

**EXPLORING LECTURER STRATEGIES IN DEALING WITH
STUDENTS' ACADEMIC STRESS IN THE WRITING
LEARNING PROCESS**

A THESIS

Submitted to the English Language Teaching Department of *Tarbiyah* and Teacher
Training Faculty of *Syekh Nurjati* State Cyber University Cirebon in Partial Fulfillment
of the Requirements for an Undergraduate Degree in Education



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UNIVERSITAS ISLAM NEGERI SIBER
SYEKH NURJATI CIREBON

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Reg. Number 2108103140

**ENGLISH LANGUAGE TEACHING DEPARTMENT
FACULTY OF *TARBIYAH* AND TEACHER TRAINING
UIN SIBER *SYEKH NURJATI* CIREBON
2025**

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ABSTRACT

Ubaidillah 2108103140, EXPLORING LECTURER STRATEGIES IN DEALING WITH STUDENTS' ACADEMIC STRESS IN THE WRITING LEARNING PROCESS.

Academic stress is one of the significant challenges faced by students, especially in writing classes, where academic demands often trigger emotional and mental pressure which will have a negative effect on the learning process and also on students' academic performance. This research aims to explore the strategies used by lecturers in dealing with academic stress experienced by students in writing classes. Using descriptive qualitative methods, data was collected through semi-structured interviews with open-ended question and direct observation in writing classes. The subjects of this study were two writing lecturers at UIN Siber Syekh Nurjati Cirebon who teach in the English Language Education Department. The primary data obtained includes insights from lecturers' experiences as well as observations of classroom interactions. The research revealed that writing lecturers employed a combination of cognitive, affective, and behavioral strategies to address students' academic stress. These included diagnostic assessments, instructional scaffolding, collaborative learning, flexible deadlines, and humanistic approaches emphasizing empathy and motivation. The findings indicate that while both lecturers showed awareness and initiative in managing academic stress, the implementation of these strategies varied in consistency and depth.

Keyword: *Academic Stress, Writing, Lecturer's Strategies, Mental Health.*

APPROVAL

**EXPLORING LECTURER STRATEGIES IN DEALING WITH
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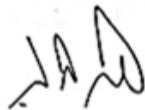
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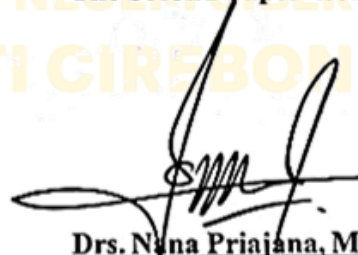
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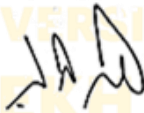

The Head of English Language Teaching Department of
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Assalamu 'alaikum Waarahmatullahi Wabarakauh

After guiding, analysing, briefing, and correcting the writing of Ubaidillah with registered number 2108103140 entitled “**EXPLORING LECTURER STRATEGIES IN DEALING WITH STUDENTS’ ACADEMIC STRESS IN THE WRITING LEARNING PROCESS**”. We are of the opinion that his thesis can be offered to be presented to the The Head of English Language Teaching Department of Tarbiyah and Teacher Training Faculty of Syekh Nurjati State Cyber University Cirebon as a requirement of the completion of an undergraduate degree in English Education.

Wassalamu 'alaikum Waarahmatullahi Wabarakatuh

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I acknowledge that this thesis entitled “**EXPLORING LECTURER STRATEGIES IN DEALING WITH STUDENTS’ ACADEMIC STRESS IN WRITING LEARNING PROCESS**” is my writing with quotations from trusted sources and references using the accepted scientific method of writing. I have written this letter of authenticity with the truth. I am sincerely responsible for the risks that will happen in the future if it is proven to offend the ethics of scientific writing.

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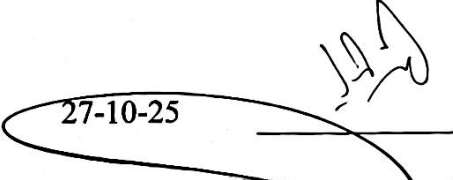




Cirebon, 20 Oktober 2025



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RATIFICATION

The thesis which is entitled “Exploring Lecturer Strategies In Dealing With Students’ Academic Stress in The Writing Learning Process” written by Ubaidillah, with registered number 2108103140, has been examined on October 27th, 2025. It is been accepted by the examiners as one of requirements for Undergraduate Degree in English Language Department of *Tarbiyah* and Teacher Training Faculty *Syekh Nurjati* State Cyber Islamic University Cirebon.

