

## Recognize and Manage Stress with Positive Activities

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### Abstract

Life is a gift, so it must be fought for and always ready to face various challenges, in any situation and condition. The order of life is changing and the problems are getting more complex with the covid 19 outbreak. These problems bring tension or pressure, in general many people experience an imbalance, although there are still some who do not experience an imbalance. Parents, especially housewives, are very vulnerable to stress, this condition must not be allowed, it must be faced and managed, resolved in a way that is healthy and harmonious. The target of counseling is for the guardians of group B Muslim Kindergarten students at NU I Tuban. Submission of material is carried out by lecture and question and answer methods. The purpose of community service is to be able to recognize and be able to manage stress properly, healthy and harmonious and able to choose activities that are positive and useful. The results of the implementation of the extension went well and smoothly, the response was good, the indicators of the success of the counseling were many questions and even most of them tended to vent, and there were still many who misunderstood the meaning of stress and crazy.

**Keywords:** Recognize, Manage, Stress, Positive Activities

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### Introduction

The COVID-19 outbreak is very dangerous and deadly, it spreads very easily, therefore it is very scary. The regulations issued by the government must be obeyed by the public, health protocols must be carried out, namely wearing masks, diligently washing hands with soap and running water, maintaining distance, and avoiding crowds.

Even some activities that are carried out outside the home and related to many people, are required to be carried out at home such as office activities. The impact of this virus is extraordinary on all aspects of human life, from the health aspect to being increasingly frightening, economic aspects such as declining income and even the occurrence of a lot of unemployment, social aspects are limited, religious aspects are limited by prohibiting worship in crowd situations, and in the world of education there is learning. at home.

Government regulations through health

protocols are in reality very complex in their impact on human behavior. Starting from March 2020, because no definite method of treatment has yet been found, this creates big problems for humans. For about two years, the community has not carried out activities outside the home freely, the space for movement is limited. Moreover, the development of the covid 19 outbreak is real, recently a new variant of the Delta type of covid has emerged and the lastly the Omicron type of COVID-19 has emerged. Such a situation causes people to be more worried, afraid, anxious, and bored, all of which can cause pressure and tension. This is also felt by the people of the city of Tuban which is a tourist destination city (Kalista *et al*, 2019).

Stress can occur in everyday life, and it is human because it is a dynamic of life. Clonninger in Safaria (2012: 28) expresses his opinion that stress is a tense situation that occurs when a person gets a problem or challenge and does not yet have a solution or many thoughts that interfere with



someone about something they are going to do. In the household, a woman as a housewife plays the role of manager, her task is heavy, household affairs A to Z are her responsibility. Mothers and children at the time of covid 19 who felt the effects the most, experienced problems that were not light, changes in the order of life in the world of education that were really new and real.

Learning activities that are usually held in schools and with full responsibility by the teacher, are now being carried out by parents or housewives. Almost all parents have a heavy additional task, namely accompanying their children while studying at home. Several difficulties were encountered, for parents' problems of mastery of the material, how to teach, emotional stability, facilities for online learning tools. Parents want their children to learn according to the learning activities by the teacher, but many children feel uncomfortable with the system, children experience a crisis of guidance by the teacher, children are reluctant, lazy, bored, and experience tension.

Online learning does require serious preparation in order to meet the targets set by the teacher. and experience tension. Online learning does require serious preparation in order to meet the targets set by the teacher. and experience tension. Online learning does require serious preparation in order to meet the targets set by the teacher. Here there is a dilemma for parents, on the one hand there are demands for parenting that must be carried out properly and correctly, such as opinions. Fitriani (2017: 6) parenting principles: a) Humans are born with nature/carry good potential, b) The duty of parents is to be an example, remind and improve, c) Consistent-congruent, patient and compassionate as a way. Meanwhile, on the other hand, there are current conditions that demand the right and correct adaptability and there are still many individuals who have not been able to do it.

Several activities can be chosen by individuals as a way of managing stress, namely by choosing activities that are of interest, pleasure, and positiveness in order to reduce tension and pressure. The activities chosen are of course those that can provide benefits for themselves and for other people or the environment. For example, activities that can improve skills, creativity, and religious development. Community Service Activities are

one of the obligations contained in the *Tri Dharma* of Higher Education, which in this case is by conducting counseling activities for the guardians of group B Muslimat NU I Tuban Kindergarten. This activity is an opportunity to learn to gain some knowledge so that it is more creative, and productive, the title of this activity is counseling about "Recognize and Manage Stress with Positive Activities". The purpose of community service activities is to provide knowledge about recognizing and being able to manage stress and being able to choose positive and useful activities.

