

**THE STUDENTS' DIFFICULTIES IN WRITING INTRODUCTION PART OF
ESSAY AT UNIVERSITAS KATOLIK INDONESIA SANTU PAULUS RUTENG**

SYNOPSIS

By

**YUSTINA IDING ANGKE
NPM: 18312015**



**ENGLISH LANGUAGE EDUCATION
FACULTY OF TEACHER TRAINING AND EDUCATIONAL SCIENCES
UNIVERSITAS KATOLIK INDONESIA SANTU PAULUS RUTENG
2022**

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**Presented to Universitas Katolik Indonesia Santu Paulus Ruteng
in partial fulfillment of the requirement for
the Degree in Sarjana Pendidikan Bahasa Inggris**

By

**YUSTINA IDING ANGKE
NPM: 18312015**



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BY

YUSTINA IDING ANGKE
NPM: 18312015

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Approved by

Advisor 1



Stanislaus Guna, M.Pd
NIDN:0816106601

**Yustina Iding
Angke
NPM:18312015**

**English Language Education Faculty of
Teacher Training and Educational Sciences
Universitas Katolik Indonesia Santu
Paulus Ruteng**

Abstract: Angke, Yustina Iding. 2022. *The Students' Difficulties in Writing Introduction Part of Essay at the Third-Grade Students of English Education Department Universitas Katolik Indonesia Santu Pulus Ruteng.* Thesis. Under graduate. English Language Education Faculty of Teacher Training and Educational Sciences Universitas Katolik Indonesia Santu Paulus Ruteng.

Writing is an activity that conveys thoughts, experiences, and knowledge into the form of a record using a literal, systematically made symbol or that can easily be understood by another person or by the reader. The subjects of this study are the third-grade students of English Education Department Faculty of Teacher Training and Educational Sciences Saint Paul Catholic University of Indonesia Ruteng. This type of research is descriptive qualitative. In collecting the data, the researcher met the lecturer of the writing subject then the researcher asked the results of the students' writing dealing with writing the introduction part of the essay.

Based on the result of this study, the researcher found that some third-grade students of English Education Department Faculty of Teacher Training and Educational Sciences Saint Paul Catholic University of Indonesia Ruteng had a few difficulties in writing the introduction part of the essay. From the data of the students' writing, in one hand, there were ten (10) students who had no difficulties in writing aspects of content, organization, and vocabulary. On the other hand, the most difficulties in writing the introduction part of the essay were seven (7) students who had difficulty in writing the mechanics aspect and one (1) student who had difficulty in writing the language use aspect.

Key Words: Writing, The Introduction Part of the Essay, The Essay

**THE STUDENTS' DIFFICULTIES IN WRITING INTORODUCTION PART OF
ESSAY AT UNIVERSITAS KATOLIK INDONESIA SANTU PAULUS RUTENG**

**Yustina Iding
Angke
NPM:18312015**

**Fakultas Pendidikan Bahasa Inggris
Keguruan Dan Ilmu Pendidikan Universitas
Katolik Indonesia Santu Paulus Ruteng**

Abstrak:

Angke, Yustina Iding. 2022. The Students' Difficulties in Writing Introduction Part of Essay at the Third-Grade Students of English Education Department Universitas Katolik Indonesia Santu Pulus Ruteng. Skripsi. Ruteng. Sarjana Pendidikan Bahasa Inggris Fakultas Keguruan dan Ilmu Pendidikan Universitas Katolik Indonesia Santu Paulus Ruteng.

Menulis adalah kegiatan yang menyampaikan gagasan, pengalaman, dan pengetahuan ke dalam bentuk catatan dengan menggunakan simbol harfiah, secara sistematis dibuat atau yang dapat dengan mudah dipahami oleh orang lain atau oleh pembaca. Mata pelajaran penelitian ini adalah siswa kelas tiga fakultas pendidikan bahasa inggris pelatihan guru dan ilmu pengetahuan Saint Paul Catholic Unioersity of Indonesia Ruteng. Penelitian ini adalah deskriptif kualitatif. Sewaktu mengumpulkan data, sang peneliti bertemu dengan dosen bidang penulisan dan kemudian sang peneliti menanyakan hasil penulisan para siswa sewaktu menuliskan bagian pengantar esainya.

Berdasarkan hasil penelitian ini, sang peneliti mendapati bahwa beberapa siswa kelas tiga fakultas pendidikan inggris fakultas pelatihan guru dan ilmu pengetahuan Saint Paul Catholic University of Indonesia Ruteng memiliki beberapa kesulitan dalam menulis bagian pengantar esainya. Dari data penulisan para siswa, di satu sisi, ada sepuluh (10) siswa yang tidak memiliki kesulitan dalam menulis aspek konten, organisasi, dan kosa kata. Di sisi lain, yang paling sulit dalam menulis bagian pengantar esai adalah tujuh (7) siswa yang mengalami kesulitan dalam menulis aspek mekanik dan satu (1) siswa yang mengalami kesulitan dalam menulis aspek penggunaan bahasa.