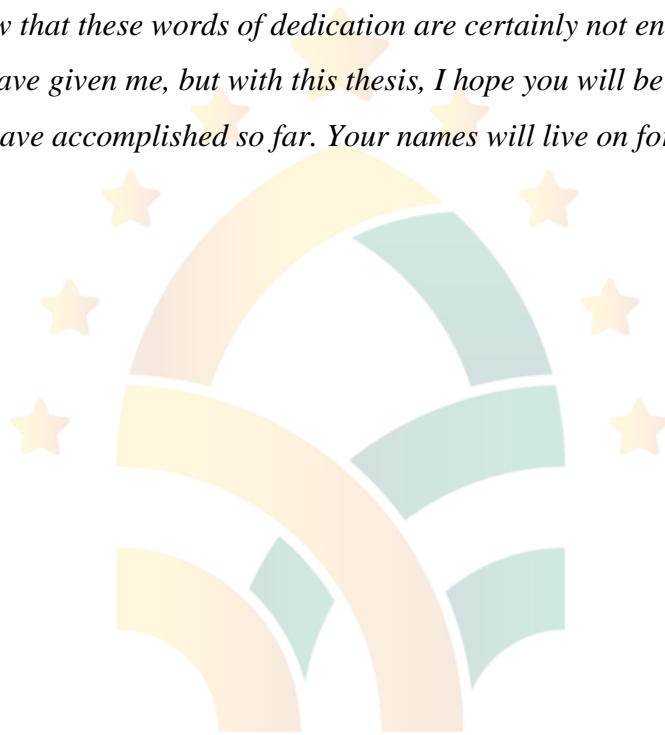
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DEDICATION

I proudly dedicate this thesis to my beloved parents, Mr. Alawi and Mrs. Uun Uriyansih. This thesis would have been impossible to complete without your prayers, your hard work, and the spirit of life you have instilled in me. Likewise, to my beloved younger sister, Sri Kamalia Nabila, thank you for all your support. I know that these words of dedication are certainly not enough to express all that you have given me, but with this thesis, I hope you will be proud of what we have accomplished so far. Your names will live on forever.



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MOTTO

“Stay curious”



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I would also like to thank all lectures in the English Language Teaching Department that have given their knowledge, experiences, and inspirations during the learning process at *Syekh Nurjati State Cyber Islamic University Cirebon*.


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To all the coffee farmers who have cared for each bean, dopamine and caffeine from all of you flow into every paragraph of this thesis, may God always bless you.

Last but not least, I want to thank me for believing me, for doing all this hard work, for having no days off, for never quitting, for always being a giver and trying give more than I receive, for trying to do more right than wrong, I want to thank me for just being me at all times. And hopefully this thesis can be useful for writers in particular and readers in general.

Cirebon, 20 Oktober 2025



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The Researcher

PREFACE

Bismillahirrohmanirrohim

In the name of Allah SWT, the most Gracious and Merciful all praises and thanks belong to Allah, the Lord of the universe can be finished on time. May invocation to the prophet Muhammad SAW (peace is upon time), his family, and followers up to the end of the world.


The research is entitled “**EXPLORING LECTURER STRATEGIES IN DEALING WITH STUDENTS’ ACADEMIC STRESS IN WRITING LEARNING PROCESS**” which is submitted to the English Language Teaching Department of Tarbiyah and Teacher Training The State Cyber Islamic University of Syekh Nurjati Cirebon in partial fulfillment of the requirement of Undergraduate Degree.

The researcher is sure that this thesis is still far from being perfect, so all mistakes and errors in this thesis will be her responsibility and every suggestion or idea of any kind to make it perfect will be gladly welcome. The researcher hopes this thesis could make some contributions to the English Language Teaching Department and all readers in general.

Cirebon, 20 Oktober 2025

The Researcher

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TABLE OF CONTENTS

ABSTRACT.....	ii
APPROVAL.....	iii
OFFICIAL NOTE.....	iv
LATER OF AUTHENTICITY.....	v
RATIFICATION.....	vi
DEDICATION.....	vii
MOTTO.....	viii
AUTHOBIOGRAPHY.....	ix
ACKNOWLEDGEMENT.....	x
PREFACE.....	xii
TABLE OF CONTENTS.....	xiii
LIST OF FIGURE.....	xvii
LIST OF TABLE.....	xviii
LIST OF APPENDICES.....	xix
CHAPTER I.....	1
INTRODUCTION.....	1
1.1 Background of The Research.....	1
1.2 Identification of the Issues/Phenomenon.....	6
1.3 Delimitations and focus of the study.....	6
1.4 Research Questions.....	7
1.5 Aims of The Research.....	7
1.6 Significances of The Research.....	8
1.6.1 Theoretical Significances.....	8
1.6.2 Practical Significances.....	8
1.7 Theoretical foundation.....	9
1.7.1 Understanding Academic Stress.....	9
1.8 Previous Studies.....	15
1.8.1 Understanding Academic Stress: Signs, Causes, and Impacts.....	15