### Literature Review

The word stress is loosely translated as tension or pressure. Surya opinion (2013: 310) stress is a condition of a person experiencing tension due to conditions that affect him. According to Shelley E. Taylor (2003) in Mustofa (2010) defines stress as a negative emotional experience accompanied by biochemical, physical, cognitive and behavioral changes that are directed at changing stressful events to accommodate their negative impacts. Mostofa (2010: 125) stress is a psychophysical phenomenon that is human in nature, in the sense that stress is inherent in everyone in living daily life. According to Helmi (2000), understanding stress in terms of a) Stress response approach, a person becomes helpless/negative impact due to stressful events; b) Approach to the source of stress/stress, the force that causes pressure that exceeds one's optimum limit; c) The interactionist approach, there is a transaction between external pressure and individual characteristics that determine whether pressure causes stress or not. Kendall and Hammen (1998) in Safaria (2012: 28) stress can occur in individuals when there is an imbalance between demanding situations and individual feelings of ability.

The cause of stress can be from inside and outside of the individual, but as the main determinant is from within the individual itself, that is, an obstacle is considered a problem or not depending on how the individual responds to it. Sujinah and Wardhono claim that Humans are afraid of the future, so they intend to become engaged in a useless escape into the past (Sujinah *et al*, 2020). argues that the fear of seeing the future is



a tendency that often occurs at this time. The causes of stress according to Surya (2013: 311) are: a) conflict, a difficult situation in making decisions/choosing equally strong motives; b) frustration, disappointment at failing to achieve goals or failing to resolve conflicts; c) pressure/pressure, namely the urgency in a certain situation; d) changes, can be circumstances, economy, health; e) mistakes in thinking (lack of confidence, being too careful, having negative thoughts, etc.).

When there is stress, humans automatically react, in one opinion it is said that the human body is an open system equipped with a homeostatic mechanism, namely the tendency to always maintain the stability of the organism, especially after the organism is disturbed. Stress reactions according to Helmi (2000) can be in the form of; a) physical reactions (blood pressure, dizziness, diarrhea, insomnia, hair loss, etc.); b) psychological reactions (emotional, sad, anxious, afraid, worried); c) self-defense behavior (blaming others, delusional, helpless silence, self-emphasis, increased smoking, drunkenness, *etc.*; d) changes in way of thinking (blaming others/circumstances, apathy, forgetfulness, difficult to make decisions and so on).

When an individual perceives a threat, his body quickly reacts through the sympathetic and endocrine nervous systems. The body's reaction mobilizes the organism to attack or avoid a threat. On the one hand, the reaction is an attempt by the organism to adapt, because through this reaction the organism can respond to threats quickly. On the other hand, stress is detrimental to the organism because it interferes with emotional and physical functions, and can cause health problems at any time and if stress continues to occur, it means that individuals will experience health problems forever. because through this reaction the organism can respond to threats quickly. On the other hand, stress is detrimental to the organism because it interferes with emotional and physical functions, and can cause health problems at any time and if stress continues to occur, it means that individuals will experience health problems forever, because through this reaction the organism can respond to threats quickly.

The attitude towards stress must be careful,

because there are people who are unable to deal with stress which has a negative impact called distress, for example anger/sadness, rejection, depression, feelings of insecurity, and can even cause various diseases. However, stress can also have a positive impact called *eutress*, for example encouraging individuals to do something, raise awareness, generate new experiences, etc. Humans are intelligent beings, so they must use the gift of God to achieve happiness, in conditions of stress there is the way to deal with it with certain patterns, according to Surya (2013: 314), namely:

1. Healthy patterns, the ability to manage behavior and actions, in the presence of stress do not cause disturbances, remain in a state of balance, and even become healthier and develop.
2. Harmonious patterns, the ability to deal with stress properly, manage time, activities appropriately, can give confidence and do not cause various obstacles, so that there is harmony between oneself and the environment. How to deal with stress with a healthy and harmonious pattern can be done 3 (three) strategies, namely: a) minimizing and controlling sources of stress, by: developing actions that are considered the most appropriate and more positive, utilizing feedback, etc. b) neutralize the impact caused by stress, can be by: controlling various physical and psychological/emotional reactions, controlling self-defense mechanisms (resting, venting, crying, humor); c) increase personal endurance, by: understanding others better, developing personal skills, regular exercise, regular work patterns, discipline, art, worship, developing life goals, and more realistic values. (Surya, 2013: 318).
3. Pathological pattern, dealing with stress in ways that do not have the ability and regularity, causing various physical, psychological, and social impacts, this reaction can cause danger or badness.

General advice to deal with stress (Rice, 1992):

- a) Maintaining physical health;
- b) Accept yourself as you are;
- c) Stay confident;
- d) Take the positive side/wisdom;
- e) Maintaining social life;
- f) Engage in creative activities;
- g) Engage in creating meaningful activities;
- h) Always be friends to share;
- i) Application of effective methods (spiritual deepening, relaxation,

negative thought control). There is also a popular way to neutralize stress, namely humor, according to Filipowicz (2003) various studies have shown that humor can be used to facilitate communication in difficult or tense situations.

