

A PSYCHOLINGUISTIC ANALYSIS OF MENTAL STRENGTH OF COLLEGE STUDENT TOWARDS LECTURER

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Abstract : The research has the purpose of revealing the mental strength or mentality of college students. This research was done qualitatively which means the data are in the form of words, so there are no diagrams, formulas, or numbers in the data. In executing this research, the researcher used interview technique in revealing the students' mental strength. The result of the study explained that mental strength is crucial in college life. The condition of the students' mental strength could greatly impact their well-being, performances in academic and overall success in college life. The factors that affect their mental strength are their courage, toughness patience and endurance in facing the lecturers and their lectures. In the end, it can be concluded that students' mental strength affects their daily life in the college while the factors affecting their mental are all depending on their ability in enduring the challenges.

Keywords : *Mental Strength, Students, Lecturer, College, University life.*

INTRODUCTION

It is said that psycholinguistics is when language and psychology is combined together (Thoyyibah & Muyassaroh, 2022) (2021). Psycholinguistics is the study of the mental aspects of language and speech. Supported by Trevor (2001) whom said that psycholinguistics when language affects someone psychological process. It is particularly interested in how language is represented and processed in the brain. Psycholinguistics is a discipline of both linguistics and psychology that is part of the field of cognitive science. Psycholinguistics also is the study of the interrelation between language factors and mental and emotional qualities. Psycholinguistics as a study of the psychology of language is realized in language teaching. It helps to study the psychological factors that are possibly involved in languages learning. The application of language and communication is the main focus of psycholinguistics. Certain approaches,

such as those that were established based on psycholinguistic theories, are commonly employed in the field of teaching languages across national boundaries. The combination of linguistics and psychology is known as psycholinguistics. Linguistics is the study of language; psychology is the study of the mind and behavior. Thus, the general definition of psycholinguistics is the study of the mind and language. It looks at the processes that take place in the brain when language is produced and perceived, focusing on the relationship between the human mind and language (Purba, 2018). Psycholinguistics is a science that describes the psychological processes that occur when a person produces sentences and understands the sentences he hears when communicating and how humans acquire the ability to speak. The limits of psycholinguistics to studying language and the mind (Macintyre et al., 2019); (Andrea Nava, Luciana Pedrazzini, 2018) .

Mental strength refers to how your body reacts to situations or environments, prompting it to adapt as necessary. Your mental resilience has the ability to foster increased levels of physical and emotional stamina tailored to specific circumstances (Scotts, 2013). Mental strength, or emotional resilience, is how effectively someone deals with challenges, pressures and stressors they may face. Working on your mental strength can lead to greater life satisfaction and help protect against future mental health issues. However, many students today lack the confidence to approach their lecturers; in this instance, many students have given up before even trying to meet their lecturers; in this case, the researcher attempts to observe the students' mental strength in handling this problem. Furthermore, according to Morales (2023), mental strength is a distinct phenomenal magnitude of all conscious experiences (in particular, experiences with a sensory component such as pain, mental imagery, or perception). As such, the degree of strength of a mental state can be understood as its degree of phenomenal intensity. Mental strength increases from zero, as it were, when the conscious experience has not yet arisen, and grows in certain time to a given measure.

Social mentality influences individual's cognition, values and behavioral tendencies. In other words, a positive social mentality is a condition for individuals to achieve comprehensive development. Only when college students have a positive social mentality can they form correct cognition and improve their ability to distinguish right from wrong, establish positive and correct values and consciously resist the intrusion of decadent and backward ideas; and make correct behavioral tendencies and realize the values of life and social (Y.Zhang 2021). Studying at the university level is also one of the most significant things for people; it

is required in order to live a respectable life. later on. Nevertheless, the reality is that achieving it is not always that simple. Students usually gave up when they are entering the 5th semester and above because of too many tasks were given by the lecturer let alone personal problem in their family. Sometimes they can't open their minds to remain calm and stay focused so that they can solve the problem one by one. This is the reasons what makes their mentality becomes weak and can be easily to give up, causing them to drop out of college, take time off from college, or even quit from college and decided to get married. What a waste of time! There aren't many people who are successful in reaching success. People make mistakes based on their personal experiences. Comparatively speaking, there are undoubtedly still more failures than successes.

Mentality, one of the keys to achieve success and unfortunately not owned by everyone, it is actually the most important thing that can help people to achieve success, no matter how clever we are if there is no mentality in ourselves, we're nothing. Strong mentalities, like those made of stainless steel, make it easier for us to accept and acknowledge our mistakes without placing too much blame on ourselves. Stated differently, we have a tendency to use our own failures as a teaching tool to help us not make the same mistakes again. Even the strongest mentality won't come naturally to us. Just like a muscle, a mentality needs daily training to develop correctly and become as powerful as stainless steel. With a strong mentality, we might find it easy to go through our life's challenges and automatically achieve our dreams faster. (Prawira et al., 2021).

Any individual enrolled in a school or other educational setting is referred to as a student. A "student" in the UK and the majority of Commonwealth nations is

someone who attends secondary school or above, such as a college or university; "pupils" are people who attend primary or elementary schools. According to Dewey (1916) a student is "an active and alert builder of his own knowledge." The educational model proposed by Dewey (1916) brings the student in the center of the pedagogical act and promotes an approach that emphasizes on the motivational structure of the student's personality, on his/her interests and skills, those being considered as important variables in the educational process. In addition, according to (Freire, 1974) A student is "an agent of change who is capable of transforming the world." Freire believed the classroom was a place where social change could take place. Freire, like Dewey, believed that each student should play an active role in their own learning, instead of being the passive recipients of knowledge. Overall, the concept of a student is multifaceted and influenced by a range of factors, including academic performance, motivation and engagement, and social and emotional development.