Kata kunci: menulis, bagian pendahuluan dari esai, esai

A. Introduction

Writing is an activity that conveys thoughts, experiences, and knowledge into the form of a record using a literal, systematically made symbol or that can easily be understood by another person or by the reader. A person is said to write skillfully when such a person performs a writing activity by developing other activities to support the text, and it is also said to be successful in writing when both the writer and the reader can readily understand the language. As stated by Gie, (2002:9) writing is a person's entire series of activities that expresses the thought through written language to be read and understood by someone else. It can be ideas, thought, experiences, or anything else someone's imagination. Writing skills are skills that can be honed with various exercises or instead of just talent. In Learning at school writing skills must be mastered by students.

Almost all students are expected to write an essay or some other kind of argument, for example, review or discussion section, in a longer piece of writing. In English, an essay is a piece of argumentative writing several paragraphs long written about one topic, usually based on your reading. The aim of the essay should be deduced strictly from the wording of the title or the question and needs to be defined at the beginning. The purpose of an essay is for you to say something for yourself using the ideas of the subject, for you to present ideas you have learned in your way. The emphasis should be on working with other people's ideas, rather than reproducing their

words but your voice should show clearly. The ideas and people that you refer to need to be made explicit by a system of referencing. According to Flower (1990), "students are reading to create a text of their own, trying to integrate information from sources with ideas of their own and attempting to do so under the guidance of a purpose."

Like all learning problems, difficulties in writing can be devastating to students' education. Heaton (1975) stated that writing skill is complex and sometimes is difficult to teach. Requiring mastery is not only of grammatical and rhetorical devices but also of conceptual and judgmental elements. As student's progress, they are in singly expected to express what they know about many different subjects through writing. If a student fails to develop certain basic skills, he will be unable to write with the speed and fluency required to excel as these demands increase. Indeed, for a student's struggling with a writing problem, the writing process itself interferes with learning. The basic point that makes writing difficult is the use of language aspect or ability in writing likes punctuation, spelling grammatical, vocabulary and so on.

Here are the previous studies dealing with the students' difficulties in writing the essay. First, the research was conducted by Ariyanti & Fitriana (2017) "EFL Students' Difficulties and Needs In Essay Writing". The findings showed that students have major difficulties in grammatical, cohesion, and coherence terms. Moreover, minor aspects also had been revealed regarding students' writing, namely paragraph organization, dictions, and vocabulary misspelling. Considering its complexity in accomplishing essay writing tasks, the students expected more intense guidance from the lecturer, such as continuous consultation regarding the lecturer's feedback in their essay draft. The interview result confirmed this issue. The lecturer admitted that limited time and the big number of students in one class became his great barriers to improving the quality of the students' essays. These facts drive new challenges for the writing lecturer in two ways; 1) the lecturer should guide students properly by using step-by-step procedures so that the students feel comfortable in writing the essay, and 2) explicit explanation related to the revision given is needed. It is important to note that this issue demands a new and effective teaching essay writing strategy to achieve fruitful outcomes of the teaching and learning process, especially in the essay writing context.

Second, the research was conducted by Ashrafiany, Hasanuddin & Nonny (2020) "The Students' Writing Difficulties In Writing An Essay Based On Cognitive Process". The findings showed that there are two types of students writing difficulties in writing an essay such as pre-writing and pre-drafting. The result revealed that there are nine students are difficult in pre-writing, and there are twelve students who are difficult in pre-writing drafting. Pre-writing difficulties are like difficulty in getting the topic while pre-drafting difficulties are like difficulty in getting the topic and organizing the essay.

Third, the research was conducted by Suhaimah, Arif & Ayu (2021) "Investigating Writing Difficulties In Essay Writing: Tertiary Students' Perspective". This study is primarily designed for investigating the tertiary students' perspectives on the writing difficulties of essays. This study was conducted in explanatory research in which quantitative and qualitative data were obtained from the web-based questionnaire and semi-structured

interview, then analyzed separately. This research reveals that tertiary students' problems in essay writing courses are categorized into: affective problems which raise from students' and lecturers' attitudes while teaching and learning essay writing courses, cognitive problems that are considered as the difficulties in the areas of writing viewpoint, transferring language, and the process of writing, and linguistic problems in the area of lexico-grammar, vocabulary, and the structure of the essay. Based on the findings, those aspects of academic writing should be given serious attention by both EFL students and teachers to overcome the problems. The findings of this study have implications for EFL writing course designers as basic data of material improvement and researchers, particularly in the realms of language and education.

Then last, the research was conducted by Kristy Dwi Pratiwi "Students' difficulties in Writing English" (A Study at The Third Semester Students of English Education Program at University of Bengkulu Academic Year 2011-2012). The result of this research is the writing difficulty related to the linguistics difficulty (language use and vocabulary aspect) was most difficult one compares to the cognitive difficulty (organization and mechanics aspect) and physiology difficulty (content aspect) as well.

Another difference between the previous research and this research is that in the previous study the researcher investigated students' difficulties in writing the essay as a whole but in this study the researcher only investigated the students' difficulties in writing the introduction part of the essay.

B. Research Method

In this study the writer used qualitative research methods. *The subjects of this study are the third-grade students of English Study Program at UNIKA St. Paulus Ruteng. In this study, the researcher did not select all the third-grade students because the lecturer of writing course is the same. The researcher only chose one class to represent the four classes from the third-grade students and the researcher chose class A which consisted 20 students but only 15 students who took writing courses, from the 15 students the researcher chose 10 students. So, these were 10 students who were chosen as the subject of the researcher.*

C. Result and Discussion

1. Result

D.

