

CHAPTER 5

CONCLUSION

This chapter will be providing the conclusion from the findings and discussions of the research which has been shown in the previous chapter. Also this chapter show the limitation of this research, implication of the research, and future research recommendation.

5.1 Research Conclusion

This research are conducted to analyze the impact of self-efficacy, social support and achievement motivation toward student's stress in completing thesis at The Faculty of Economic, Andalas University. To analyze the relationship between these variable, SPSS 26 were used as the tool to do several test. The primary data were obtained by spreading questioner from google form to 148 students. From the hypothesis, conclusions can be drawn as follows:

1. From the result, it concludes that self-efficacy does have a negative and significant impact on students stress in completing thesis. The higher the self-efficacy the lower the student's stress, and vice versa, the lower the self-efficacy, the higher student's stress can be.
2. From the result, it concludes that social support does have a negative and significant impact on students stress in completing thesis. The higher social support, the less students's stress can be.

3. From the result, it concludes that achievement motivation does have a significant impact on students stress in completing thesis. The higher achievement motivation, the less students's stress can be.

5.2 Research Implication

This research can have some implication for students that could be useful and considered in order to avoid stress. The implication as followed:

1. For last year students of Economic Faculty of Andalas University, to pay more attention self-efficacy, social support and achievement motivation and apply it properly in an effort to avoid student's stress while completing thesis.
2. The environment, especially parents, must understand their role in developing high self-efficacy among children. They should also supervise groups of children.
3. Collage parents can be given knowledge about the importance of social support. When their college-age students return to campus each year, parents can provide a start for social support by helping students find suitable housing, facilitating pre-existing social networks, and encouraging their child to engage in appropriate extracurricular activities.
4. Make a reference for students in providing social support in the form of advice or suggestions needed, giving encouragement, helping to find references, listening to the feelings of friends who are working on theses. Then it can

provide information to students about the importance of peer social support in working on theses so that students can help their friends.

5. In terms of increasing self-efficacy, students are expected to be able to apply things such as focusing on everything positively, in choosing the right social environment, not comparing themselves with others, appreciating all the goals that have been achieved and being able to learn to accept criticism happily and make it a motivation to be better.
6. To get achievement motivation in working on a thesis, students make an effective learning agenda, avoid things that can interfere with study time, find the right atmosphere, get adequate rest and can ask friends to carry out joint learning activities.
7. For academics, as knowledge development, this research can be a reference for future research.

5.3 Research Limitation

Based on the research carried out at Economic Faculty students, the researchers realized that this study was still far from perfection and has limitations. Therefore this limitation expected to be considered for future research. The limitations of this research are as follows:

1. The research was only conducted on students of the economics faculty at Andalas University, allowing different results if it was carried out on students of other faculties.

2. The samples are limited because the number of respondents studied only represents the total population of year 2016 economics students of Andalas University.
3. Because of pandemic situation, the data collected by online procedure using questionnaire, where it might not show the real condition of respondents.
4. There are other variables that affect students stress that are not used in this research such as academic ability, coping, locus of control, etc.

5.4 Future Research Recommendation

Some suggestion for future research :

1. Research can be carried out with a wider target audience or can also be carried out in other faculties.
2. Future research is expected to increase the number of sample for more accurate result.
3. Future research can add interview techniques in data analysis, for more accurate results.
4. Future research can add other variables related to academic stress.

