativity and refocus on herself. In addition, she felt that the office environment provided a calmness that helped her in the recovery process from the stress she sometimes experienced.

Then according to the third informant, Tiya, self-healing helps her reduce academic stress. She chooses me time by taking a vacation to a place like the beach or enjoying culinary with her boyfriend. According to her, these activities are effective in relieving pressure when working on final assignments.

Researchers found several factors that encourage informants to do self-healing and experience symptoms of academic stress. Self-healing activities are a positive aspect because they help emotional and mental recovery. With a more stable condition, a person can be re-energized in carrying out workers or daily routines.

Table 1.1 Self-Healing Experiences and Self-Healing Methods used by Informants

No	Informant Name	Self-Healing Experience	Self-Healing methods used
1	Ika Indah Wahyuni	Healing activities include hanging out with friends, traveling to see activities in the neighborhood such as attending camps and nature trips, participating in social activities voluntarily. Becoming a person with empathy and gratitude Feeling relieved when done with self-healing activities Feeling better at controlling feelings of anger, sadness so that they become calmer and can communicate well with others	Mindfulness Mindfulness carried out by informant Ika is in the form of recreational activities, taking a walk to see community activities by leaving unnecessary emotions so that it can restore self-focus, emotions to oneself, which in turn can reduce the academic stress felt during working on the thesis as a final year

		Can interact with others better	student, and create a sense of empathy for people around.
2	Putri Fatimah Azzahra	Working in an office is a form of healing Feel that working in the office is a form of healing as well as self-esteem Feeling proud and confident when recovering or when working in the office Having positive thoughts because they are distracted by working in the office	Search Seeking activities carried out by Putri informants by means of positive visualization, Putri informants visualize themselves in the office room where Putri works in order to help calm the body and mind to be more focused and avoid negative thoughts that arise due to the final project as a final year student.
3	Tiya Eka Putri	Healing activities carried out in the form of spending time with the closest people with vacations and culinary activities Makes you feel more relieved even though it is only temporary Feeling energized to continue the daily routine is replenished so that they feel motivated to work on the final thesis assignment	Me Time Me time is a self-healing method that is useful to make someone think about themselves first. The me time activities carried out by Tiya, which are going on vacation to tourist attractions, and culinary with her boyfriend. Tiya feels that, by doing these activities, it can restore feelings and motivation to be more enthusiastic about working on the final thesis assignment.

The researchers summarized the experiences of the three informants in conducting self-healing activities to reduce academic stress in final year

students which will be displayed in the typification table as follows:

Table 1.2 Typification of Experiences of Final Year Students of Psychology Study Program of Universitas Informatika and Bisnis Indonesia doing Self-Healing to Reduce Academic Stress

Experience of Final Year Students of Psychology Study Program of Universitas Informatika dan Bisnis Indonesia doing Self-Healing to Reduce Academic Stress Based on the Self-Healing Method Used
The self-healing method used is the Mindfulness method . Activities in the form of gathering with friends,

taking a walk to see activities in the surrounding environment, attending camps and traveling to nature, and participating in volunteer social activities in order to become a person who has empathy, gratitude, more positive thinking, can create a feeling of relief when continuing activities.

The self-healing method used is “**Activity Seeking**”. Activities carried out by finding a place that can calm themselves so that they become calm, appear feelings of pride and confidence, feel self-healing is a form of self-reward.

The self-healing method used is **Me Time**. By going on vacation to tourist attractions, and culinary. Thus, restoring feelings and motivation to be more excited to return to work on the thesis final project.