Students' Writing	The aspect of writing that the students get difficulties in writing the introduction of the essay.				
	Content	Organization	Vocabulary	Language use	Mechanics
<p>THE POPULATION OF THE WORLD KEEP GROWING (ARS)</p> <p>High population growth generally occurs in developing countries such as Indonesia. If population growth is high, if it does not increase with an increase in the economy, it will reduce the welfare of the population of a country. The impact of the population explosion includes an increase in numbers, crime, and worsening of other social conditions. Ways that can be done to overcome high population growth are by participating in the Family Planning (KB) program, conducting pre-migration programs (moving people from dense settlements), equitable development and improving the quality of human resources (such as training in soft skills or hard skills). Large population growth and uneven distribution are a source of problems in various countries, especially in Indonesia.</p>	<p>This student with the initial ARS has knowledgeable, so that the content of his writing is relevant to the assigned topic.</p>	<p>This student explains his ideas clearly, also well organized, and logical sequencing between paragraph.</p>	<p>The words used by this student is effective and quite of mastering the vocabulary used in his writing.</p>	<p>This student has minor problems in word order/function.</p>	<p>This student has occasional errors of capitalization, punctuation but meaning is not obscured.</p>
<p>Culture Shock (FFA)</p> <p>Talking education can not only be done in the country. Many people decide to continue their education abroad. When studying abroad, of course, one needs to do various adaptations in order to survive and adjust to the patterns and culture of</p>	<p>This student has some knowledge of the subject and the ideas in her writing mostly relevant to the topic.</p>	<p>The organized of this student writing loosely but main ideas stated out.</p>	<p>This student uses effective words, so that her writing is easy to understand.</p>	<p>This student has a few errors of agreement, tenses, and words function.</p>	<p>This student has occasional errors of capitalization, punctuation but meaning is not obscured.</p>

<p>life in the country that became his new residence during his education. Not infrequently, someone even experiences culture shock or concussion. Culture shock can be interpreted as feelings of anxiety, anxiety, confusion, and also anxiety experienced by someone who has just occupied a new area or territory in a long time or not just for the holidays. Culture shock that generally occurs is a matter of communication process because it has not mastered a foreign language smoothly. And there are three solutions offer for someone to tackle the culture shock problems.</p> <p>The first , attempt to learn the language there, in that solution we need o learn the language of un area so that we don't experience the problem of culture shock so we can get to know the culture there and can become closer to the people in there.</p> <p>The second, Learn as many new places as possible when we experience a culture shock. Look for information on the internet, news reports or novels about a new places</p> <p>The last, Try to see the surroundings through th perspective of local people. If we are going to the place for the first time or staying in a new place we need to get to know the culture of that places as much as possible. For example findng out what is considered polite and impolite in that place, so that we can accept differences.</p> <p>So that's the solution I offer to overcome culture shock. Hopefully we can overcome the impending problem.</p>					
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<p style="text-align: center;">Insomnia (FR)</p> <p>Sleep is an obligatory activity and must be done by all living things. By sleeping, we can rest our mind and body for a while. We need sleep to be able to recharge our energy to be fit the next day. Sleep is good and right is sleeping for 8 hours. But there are still many people who have problems with it. This is called insomnia. Insomnia is a disorder that causes sufferers to have difficulty falling asleep or not getting enough sleep, even though there is enough time to do so. This disorder can have an impact on the patient's activities the next day. There are so many people who sleep irregularly for some specific reasons such as work reasons, doing chores, watching movies and playing games. There are several solutions that we can use to reduce insomnia, such as speeding up plans for sleep, reducing habits that cause insomnia and immediately consulting a doctor.</p> <p>The first solution to solve insomnia problem is you must speed up your bedtime plans. Many people do not pay attention to the time every time they want to sleep. Without realizing it was already past midnight. This can be a habit that is certainly not good for the health of the body. To reduce insomnia due to this problem, it's good to speed up the bedtime plan. If, for example, we usually sleep at 3/4 and our sleep target is to sleep at 11. For that we have to gradually reduce the time. For example, today you sleep at 4, the next day at 3, the next day at 2. And so on until our 11 o'clock target is reached.</p>	<p>Student with the initial FR has knowledgeable of the subject and her writing mostly relevant to the topic.</p>	<p>This student has fluent expression, the ideas clearly stated so her writing logical sequencing.</p>	<p>This student writing uses effective word and appropriate register.</p>	<p>This student writing has effective complex construction and proper word order/function</p>	<p>This student demonstrates mastery of conversation and she has errors of spelling, punctuation, capitalization and paragraph</p>

The second solution is reduce insomnia causing habits. As we all know that coffee is one of the causes of insomnia. The high caffeine content in coffee is the main cause of someone awake. After consuming coffee, the effects will be felt 30 to 60 minutes afterward. This is what causes a person to experience insomnia due to coffee consumption. Not only that, things that can also arise due to lack of sleep are anxiety and stress disorders. The best way to reduce it is to find the best time to drink coffee. We don't have to bother looking for ways to eliminate the effects of coffee so we can sleep if we consume it at the right time. This is because the effect of caffeine to eliminate drowsiness only lasts approximately four hours.