Using humor in every activity can be used as a way to effectively control interpersonal conflicts. Imaulana (2002). Likewise, according to Hartanti (2002) a study shows that using humor can also create a more relaxed atmosphere and help overcome rigid and formal social patterns so as to avoid tension. For this reason, to overcome stress due to several circumstances, humans must be smart to deal with it, including with appropriate activities or methods that do not harm themselves, their environment, and do not bring new problems.

### Results and Discussions

The realization of one of the Tridarma of Higher Education with community service activities carried out by the PGRI Ronggolawe Tuban University Lecturer Team at NU I Tuban Muslimat Kindergarten. Activities can take place well and smoothly without significant obstacles. It will be held on Monday, December 10, 2021, starting at 09.00. – 12.00. located in the meeting room. The participants were the guardians of group B students, and 32 participants attended by observing health protocols. The material is delivered using lecture and question and answer methods.

Counseling activities to recognize and be able to manage stress and be able to choose positive activities received a positive response from the students' guardians and teachers. This can be seen from the attendance of the participants and the enthusiasm of the mothers when participating in this activity. Before delivering the material, participants were presented with a questionnaire about the stress experienced at that time, to find out the level (high, sufficient, low), the way was by crossing the answers that had been provided and according to themselves, then they could calculate their own scores and see if there were different levels. By filling out the questionnaire, it is intended that the parents of the students can

introspect what is being experienced in their daily life at this time.

There are some mothers who ask questions about stress, because of the current condition, many people experience it, and sometimes there are even those who tend to vent. In general, there are still many misunderstandings about the meaning of stress and crazy, they often call stressed people mean crazy people. Basically, parents really need these kinds of activities, as an effort to increase knowledge, rather than not having activities and then doing things that are less useful. As a presenter, I am very satisfied with this activity, because of the positive response from the invitation, which is a benchmark that the material presented can be accepted. Hoping that with a positive response from mothers, it will not stop just as mere knowledge but can be applied in everyday life so that it really has benefits. A further hope for mothers is that with increasing knowledge and skills, they can transmit it to the surrounding environment, so that the women's community becomes more qualified.

In general, tension and pressure, especially on mothers because of their inability to deal with stress, heavy and various responsibilities as a trigger for confusion in attitude making. The emergence of stress comes from what is felt by the individual, in this case what emotions are felt, as Golemon (2002:356) argues, emotion refers to a typical feeling and thought, a biological and psychological state and is a series of tendencies to act. The types of emotions are: a) Anger, b) Sadness c) Fear, d) Pleasure e) Love, f) Surprise, g) Annoyed, h) Shame. Regarding the ability to deal with problems that cause tension or pressure, however, emotional maturity will be very helpful in dispelling stress. Meningger (2009: 45) emotional maturity characteristics: a) The ability to accept reality constructively, b) Free from symptoms of tension and anxiety, c) The capacity to find satisfaction in giving rather than receiving, d) The capacity to relate to others consistently with a relationship of mutual help, e) The capacity to be creative and productive, f) The capacity to love. Meanwhile, coupled with the aspect of emotional maturity according to

Murray (1987: 243) in Susanto (2018: 217) includes 4 (four) aspects: a) Aspects of giving and receiving love, b) Aspects of emotional control, c) Aspects of tolerance for frustration, d) Aspects of the ability to cope with tension. However, emotional maturity can not only be achieved quickly and easily, there are several things that influence and go through the process to achieve it.

Adaptability plays an important role in dealing with various situations, including in the face of tension/pressure or stress. Not infrequently, because of ignorance and inability to deal with stress, it actually brings wider problems. Therefore, when stress arises, it must be realized and watched out, this situation should not be allowed, meaning that it must be understood and managed. According to Safaria (2012: 31) how to improve the ability to manage stress and emotions is to recognize the causes, recognize how the differences between one person and another in dealing with stress, and find effective ways to overcome it. Positive activities are the right activities to neutralize tension, in addition, these activities can also improve the quality of life, a place for refreshing, fill free time, hone skills, and to reduce boredom because you have been living at home for a long time due to covid 19. Thus, as humans who are aware of a healthy life, it is necessary to understand about stress and its causes, effects, and have the ability to manage stress.

### Conclusion

From the community service activities for the guardians of group B Muslimat NU I Tuban Kindergarten in 2021/2022 entitled "Recognize and manage stress with positive activities" it can be concluded as follows 1). Parents, especially housewives, are expected to be able to recognize and be able to manage stress. 2). Mothers must be good at finding busyness by choosing positive and useful activities to cope.

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