Motives of Final Year Students of Psychology Study Program to Do Self-Healing to Reduce Academic Stress

he motives that researchers found in this study are relevant to Alfred Schutz's theory which explains that motives are divided into an action that is the background of something oriented towards events that occurred in the past (because of motives) and also the future (in order to motives). In order to motive is the motive for someone to take action because it has a purpose. In this study, researchers tried to find the motive of the informants' goals after doing self-healing to reduce academic stress experienced by psychology students at Universitas Informatika dan Bisnis Indonesia.

a. Because of Motives of Final Year Students of Psychology Study Program of Universitas Informatika and Bisnis Indonesia Doing self-healing to Reduce Academic Stress

Ika and Putri learned the term self-healing when the COVID-19 pandemic ended and the term boomed because many people were healing. Unlike Ika and Putri, Tiya admitted that she also did not know where she learned the term self-healing, Tiya explained that without realizing it, she also did healing activities and understood the

concept. She revealed that this might be because self-healing has become a lifestyle for many people when they feel a little depressed and tired of their daily routines.

b. In Order to Motive Final Year Students of Psychology Study Program of Universitas Informatika dan Bisnis Indonesia Do self-healing to Reduce Academic Stress

Researchers see that the purpose of self-healing carried out by each informant is different with different ways of release. Based on the informants' explanations, the methods they used succeeded in reducing the perceived academic stress. From the information obtained from informants, it can be concluded that the because of motive they do self-healing to reduce academic stress includes feeling depressed, insecure, the emergence of laziness, avoiding thoughts of hurting themselves because they experience overthinking while working on the thesis, so that emotions are more stable. Meanwhile, the in order to motive that they said included to become a more grateful person, as a self-reward, as a form of replenishing energy that was drained due to academic stress.

To understand the motives of each informant, the researcher will present the research results in a table with the following typifications:

Table 1.3 Motives of Final Year Students of Psychology Study Program of Universitas Informatika and Bisnis Indonesia Doing self-healing to Reduce Academic Stress

Name	Because of Motives	In Order to Motves
Iindah Wayuni	Feeling bored with the same routine Feeling insecure seeing the progress of classmates who have made progress on their theses Often feel anxious, and have insomnia	To be re-energized to carry out the activities that are being carried out To regain motivation to do the final project To become a person who is more grateful for the circumstances that have occurred Want to be a person who can accept yourself more

Putri Fatimah Azzahra	Feeling insecure seeing the progress of classmates who have made progress on their theses Negative thoughts of hurting self often arise when feeling pressured by thesis work	To feel motivated again when working on the final project Become a more productive person and have more positive thoughts Want to feel satisfied with other achievements besides the thesis, namely work, which is considered a form of healing and is referred to as self-reward. To distract the mind from negative thoughts and become calmer emotionally and physically
Tiya Eka Putri	Feel depressed and anxious Feeling that the thesis work is not progressing Feeling the lack of revision feedback by the lecturer	To recharge the energy that has been used while working on the final project Want to be a person whose emotions are stable when interacting with people around them To regain motivation and enthusiasm to continue working on the final project Want to restore the focus that was lost due to stress when working on the final project

Table 1.4 Typification of Because of Motive for Final Year Students of Psychology Study Program Doing Self-Healing to Reduce Academic Stress

cause of Motive	Order to Motive
Feeling bored with daily routines, such as working and doing thesis final assignments Feeling feelings of doubt, anxiety and lack of confidence (insecure) due to seeing the achievements of friends in the same major Negative thoughts arise, such as having the desire to hurt self.	To return a sense of enthusiasm and motivation to do the final thesis project To learn to accept shortcomings and create gratitude To calm down and add positive thoughts

The Meaning of Self-Healing for Final Year Students of the Psychology Study Program at Universitas Informatika dan Bisnis Indonesia to Reduce Academic Stress

Based on the motives and experiences that have been described previously, it appears that even though being a psychology student is inseparable from experiencing academic stress because as it should be, all humans must experience stress with different levels and types depending on the causes of stress experienced by a person. Some interpret self-healing as a form of self-expression, a way to increase self-confidence, as a way to reduce stress and so on. In this section, the researcher will explain the meaning of self-healing to reduce academic stress in Psychology Study Program

students at Universitas Informatika dan Bisnis Indonesia.

Ika interpreted that doing self-healing to reduce academic stress is an activity that can restore self-confidence. Ika argues that when doing self-healing, she feels more free to express herself because she does positive activities during the healing activities. According to Ika, as a student who is working on her final project, she will definitely experience academic stress such as lack of sleep, anxiety and others, so she thinks students need self-healing to stay sane and not too stressed when doing daily activities.