The last solution to solve acute insomnia problem is consult a doctor who is an expert in this field. People who experience acute insomnia, are strongly advised to see a doctor. The doctor will perform a thorough examination and determine if there are other causes of difficulty sleeping. In a sleep disorder consultation, the doctor will review the patient's medical history followed by a physical examination. Sleep specialists will also ask the patient to undergo special tests, such as a sleep evaluation, which requires the patient to stay overnight at the clinic. If needed, the doctor will also give sleeping pills. Sleeping pills should only be used according to doctor's advice.

Sleep is good and right is sleeping with a sufficient portion of time. Those who do not have enough sleep will experience disturbances such as prolonged

<p>difficulty sleeping, stress, anxiety and others. Speeding up sleep, reducing insomnia-causing habits such as drinking coffee in the morning and consulting a doctor are alternatives that we can use to reduce insomnia problems.</p>					
<p style="text-align: center;">STRESS AT SCHOOL (GA)</p> <p>Many people are experiencing stress including student. Stress can cause bodily mental tension and can lead to some kind of disease. Not all the student enjoy attending the school. For some, students school life is really stressful. in school they have many things going on at one time, it is only natural that they get stressed out. The main reason of their stress at school is schoolwork for assignment. Especially when the teacher give them a lot of work or assignment and need to be done in a short period of time. Therefore here are some solutions to overcome stress at school,</p> <p>First, The teacher shot not give the students assignment all at once and in short time. In other word don't overwork students. As we know not all the students have the same academic abilities, and not all the students are born with academic excellence. Do not force the students to do what can they not do and never compare them with their classmate. If there are students who don't do their assignment well, avoid blaming, scolding and making students feel cornered and lost their motivation to learn. For example there are some teachers who give the students a lot of assignment that need to be finish overnight. Because there are running</p>	<p>Student with the initial GA has some knowledge of the subject and his writing mostly relevant to the topic.</p>	<p>The ideas of this writing clearly stated/supported, well organized and this student's writing also logical sequencing.</p>	<p>In this student's writing, use effective words, word form mastery and his word appropriate register.</p>	<p>Few errors of agreement and tenses of this writing, appropriate words function.</p>	<p>Occasion errors of capitalization, spelling, meaning obscured this writi</p>

<p>after the submission time they will stay at night and lack of sleep.</p> <p>Second, during study process don't just let the student be in the class passively. But make them psychically active. Physical activity is a good way to deal with stress in students, so that they will be concentrated. For example by stretching in class, learning to play outdoors and so on. Let students stay active and move around a lot during study to get rid of stress and boredom.</p> <p>Lastly, encourage the students to participate in some school activities, such as: football and baseball. By joining those activities the students little bit forget about their problem on their school especially the things that can make them stress. Because here they will be refresh and meet another student to share ideas, problem and story.</p> <p>The pressure of doing a lot of assignment in short period of time can make the students feel stressful attending the school. But doesn't mean that we will just let them stay in that situation. For them to be able to enjoy their school life three solutions offer above will be helpful. I believe by applying those solution students will be happy and eager to attend the school and the will have memorable school life.</p>					
<p>Stress at work or school (MSB)</p> <p>All of us certainly have jobs whether as farmers, office people, teachers or as students. in running school or work we often experience stress and dizziness in dealing with it. Work stress can be interpreted as a source or work stressor that causes individual</p>	<p>This student has some knowledge of the subject and this writing mostly relevant the topic.</p>	<p>This writing is well organized, so the ideas of this writing clearly stated.</p>	<p>This student used effective word in her writing and the words in this writing appropriate register.</p>	<p>Int his student's writing has few errors of agreement and appropriate words function.</p>	<p>This student with the MSB has of errors of capitalization but the meaning obscured</p>

<p>reactions in the form of physiological, psychological and behavioral reactions. Job stress can be caused by intrinsic factors in work, roles in organizations, career development, interpersonal relationships at work, as well as structure and climate. The sample in this study were elementary school teachers as many as 72 respondents. The results showed that from 72 respondents, 87.5% experienced mild stress, 9.7% moderate stress and 2.8% severe stress. The principal should provide opportunities and involve teachers in decision making and participate in training and teachers are advised to be comfortable doing their jobs and be able to schedule activities and rest well. (repositori.usu.ac.id). the three most commonly proposed solutions to this problem are take time to relax, tell your complaints to people we trust, and try to do a hobby.</p> <p>The first solution, take time to relax. Refreshing is one of the activities that can make our tired minds become fluid or calm. When I am stressed, I try to take time to lie down for a while and listen to music, this will make the stressed mind calmer.</p> <p>Another solution to solve stress at work or school is tell your complaints to people we trust. Talking to people we trust about the problems we face about work or school can relieve stress. For example, when I was under stress because of the many and difficult college assignments, I told my childhood friend that I was dizzy and stressed dealing with many tasks. then he gave me various solutions. and from the solution he presented, I felt calmer and better,</p>					
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<p>then I continued to do my duty with enthusiasm. By telling others, someone will help us by providing solutions or helping work. and it really helps us.</p> <p>The best solution, then, is , try to do a hobby. One way to reduce stress is to do hobbies such as exercising, shopping, sightseeing, and so on. For example, when I experience stress due to many tasks, I take a little time to exercise such as karate, this will make our minds calm, and will reduce the stress we experience. When a person feels tired and stressed at work or school, of course, his mind is very tail or has difficulty thinking. to deal with situations like this, even if it is done is by doing a hobby. by doing this our minds will return to good and feel more comfortable in doing work.</p> <p>It is clear for us to have solutions stress at work or school. It will be necessary to deduct stress by take time to relax, tell your complaints to people we trust, and try to do a hobby.</p>					
<p style="text-align: center;">INSOMNIA (MWM)</p> <p>Insomnia is a condition when a person has difficulty sleeping. This sleep disorder makes him not have the sleep the body needs. This causes the physical condition of people with insomnia to be not fit enough to carry out activities the next day. This problem can occur in the short term (acute) to long term (chronic). In addition, sleep is an unconscious state that occurs naturally to allow the body to rest. When someone sleep, the body goes through a cycle that alternates between rapid eye movement sleep</p>	<p>This student knowledgeable and her writing relevant to assigned topic.</p>	<p>This student's writing has logical sequencing.</p>	<p>The effective words that used in this student's writing</p>	<p>In this student's writing with the initial MWM appropriate words function.</p>	<p>In this w no error spelling, punctuat capitaliza paragra</p>

