CHAPTER VI

CONCLUSION

To achieve the ultimate goal in education, dental students have to handle situations coming up with the factors that cause stress. Dealing with obstacle to reach that achievement can result in many reactions. Until now, the result is generally tolerable. But if the student continued to expose to that stress reactivity, the resistance will occur if they cannot handle the stress. When the stress is further prolonged, the body has become adjusted until the adaptation energy is exhausted. The signs of the alarm reaction will reappear. In this stage the bad result that is irreversible will occur, and show in different ways(24).

The result demonstrated that the potential stressors concerns completing graduation and compatible with friend. In completing graduation, it is evident that the factors in relation with the examination, requirement and finishing their work can cause the stress to the dental students. Including the frequency of examination, extensive workload, difficulties of work, deadline of work, and disturbance during clinical practice. The administrators of the Faculty of Dentistry can alleviate the students' stress by adjusting the administration of the course in order to avoid the exposure of the potential stressor.

Limitation of the results obtained from this study is that a lot of confounding factors cannot be controlled. Therefore, it must be carefully interpreted and generalized. One of the confounding factors is the scores coming from direct experiences and unreal situations. The students who experience the situation directly tend to score more than inexperienced students. The time launching the questionnaire may be inappropriate because there are some tests in the 5th year and the 6th students. The tests can effect some stress in those students. Some items in the questionnaires may be difficult to understand and to rate for some students who have never experienced teal situation. All in all, the scores from these may be over or under-estimated.