In addition to Ika, Putri revealed that self-healing is a form of appreciation or self-reward that illustrates that she deserves an award for herself

while carrying out daily activities, one of which is holding the status of a final year psychology student who is also an office employee. Putri also explained that she did self-healing activities that were quite different from other people, namely by working all day.

Meanwhile, the meaning of self-healing for Tiya is an activity to re-energize a person, an activity to spend time with loved ones, an activity to divert negative thoughts by doing positive activities even though it is temporary. Tiya interprets self-healing like that because she feels happy to be around people she cares about when stress hits.

The meaning of self-healing is also in line with the explanation from clinical psychology which explains that self-healing can be done in various ways. Signs that someone needs healing are when they feel confused, have difficulty concentrating, uncontrollable emotions, feel sad, lose their enthusiasm and self-confidence, feel anxious, have difficulty sympathizing and empathy. Then self-healing was also explained by one of the lecturers of the Psychology Study Program, namely self-healing is good, which means that we have awareness of ourselves.

Table 1.5 Meanings of Self-Healing for Final Year Students of Psychology Study Program at Universitas Informatika dan Bisnis Indonesia

Name	<i>Self-Healing</i>
Ika Indah Wahyuni	Increasing self-confidence, because by doing positive activities during self-healing can provide encouragement to oneself that is positive in nature so as to raise self-confidence.
Putri Fatimah Azzahra	Self-Reward, because it feels like you deserve an award for yourself for successfully getting through daily activities.
Tiya Eka Putri	Charging positive energy, because doing activities with loved ones so that they feel that the body's lost energy is replenished by spending time with the closest people.
Ilham Medal Junjuran	Awareness, as proof that Generation Z is a generation that is already aware of the importance of mental health.

Discussion

The results of research on the experience of final year students of the Psychology Study Program doing self-healing to reduce academic stress vary from each informant according to what they have gained and felt while doing these activities. In accordance with Alfred Schutz's phenomenological theory views various realities including dreams and abnormalities, but the highest reality is the everyday world which has an intersubjective nature or as the life world. In this study, the experience carried out by the informants is something they do consciously according to what happens. The experience of final year students of the Psychology Study Program at the Universitas Informatika dan Bisnis Indonesia doing self-healing to reduce academic stress, which researchers group into self-healing techniques are (1) Mindfulness, activities in the

form of gathering with friends, taking a walk to see activities in the surrounding environment, attending camps and traveling to nature, (1) Mindfulness, activities in the form of gathering with friends, traveling to see activities in the surrounding environment, attending camps and traveling to nature, and participating in volunteer social activities with the aim of creating feelings of empathy and gratitude, (2) Seeking Activities Emerging feelings of pride and self-confidence, feeling self-healing is a form of self-reward, (3) Me time visiting tourist attractions, culinary with lovers, whose purpose can help improve concentration and productivity and provide opportunities for oneself to fully understand oneself.

Based on the informants' answers regarding their reasons for self-healing and the informants' motives, they are in line with Alfred Schutz's

theory, which explains that motives are divided based on an action that is motivated or becomes a cause oriented to the past (because of motive) and also future-oriented motives (in order motive). Schutz's typification [9] leads to types of actions, speech, personality, behavior and others to represent a phenomenon. To summarize a question in order to dig deeper into the meaning of action is to dig deeper into the motive. Therefore Schutz divides it into 2, namely:

1. The "because of" motive which is the past experience of individuals who are oriented to the past
2. The "in order to" motive, which is the motive for someone to take action because they have a goal that is described as an interest, plan and future-oriented.

These motives can explain the reasons why informants in this study conduct self-healing activities. Each informant interviewed in this study is more inclined towards future motives, although past motives were found. In this section, the researcher will elaborate on the because of motive of a final year student of Psychology Study Program doing self-healing to reduce academic stress experienced by the informant based on the informant's future experience. based on the informant's future experience.

Each informant in this study interprets the actions of others or people in the surrounding lecture environment so that they can shape their current actions. After knowing the in order to motive of each informant, there are four main motives or hopes, the main desires of the informants, which researchers grouped. The researcher centralizes the data and transforms the rough data in the field so that it is more concise and clear. The future motives (in order to motive) found are (1) To restore a sense of enthusiasm and motivation to do the final thesis, (2) To learn to accept self-deficiencies and create a sense of gratitude and empathy, (3) As an activity that can calm down and add positive thoughts to avoid negative thoughts of hurting yourself. negative thoughts of self-harm.

