Pengaruh Pemberian Humor terhadap Penurunan Tingkat Stres pada Mahasiswa Fakultas Psikologi Universitas Airlangga Surabaya yang Sedang Menyusun Skripsi

Abstrak:

This research intend to know whether there is any influence of humor presence to stress level reduction on female students who are compiling thesis on Faculty of Psychology Airlangga University Surabaya. The humor used in this research are given though the media in the form of humor collection notes part 1, 2, and 3, and also 4 VCD/DVDs comedy movie show. This research was applied to female students from batch 2004 who are compiling thesis with the total research subjects as much as 18 persons. The characteristic of this research subject is having high level of stress. The instrument used for collecting the data is stress level scale which consists of 52 items with the reliability score of 0,953. The data analysis is done by non-parametric statistical technic, that is Mann-Whitney Test or U-Test. This calculation is done with the help of SPSS 12.0 for windows program. Based on the result of analysis data, the writer obtained Z score = 3,311 with probability score = 0,000 for gain-score calculation on the experiment and control group. This calculation result indicate that there is significant influence between humor presence and the stress level reduction on the female students who are compiling thesis.

Keyword:

stress, humor