<p>and non-rapid eye movement sleep. There are several factors that make it very difficult for a person to sleep at night. These include: the first, mental problems such as depression, anxiety disorders, to post-traumatic stress disorder. Second, working shifts. Work like this can change the body's biological clock. Third, gender. During menstruation the body will experience hormonal changes, this condition causes symptoms of hot flashes or night sweats, causing sleep disturbances. Fourth, age. Insomnia increases with age. Fifth, long trips. Long trips or jet lag due to crossing multiple time zones can also trigger insomnia. There are two types of insomnia: primary insomnia and secondary insomnia. Primary insomnia means that a person has trouble sleeping that is not directly related to another health condition or problem. Whereas, secondary insomnia means that a person has trouble sleeping because of something else, such as a health condition; pain; the drugs they take; or the substances they use (such as alcohol). In addition, suffering from certain medical conditions, such as obesity and cardiovascular disease can also cause a person to experience insomnia. Menopausal period is also called can lead to disturbances that make it difficult to sleep.</p> <p>Sleep has many privileges for the body, ranging from physical to psychological health. Insomnia that is left untreated and lasts a long time can cause various other problems. Starting from reducing productivity and concentration, mental health disorders, to worsening chronic diseases, such as</p>					
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high blood pressure and heart disease. In treating insomnia, the first thing that doctor do is find out what is causing it. If insomnia is based on certain unhealthy habits or lifestyles, the doctor will recommend fixing it. If insomnia is caused by a medical condition (for example, an anxiety disorder), the doctor will first address the underlying condition for the anxiety. There are many things that we can do to overcome it. Here, I will give you three good solutions to overcome insomnia.

The first, consultation to the doctor. Someone with insomnia can consult a doctor to be given medicine. If you don't consult a doctor, it will become acute insomnia. This is certainly very dangerous for the insomniac if ignored. So, before it becomes an acute disease, you should check your health at the doctor. For example, when the first day you feel difficulty sleeping at night until a few days later, you can't even sleep all night, you should check your health at the doctor before your insomnia becomes an acute disease. So, I think that way your health will recover.

Second, maintain regular sleep hours. We can't sleep midnight, especially if we haven't had enough sleep in the past week. Sleeping in the middle of the night is one of the reasons you suffer from insomnia, so you sleep at night. Usually those who sleep in the middle of the night are prone to insomnia. Especially if you already suffer from insomnia, you should go to bed and wake up at the same time every day to train your body to sleep and wake up at a

<p>consistent time.</p> <p>Third, get regular exercise. Regular light exercise, such as swimming or walking, can help relieve some of the tension that builds up throughout the day. But make sure you don't do strenuous exercise, such as running or the gym, too close to bedtime, as it can actually keep you awake. In other hand, avoid eating too much and drinking alcohol especially late at night, can disrupt your sleep patterns. Alcohol alone can help you fall asleep at first, but will disrupt your sleep later on. Therefore, are you one of those who suffer from insomnia? Do you know that Insomnia is a serious illness if you neglect to treat it? and if you are already suffering from insomnia, in addition to consulting a doctor, you should do things that can treat the disease. So, keep your healthy. In the end, I want to say that these paragraphs is my written, not result from plagiarism.</p>					
<p>Stress at work or school (MM)</p> <p>Stres at work or school can be a serious problem. A person suffering from to much stress usually finds it difficult to be productive or happy. Stress is a felling of emotional or physical tension. It can come from any event or thought that makes you feel frustased, angry, or nervous. Stress is your body reaction to a challenge or demamd. In short bursts, stress can be positive, such as when it helps you avoid danger or meet deadline. There are three solution offer someone to deal with stress problem.</p> <p>First, Do activities that match our interests. Do activities is the most of one way to overcome stress. If you</p>	<p>This student with the initial MM knowledgeable and her writing relevant to the assigned topic.</p>	<p>The ideas stated of this writing clearly, well organized, so her writing logical sequencing.</p>	<p>This student's writing occasional errors of word but meaning not obscured.</p>	<p>This writing no errors of agreement, tenses, pronoun.</p>	<p>This writ occasional errors of spelling, capitaliza but mean not obsc</p>

