

CHAPTER I

INTRODUCTION

A. Background of the Study

I was an intern at Eco Learning Camp (Sahabat Lingkungan Hidup Foundation) from 26 January 2019 to 22 February 2019. Eco Camp is located at Jalan Dago Pakar Number 3 Bandung, Indonesia. My position was a content translator and helper. As a content translator, I had to translate documents such as the materials for presentation in Bahasa and some chapters of the three books entitled “Happiness” by Thich Nhat Hanh, “The Heart of Buddha’s Teaching” by Thich Nhat Hanh and “Who Feeds The World” by Vandana Shiva. As a helper, I assisted the school children from Bina Bakti Kindergarten for two hours during their visit to Eco Camp and helped them make pot plantings by using tetra pack. My working hours in Eco Camp was from 8 AM to 4 PM. I usually came an hour earlier daily. In the first week I worked five days a week. In the second week I worked nine days from

Monday to Sunday and then Monday to Wednesday until I got one day off. In the following week, I got a day off after three working days.

During my internship, I had a stressful working experience as a content translator intern at Eco Learning Camp. For example, it is stated in my internship journal that I felt stressed and nervous because of my work (8 February 2019). The day before on 7 February 2019 there was tiredness from doing a lot of translations. I felt nervous and stressed while working at the office on that day. Also, it is stated that I came home early because of stressful working environment (10 February 2019). The day before there was an event from 8 AM to 9 PM at Eco Camp that caused me to be tired and difficult to rest at home until midnight. Therefore, when working on the next day I was sleepy, had a bad mood, and felt strange so I decided to go home early. Moreover, it is also mentioned that I came home early because of stress (12 February 2019). I had been working beyond the ordinary hours for nine days without a full day off. Consequently, at that time I felt so stressed and asked for one full day off on the following day. Based on this situation, I realized that I had a problem related to stress and this problem has to be overcome.

Considering the importance of handling stress, I would like to discuss how to handle stress at the workplace as the topic of my term paper. As Collingwood (2018) stated,

Most of us feel “stressed out” at least once a month, and the majority of visits to doctors, and days off work, are for stress-related problems. But stress also can grow slowly and go unnoticed, or ignored, for years. Lack of time,

information and motivation can cause it to build up until something breaks under the pressure. With this in mind, one of the most important skills we can ever learn is the right way to manage stress. Once the skills are in place, moods become more stable, thoughts become clearer, relationships improve, and the risk of illness diminishes. (para. 2- 3)

Therefore, since managing stress is a very important skill, I would like to find the causes, the effects and the solutions to my problem in this term paper.

B. Identification of the Problem

The problem that will be analysed in this term paper is formulated into the following questions:

1. Why did I have a stressful working experience at Eco Learning Camp?
2. How did my problem of stressful working experience influence me?
3. How should I overcome the problem?

C. Objectives and Benefits of the Study

The objective of the study is to find the causes, the effects, and the best solutions to solve the problem. This study has several benefits, for Eco Camp staff, the readers, and myself. For Eco Camp staff, they could get information about handling stress at the workplace. For the readers, they could gain some insights into

solving stress issues at the workplace. For myself, I hope I can find the best solutions to overcome stress in workplace generally.

D. Description of the Institution

This information is based on the information on the website of Yayasan Sahabat Lingkungan Hidup (2017). Yayasan Sahabat Lingkungan Hidup was started in 2002. The idea to build Spirit Camp at Ledeng area, Bandung, was originated because of the concerns about children and their future. In the open nature, kids and adolescents are provided a handful of activities and facilities by the Spirit Camp. In 2012 eventually Spirit Camp moved to Taman Hutan Raya Ir. H. Djuanda, Dago, Bandung. Since then, they had moved to Kota Baru Parahyangan.

Under Sahabat Lingkungan Hidup Foundation, Spirit Camp evolved into Eco Learning Camp. Based on environmental concern, this organization is built to develop education, conservation, research, community and many kinds of other creative activities. Bandung government, college associations, and private enterprises, participated, managed, and maintained 526 hectare area at Jalan Dago Pakar Bandung, Indonesia, that is the center of world heritage tropical forest. Other similar areas could learn the model of Eco Camp to develop other forest areas. In the future learning camps will arise and become a new way of education.

E. Method of the Study

The method of the study is based on field research and library research. I have done the field research during my internship from January to February 2019. The data were documented in my internship journal. I have conducted the library research by finding articles from electronic sources. The data were used to find the causes, effects, and potential solutions.

F. Limitation of the Study

There are three limitation of the study, namely the subject, the place, and the period. The subject of this study is myself. I was an intern at Eco Learning Camp Jalan Dago Pakar No. 3 Bandung, Indonesia. The period of my internship was from 26 January 2019 to 22 February 2019.

G. Organization of the Term Paper

This Term Paper starts with Abstract, Declaration of Originality, Acknowledgements and Table of Contents. There are four chapters. The first chapter is the Introduction. It consists of Background of the Study, Identification of the Problem, Objectives and Benefits of the Study, Description of the Institution, Method of the Study, Limitation of the Study, Organization of the Term Paper. Chapter Two is Problem Analysis. It contains the causes and the effects of the problem. Chapter Three is Potential Solutions. It explains three possible solutions

along with the potential positive and negative effects. Chapter Four is the Conclusion, which states the best solutions of the problem. The last part is References which contains publication sources. Appendices contains Flowchart or other documents relevant to the study.