The next motive is based on because of motive, which is a motive that has a goal oriented to the past for informants or as an informant's past experience. Based on the results of the interview, it was found that the motives of the final year students of the Psychology Study Program at the Universitas Informatika dan Bisnis Indonesia were self-healing to reduce the perceived academic stress. Therefore, the researcher determined 3 motives from the informants. The motives are (1) Feeling bored with daily routines such as working and doing the final thesis (2) Feeling feelings of doubt, anxiety, and lack of confidence/insecure due to seeing the achievements of friends in the same major, (3) Negative thoughts appear, such as having the desire to hurt yourself.

Basically, Alfred Schutz's phenomenological study is an attempt to find out about the motives, desires, and meanings of other people's actions. How to know the meaning of the existence of others and how reciprocal relationships can occur. After describing the experiences and motives of final year students doing self-healing activities to reduce academic stress, researchers will discuss the meanings that arise based on the experiences of final year students of the Psychology Study Program, doing self-healing to reduce academic stress.

According to Schutz, meaning is a stage that gives rise to an agreement that is not trapped only in social scientific thinking, but in everyday life based on the agreement of researchers with the "object of research" which can also be a subject that describes social activities in a large framework in the process of understanding the construction of meaning from a process called intersubjectivity [9]. Based on Schutz's thinking, to examine more deeply about a person's actions in life cannot be separated from the biographical situation. life cannot be separated from his biographical situation.

The meaning of doing self-healing activities to reduce academic stress in final year students are academic stress in final year students are (1) Increasing self-confidence, because doing positive

activities during self-healing can provide encouragement to oneself that is positive in nature so that it raises self-confidence, (2) Self-Reward, because they feel they deserve an award for themselves because they have successfully passed their daily activities, (3) Filling Positive Energy, because doing activities with loved ones so that they feel that the body's lost energy is filled again by spending time with the closest people, (4) Form Awareness, as proof that generation z is a generation that is already aware of how important mental health is. the importance of mental health.

In addition to explaining the experiences, motives, and meanings of informants doing self-healing to reduce academic stress in final year students, researchers also examined in depth the interpersonal communication established by informants with fellow final year student friends. Interpersonal communication is communication between an individual and another individual using message symbols effectively between humans using language. According to [10] Interpersonal Communication is communication that occurs between two or more people who have had relationships in various ways. According to [11] factors that affect interpersonal communication include the following:

- a. Self-concept: is all the ideas, thoughts that an individual knows about himself and can influence individuals when building relationships with others. If the individual has a self-concept, the individual will not dare to try challenging, new and fearful things and feel like a failure to feel unhappy.
- b. Open Self: is the disclosure of one's reactions and responses to the conditions at hand and provides relevant information about past events for understanding in the present.
- c. Confidence: is one of the factors that have a role in interpersonal communication. Someone who lacks confidence will tend to have the possibility to avoid communication situations because he is afraid that others will mock or blame him if he speaks so that he tends to be silent when interacting with interlocutors. this will foster an attitude of feeling a failure in the activities carried out.

Based on the factors that influence interpersonal communication, it is found in this study that, interpersonal communication established between informants and friends in the psychology study program is not so well established, however, it fulfills aspects of the purpose of communication as described by [12] that, the purpose of interpersonal communication is to find oneself, find the outside world, form and maintain meaningful relationships and change attitudes and behavior. and change attitudes and behavior.

One of the informants in this study had a poor self-concept because he had thoughts of hurting himself when experiencing academic stress. According to the researcher, this is not in line with the understanding of self-concept, which is one of the factors that influence interpersonal communication between one another. According to [11] when someone has a self-concept, that person does not dare to do things that are challenging, and feels unhappy. In addition, another interpersonal communication factor, namely opening up, is quite established between informants. This can be seen from the activities of the informants doing self-healing activities together with the closest people. Furthermore, the last factor is self-confidence, this factor is clearly seen that when informants when doing self-healing to reduce academic stress, it can create self-confidence so that informants regain self-confidence and can continue their daily activities, one of which is working on the final thesis.