<p>feeling stress you can do an activities that can make you feeling relieved. I have saw the people who are strees in my village. She is like a crazy people and maybe her mind at that time is very tired, so I tell some solution to her like a playing game is the one way to relive stress. Second, go in sport. Various studies have shown that regular exercise can reduce a person's stress. This happens because regular exercise can reduce the hormones cortisol and epinephrine and increase the hormone norepinephrine as an antidepressant.</p> <p>Third, listening to the music. If you are feeling overwhelmed by a stressful situation, they taking a break and listening to relaxing music. Lina is one people who are stress in my village. Everyday she always feel angry to people who are stay with her, maybe she do not like with all people. Finally he feel bored with her self. Playing calm music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol a hormone linked to stress.</p> <p>Stress is the body's reaction that occurs when a person faces a treath, pressure, or a change. Stress can also occur due to situation or thoughts that make a person feel hopeless, nervous, angry, or excited. This situation will trigger the body's response, both physically and mentally. But it doesn't mean impossible for us not to be able to relieve stress. If we try to do the three solution above such as do activities, go in sport, and listen to the music. I believe that you can make you live without much stress</p>					
<p>Stress work at School (ON)</p>	<p>This student has some</p>	<p>The ideas of this student clearly</p>	<p>In this student's</p>	<p>This writing no errors of</p>	<p>In this w has a few</p>

<p>School is the place where someone learn and gains knowledge. School is demand for every one who wants get the education. Technological developments and the world of knowledge resulting from human knowledge that develop their abilities, that is why school is important needed by ever one .But some student feel stress when they are at scholl. This is the challenge and being serious problem for the teacher to deal the student who fell stress and uncomfortable at school. The teacher have to find the solutions solve this problem.</p> <p>There is some solutions to overcome this problem.</p> <p>The first solutions is find the problem why you fell stress. Many students do not develop learning at scholl because they have problem and they do not try to solve their problem and find solution. Beside that students do not communicate their problem with friends and teacher at school. Students also fell if they tell the problem to someone they think that they will laughing and do not care the problem.</p> <p>But he if the students tell his problem to the teacher or friend that is possibly they will solutions to overcome the problem.</p> <p>The second solution is Avoid from the problem</p> <p>Avoid from the problem doesn't mean you do not study and dropped out from your school. It's mean that you have to study hard and learn more about knowledge, don't focus with your problem, make your problem toe motivated you study hard and be the best in your class, play with your friends and follow the extracurricular</p>	<p>knowledge of the subject, this writing mostly relevant to the topic.</p>	<p>stated and her writing logical sequencing.</p>	<p>writing has a few errors of word but meaning not obscured.</p>	<p>agreement, word order, pronouns.</p>	<p>errors of capitaliz but mean not obscu</p>
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<p>activities at Scholl. Find someone to support you like teacher, girlfriend or your motivator. Find the place to make your happy and make it place comfortable to calm you self.</p> <p>The last solutions is Communicate your problem with your family Or friend many cases in the world happen in the school because the student and family did not communicate.</p> <p>family doesn't care with child and child also not response if parents give suggestions.</p> <p>That is why Students fell stress also comes from their own self ,like character and personality and it is impossible to family and friends to know what happen with their child.</p> <p>Family is the first place how we are formed, it's important how child have the problem must teal to the family and find the solutions together. Beside that Best friend also be a place when you have to need solutions and suggestions.</p> <p>Stress at school being a serious problem because the students will not develop if they still thinking about their problem and they will be lazy to follow the lesson at Scholl. In this situation the teacher and family's student must have work together to find the solutions, to make students will get comfortable when they are at school and follow the lesson well.</p>					
<p>Insomnia that Affects the Body (RR)</p> <p>In this era, too many parents or teenagers finish their every job or task at night. This is why they don't rest, because they stay up late to do all the activities, and eventually everyone will cause a disease called insomnia. Insomnia is</p>	<p>The ideas of this student's writing relevant to the assigned topic.</p>	<p>The ideas clearly stated of this student's writing.</p>	<p>This student used effective words.</p>	<p>This writing has no errors of agreement, word order, pronouns.</p>	<p>In student's writing errors spelling, punctuat capitaliz</p>

a symptom of a sleep disorder, manifested as difficulty falling asleep. Basically, this insomnia can be used appropriately to complete tasks, such as college homework, office work or other urgent tasks. In particular, this disorder is psychologically affected, which is caused by a person's mental stress on things that can interfere with the central nervous system. To overcome this insomnia problem, several solutions are needed.

The first solution is enough sleep. Enough sleep plays an important role in thinking and learning and can affect many things. First, , concentration, reasoning, and problem-solving skills. This makes learning difficult and inefficient. Second, the sleep cycle at night plays a role in "strengthening" brain memory. If you do not get enough sleep, then the individual will not be able to remember what he has learned and experienced throughout the day. Likewise, other activities will be disrupted, for example in the teaching and learning process, completing homework, and social interaction. Even the effects of insomnia can make people more susceptible to stress. Therefore to prevent insomnia, one of them is by getting enough sleep.