1.9 Frame of Thought.....	19
1.10 Research Method.....	20
1.10.1 Research Design And Steps Of The Research.....	20
1.10.2 Sources and types of data.....	21
1.10.3 Data collections techniques and instruments.....	22
1.10.4 Data Analysis Techniques.....	24
1.10.5 Research Timeline.....	27
CHAPTER II	28
LECTURER STRATEGIES IN DEALING WITH STUDENTS' ACADEMIC STRESS IN WRITING LEARNING PROCESS	28
Findings	28
2.1 Stress Management Strategies	28
2.1.1 Diagnostic Test.....	28
2.1.2 Group-based Writing Assesment.....	29
2.1.3 Guided Writing Through Questions.....	29
2.1.4 Reducing Task Burden.....	30
2.1.5 Building Knowledge of The Field (BKOF).....	30
2.1.6 Personal Approach.....	31
2.1.7 Ice-Breaking	32
2.1.8 Clarity Feedback.....	32
2.1.9 Peer Review.....	32
2.2 Learning Adjustments	32
2.2.1 Curriculum Adjustment.....	33
2.2.2 Adjustable Dealines.....	33
2.3 Lecturer Values and View	33
2.3.1 Humanistic Teaching Values	34
2.3.2 Positive Reframing of Stress	34
2.4 Data Display	34
Discussion.....	38
2.5 Teachers' Strategies for Overcoming Stress in Writing Class	38
2.5.1 Early Stratgies for Identifying and Preventing Stress.....	39
2.5.2 Collaborative Strategies and Social Support.....	40
2.5.3 Pedagogical Strategies in Writing Process	42

2.5.4	Interpersonal Strategies and a Fun Classroom.....	45
2.5.5	Flexibility and Feedback Strategy.....	46
2.5.6	Lecturers' Values and Views on Stress.....	47
2.6	Summary	47
CHAPTER III	48
IMPLEMENTATION OF LECTURER STRATEGIES IN DEALING STUDENTS' ACADEMIC STRESS DURING WRITING LEARNING PROCESS.....		48
Findings		48
3.1 Identified Stragies		48
3.1.1	Early Identification and Scaffolding as Preventive Measures.....	48
3.1.2	Collaboration and Peer Support in the Writing Process.....	49
3.1.3	Task Adjustment and Flexibility in Assessment	50
3.1.4	Humanistic and Affective Approaches in Writing Instruction	51
3.1.5	Summary of Implementation	52
Discussion.....		52
3.2 Diagnostic Assessment as an Early Identification Strategy.....		53
3.3 Instructional Scaffolding and Guided Questioning		55
3.4 Peer Collaboration and Group-Based Assessment		56
3.5 Flexible Deadlines and Curriculum Adjustment.....		57
3.6 Personal Approach, Humanistic Values, and Emotional Support.....		58
3.7 Integrative Perspective: Emotional–Instructional Synergy.....		58
3.8 Summary		60
CHAPTER IV	61
CONCLUSION AND SUGGESTION		61
4.1 Conclusions		61
4.2 Suggestions		62
REFERENCES.....		64
APPENDICES		74
Appendix 1 Theoretical Foundation and Indicators of the Preliminary Survey.....		75
Appendix 2 Survei Awal tentang Stres Akademik di Kelas Menulis.....		77
Appendix 3 Jawaban Responden Survey Awal Penelitian		80
Appendix 4 Interview Instrument.....		87
Appendix 5 Interview Protocol		103

Appendix 6 Interview Transcripts	108
Appendix 7 Observation Research Sheet.....	136
Appendix 8 Implemented Strategies	140
Appendix 9 Surat Izin penelitian	148
Appendix 10 Plagiarism Checker.....	149
Appendix 11 Kartu Bimbingan dan Perbaikan Skripsi.....	150



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LIST OF FIGURE

Figure 1 Frame of Thought19



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LIST OF TABLE

Table 1.1 Research Timeline27
Table 2.1 Data display of all stress management strategies35



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LIST OF APPENDICES

Appendix 1 Theoretical Foundation and Indicators of Preliminary Research.....	75
Appendix 2 Pertanyaan Survey Awal akademik Stress.....	77
Appendix 3 Jawaban Responden Survey Awal Penelitian	80
Appendix 4 Interview Instrument	87
Appendix 5 Interview Protocol	103
Appendix 6 Transkrip Wawancara Lecturer 1&2	108
Appendix 7 Observation Research Sheet.....	136
Appendix 8 Implemented Strategies	140
Appendix 9 Surat Izin Penelitian	148
Appendix 10 Plagiarism Checker.....	149
Appendix 11 Kartu Bimabingan dan Perbaikan Skripsi	150



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