From all of the researchers' explanations above, researchers can conclude how the construction of the meaning of self-healing to reduce academic stress in final year students based on the informants' explanations, that the construction of the meaning of self-healing is interpreted in a positive sense because in addition to having an impact on healing wounds that occurred in the informants' past, self-healing has an impact as a form of activity that can build self-confidence, empathy, self-esteem, as a tribute to oneself, as an activity that can restore positive energy. However, the opposite regarding the meaning of academic

stress which is consciously expressed by informants and supporting informants in this study, that self-healing can restore enthusiasm, self-confidence, and as a form of appreciation for oneself if done with positive things. In addition, based on the informants' explanations, the researcher views academic stress in a negative sense because in addition to adversely affecting health, academic stress also has an impact on students' mentality.

Conclusion:

In this final chapter, the researcher will present conclusions which are the result of the researcher's analysis based on the results of the research and discussion that has been presented in the previous chapter. From the results of research and discussion regarding the construction of the meaning of self-healing carried out by final year students of the Psychology Study Program at Universitas Informatika and Bisnis Indonesia, it can be concluded as follows:

1. The experience gained by final year students of the Psychology Study Program doing self-healing to reduce academic stress is not just treating past wounds or treating themselves from unpleasant events while working on the final thesis. Behind this, Psychology Study Program students get experiences that are experienced consciously during their status as final year students at Universitas Informatika dan Bisnis Indonesia. The experiences experienced by the informants, researchers grouped into self-healing methods so that, the experiences carried out when experiencing academic stress are activities in the form of gathering, meeting with friends, traveling in tourist attractions, culinary, looking for activities so that self-confidence appears, as self-reward. The self-healing methods used are Mindfulness, Activity Seeking, and Me Time. In the experience carried out by the informants, in accordance with the objectives of interpersonal communication, among others, all informants in this study can find or restore the spirit that is in themselves, find the outside world, including informants doing self-healing activities in the form of

volunteering, vacationing to tourist attractions, attending tourist camps, and finding a quiet place to calm down. This is in accordance with the objectives of interpersonal communication according to [1], namely finding oneself, finding the outside world, forming and maintaining meaningful relationships, changing attitudes and behavior.

2. The cause motive oriented towards the past for final-year students of the Psychology Study Program at the Universitas Informatika dan Bisnis Indonesia is feeling bored with daily routines, experiencing feelings of doubt, anxiety, and insecurity, and having negative thoughts of self-harm. Then, after the cause motive of final-year students in the Psychology Study Program at the Universitas Informatika dan Bisnis Indonesia, the goal motive (in order to motive) that the final-year students in the Psychology Study Program at the Universitas Informatika dan Bisnis Indonesia want to achieve is to restore enthusiasm and motivation for completing their thesis, to learn to accept shortcomings and cultivate gratitude, to calm themselves and create positive thoughts within themselves. Based on the motive purpose (in order to motive) that causes the informants to engage in self-healing to reduce academic stress, it was found that the interpersonal communication established occurs well because it fulfills the purpose of interpersonal communication itself. The informants in this study, when engaging in self-healing to reduce academic stress, can form and maintain meaningful relationships and can change the informants' attitudes and behaviors from feeling demotivated and lacking confidence to becoming individuals who are motivated to complete their thesis, and regain their confidence when engaging in brief self-healing to reduce the academic stress felt as final-year students.
3. The definition of self-healing, as determined by final-year Psychology Study Program students at the Universitas Informatika dan Bisnis Indonesia, includes boosting self-esteem, rewarding oneself, energizing oneself, and acting as a kind of awareness. These activities are meant to alleviate academic stress. For final-year psychology

study program students at the Universitas Informatika dan Bisnis Indonesia, self-healing is a way to reduce academic stress because it is not only a way to heal wounds from unpleasant experiences; it can also be a way to build empathy, self-confidence, and self-appreciation. Additionally, it can be a way to restore positive energy as a way to raise awareness of mental health.

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