The second solution is maintain regular sleep hours. We may often be tempted to stay up late on the weekends, especially if we haven't had enough sleep for the past few weeks. But, if you suffer from insomnia, you should go to bed and wake up at the same time every day to train your body to go to sleep and wake up at a consistent time. Beside limiting nap hours. While naps are a great way

<p>to catch up on sleep deprivation or lack of sleep, that's not always the case. It is important to establish and maintain a regular sleep pattern and train yourself to associate sleep with such a shadow and a consistent bedtime. Napping can affect the quality of sleep at night.</p> <p>The third solution to overcome insomnia is to apply a healthy life. Because by implementing a healthy life it is very important for the body. then how to apply this healthy life? The way to do this is to maintain a healthy diet, exercise every day with a duration of 30 minutes. Doing sports such as jogging, swimming and so on. With such exercise, can improve the quality of sleep better.</p> <p>So insomnia is a disorder that can cause a person to have difficulty sleeping, especially at night. then what are the solutions that will be done to avoid this disorder? To overcome these disorder we must get regular sleep, maintain regular sleep hours and the last is implementing a healthy life.</p>					
<p style="text-align: center;">Culture Shock (SCB)</p> <p>Culture shock is a phenomenon that is often experienced by travelers, students, or people who want to move to a new place with a new atmosphere, culture, and country. It is undeniable that culture shock is unavoidable especially for people who are visiting for the first time in a new place. Because of that, the individual, travelers, student exchange, also feels isolated and misses the familiar symbols, attitudes and habits of the culture of origin and also culture chock itself can make other crisis that can occur</p>	<p>This student knowledgeable and her ideas of writing relevant to the assigned topic.</p>	<p>Student with the initial SCB stated the ideas clearly and well organized.</p>	<p>The word choice effective.</p>	<p>This writing no errors of agreement and proper word order.</p>	<p>This stu writing occasional errors punctuation</p>

with varying severance, which is being scared, lonely, and then ranging from homesickness to depression and serious illnesses. So from that case, there are 3 solution to deal with culture shock.

The first, as a visitor or travelers, we must to accept and adapt to the new environmental and then try to recognize that we are experiencing a culture shock. Realizing it can help us deal with it better. So, culture shock can be overcome when we accept and adapt to a foreign culture. If the re-integration stage of adaptation, acceptance, and also the realizing is well fulfilled, we as travelers have overcome our issues and have found a strategy to integrate. Then, we will manage and solve issues directly. The fact to resolve those conflicts will be a satisfaction and it will mean that we belong to this new community. Our stay would be enjoyable in this new place.

The second one is being open minded. Because when we learn as much as possible, we will knew more about our destination. As we learn and become open-minded it is easier to understand the differences, see things from a different perspective and thus adapt. And don't forget to learn some keywords in the local language that will helps a lot as well. For example, according to The Contributions of Culture-Shock to Open-Mindedness for International Students in Engineering and Social Science College in Taiwan study, engineering students at the master's level suffer the most when faced with culture shock. Most of their classes use Traditional Chinese, and the differences in teaching materials are not the same as their

country of origin. Uniquely, all the difficulties that could make them give up halfway can make them open-minded. One of them is proven by their awareness of the importance of learning Traditional Chinese, and finally, they are fluent in using the language. English is an international language, but when we are in a country where English is not the primary language, we must master it. So, mastery of the local language will accelerate students through the culture shock process smoothly.

The last but not least is have a positive-minded and attitude. That is one of the important factor to success or failure to deal with culture shock, because if we as a travelers become frustration and bring the negative energy, it will leads us to aggressiveness and roughness towards others. Locals, in turn, behave the same way or ignore the expatriate, further increasing the stereotypes and frustration. Expatriates who overcome this step are usually successful in our expatriation, those who don't, just leave the host country earlier than expected. So, to get more out of our experiences a foreigner or as a traveler, make sure to focus on all the positive aspects instead of having a negative mindset and bad attitude. Spend time with positive-minded people, have fun and feel the good vibes, so when we see new places and explore the surroundings, it will help us to appreciate our new home and we will gain lots of priceless experiences.

In summary, with the solutions that have been given, it can be concluded that culture shock cannot be avoided, but culture shock can be

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<p>overcome if we as a visitor or travelers being adapt with this culture shock with an open minded, and with a positive outlook and throw away the negative things. So that from the problem of this culture shock will be resolved properly and we can live in our daily life with comfort and can adapt quickly and dare to accept changes and differences when we go and live in foreign country in the future.</p>					
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Source: Jacobs et al's (1981). Aspects of writing

1. Discussion

From the result of analysis table above, it was found that from ten (10) students' writing, there were seven (7) students who had difficulty in writing the mechanic aspect and one (1) student who had difficulty in writing the language use aspect. While in writing content aspect, organization aspect, and vocabulary aspect, all students did not have difficulties in their writing.

Students' Writing in Content Aspect

In this aspect, all students have some knowledge and their ideas of writing relevant to the assigned topic. They are students with the initials ARS, FFA, FR, GA, MSB, MWM, MM, ON, RR, and SCB. So, those students had no difficulties in writing the content aspect.

Students' Writing in Organization Aspect

In this aspect, all students with the initials ARS, FFA, FR, GA, MSB, MWM, MM, ON, RR, and SCB stated the ideas clearly and well organized. So, those students had no difficulties in writing the organization aspect.

Students' Writing in Vocabulary Aspect

In this aspect, all students with the initial ARS, FFA, FR, GA, MSB, MWM, MM, ON, RR were able to choose and utilize the vocabulary used in their writing text and the word choice effective.so their writing were very easy to understand.

Students' Writing in Language Use Aspect

In this aspect, nine students' writing no errors of agreement and proper word order. They are FFA, FR, GA, MSB, MWM, MM, ON, RR, SCB. But there is a student with the initial ARS had an error in writing abbreviation "The first solution is to join **a family planning program. Family Planning or more familiarly called KB** is a national-scale program to reduce birth rates and control population growth in a country. The family planning program is also specifically designed to create progress, stability, and economic, social, and spiritual prosperity for every resident. The family planning program in Indonesia is regulated in Law No. 10 of 1992, which is run and supervised by

**the National Population and Family Planning Agency (BKKBN).
Students' Writing in Mechanic Aspect**

In this aspect, three students with the initial RR, MWM, FR mechanics of their writing related to punctuation, spelling, capitalization had no difficulties. But there were seven students who had difficulty in writing mechanic aspect, they are: student with the initial ARS had a few errors of capitalization but meaning not obscured. "And the last solution is to improve the quality of natural resources. In relation to increasing human resources, there were several strategies that can be carried out, namely training or training. The goal is to develop individuals in terms of improving their skills, abilities, and attitudes. The second is education. The goal is to improve the quality of work. Which means a development that is formal and directly related to their careers. **the third is construction. Coaching aims to develop the ability of an employee**". Student with the initial FFA had an error in writing capital letter after the comma (,)

"The second, **Learn** as many new places as possible when we experience a culture shock. Look for information on the internet, news reports or novels about a new places.

The last, **Try** to see the surroundings through th perspective of local people. If we are going to the place for the first time or staying in a new place we need to get to know the culture of that places as much as possible. For example findng out what is considered polite and impolite in that place, so that we can accept differences."

Student with the initial GA has a few errors of capitalization but meaning not obscured. "First, **The teacher** shot not give the students assignment all at once and in short time". Student with the initial MSB has a few errors of capitalization but meaning not obscured. "The principal should provide opportunities and involve teachers in decision making and participate in training and teachers are advised to be comfortable doing their jobs and be able to schedule activities and rest well. (repositori.usu.ac.id). **the three** most commonly proposed solutions to this probem are take time to relax, tell your complaints to people we trust, and try to do a hobby. "Another solution to solve stress at work or school is tell your complaints to people we trust. Talking to people we trust about the problems we face about work or school can relieve stress. For example, when I was under stress because of the many and difficult college assignments, I told my childhood friend that I was dizzy and stressed dealing with many tasks. **then** he gave me various solutions. and from the solution he presented, I felt calmer and better, then I continued to do my duty with enthusiasm. By telling others, someone will help us by providing solutions or helping work. and it really helps us". Students with the initial MM has a few errors of capitalization but meaning not obscured.

"First, **Do** activities that match our interests. Do activities is the most of one way to overcome s tress". Student with the initial ON has a few errors of capitalization but meaning not obscured. "The last solutions are **Communicate** your problem with your family **Or** friend many cases in the world happen in the school because the student and family did not communicate". Student with the initial SCB wrote the word **so that** at the beginning of the sentence. "**So that**

from the problem of this culture shock will be resolved properly and we can live in our daily life with comfort and can adapt quickly and dare to accept changes and differences when we go and live in foreign country in the future.” The researcher concluded that in the mechanic aspect, students had more difficulty in writing capital letters and so that was placed at the beginning of the sentence. Meanwhile, a good writing mechanism is used as the first element of the word at the beginning of the sentence and the word so that cannot be placed at the beginning of the sentence.

This research is supported by research conducted by Kristy Dwi Pratiwi (2012). The result of this research is the writing difficulty related to the linguistics difficulty (language use and vocabulary aspect) was most difficult one compare to the cognitive difficulty (organization and mechanics aspect) and physiology difficulty (content aspect) as well.

Based on the result of this study, it can be concluded that the third-grade students of English Education Department at Universitas Katolik Indonesia Santu Paulus Ruteng still had difficulty in writing of language use and mechanic aspect. Therefore, it is hoped that the lecturer of writing course will really pay attention to these difficulties.

E. Conclusion

Based on the result of this study, the researcher found that some third-grade students of English Education Department Faculty of Teacher Training and Educational Sciences Saint Paul Catholic University of Indonesia Ruteng had a few difficulties in writing the introduction part of the essay. The researcher also grouped the difficulties into several aspects, namely content, organization, vocabulary, language use, and mechanic. From the data of the students' writing, in one hand, there were ten (10) students who had no difficulties in writing aspects of content, organization, and vocabulary. On the other hand, the most difficulties in writing the introduction part of the essay were seven (7) students who had difficulty in writing the mechanics aspect and one (1) student who had difficulty in writing the language use aspect.

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