A lecturer is a person who gets up in front of the class and delivers a structured speech with the intention of teaching you something. Lecturers typically teach only undergraduate students in a university or college. There are lots of lecturers at colleges and universities. Rogers et al., (2023) defines a lecturer is a "teacher who creates a supportive and respectful learning environment, where students are encouraged to engage with the material and learn at their own pace." Carl Ransom Rogers is one of the leading figures of humanist learning theory. In addition, according to (Brookfield, 2017) a lecturer is someone who is responsible for facilitating learning experiences for students in higher education. Overall, the concept of a lecturer is multifaceted and encompasses a range of roles and responsibilities. Lecturers are educators,

mentors, researchers, and scholars who play a vital role in shaping the intellectual and personal development of their students.

This topic has been researched by Miranda Tilukay with the title "Mental Strength in Dickens "Oliver Twist" (Character Analysis)" and has been researched by Sheyla Fitria Nanda Mamesah too with the title "Mental Strength as Reflected in Khaled Hosseini's A Thousand Splendid Suns". In their research, they discussed the mental strength of one of the characters in the novel that had been determined or chosen by them. Slightly different from their research, The researcher wants to discuss how mental strength occurs in students towards lecturers in the researcher's own campus. In their research, there are certainly results obtained in analyzing the mental strength of each character. In Miranda Tilukay's research, Miranda concluded that mental strength of Oliver Twist is shown during his important young years. As a young boy, Oliver Twist had mental strength and his mental strength is shown in the workhouse while he got the bad treatment and lacked of food. Mental strength of Oliver Twist, not only produced the bad impact but also making the good impact for himself. Miranda giving some suggestions by supporting us to do the best, especially in our life as we share the common traits of human. "We must think well whatever we will do. In facing every difficulty in life, we can put all the problems in the hand of our God" (Miranda Tilukay, 2016). Not too different, on Sheyla Mamesah's research also makes a suggestion for us that if in our life there's something happened and that is not like what we wants, don't be give up on it. Try to confront it and faced with our mental strength certainly with think in the better ways (Sheyla Mamesah, 2015).

The researcher conducted the research which aimed in analyzing the mental strength of the students in Universitas Negeri Manado which was focused on the students in the English Language and Literature Study Program. In conducting this research, the researcher used interview to find out about their mental strength and what aspects affect their mental strength in college life. The benefit of this research is to make people, especially in English Language and Literature Study Program, whether lecturers or students to be able to understand the importance of mental strength of the students in their daily college life and what factors are affecting them.

RESEARCH METHOD

Researcher used qualitative methods in this study so that the researcher can more easily observe and retrieve data from the system as qualitative methods are used. Qualitative method is said to be a procedure where the research is constructed in the form of words (Henry et al., 2023). Furthermore, supported by (Hardani et al., 2020) whom said that qualitative research uses human as the instruments then interpret the data which finally will be taken into the final conclusion

This research was done in Universitas Negeri Manado in July 2023, specifically in English Language and Literature Study Program as the population and 7th and 8th semester students as the sample. As the population is big then the researcher limited the sample taken. The source of the data is from 10 students from 7th and 8th semester. However, participants' names were deliberately made initials because almost all of them refused to be identified for privacy reasons. Furthermore, the data was collected using interview method. In analyzing the interview data, the researcher used narrative analysis which

examined the stories told by the interviewees.

FINDINGS AND DISCUSSION

Naturally, lecturers play a crucial role in helping students succeed in all of their courses by supporting their potential to grow. There are numerous things that can serve as a "support system" for students who want to continue their education on each campus, but lecturers play the most significant role in this regard.

Any difficulty or problems does not disregard human life. Problems can arise from ourselves as much as from others. Even in this situation, students must possess a strong mentality in order to be prepared to deal with campus life, which does not always go as planned. Students must constantly be prepared for the worst-case scenarios that could arise throughout their time in college and be able to handle them well. But, unfortunately there are still many students who are not fully able to overcome it all, even while their lecturers are willing to assist them in overcoming all the pressures associated with college life, there are still many students who are afraid of them. Because this issue frequently arises in the researcher's university, the researcher is highly interested in understanding it. In reality, the author has personally gone through it too.

Mental strength is a crucial aspect of college life, as it can greatly impact a student's well-being, academic performance, and overall success. College can be a time of significant challenges, such as academic pressure, social adjustments, financial burdens, and the need to make important life decisions. Developing mental strength can help college students navigate these challenges more effectively. An important part of a college student's academic career is how resilient they are in the face of their lecturers. The learning process can be improved, and a helpful learning

atmosphere can be fostered, by adopting a pleasant and courteous approach toward lecturers.

Elaboration of the mental strength of the students of English Language and Literature can be seen below:

1. Mental Strength Shown in College Student.

One of the mental strengths shown in college student is Time Management and Handling Stress, these are two different things but they can work together to help you overcome a challenge. Meanwhile, handling stress is an activity that a person does that involves thinking and physical activities so that stress can be overcome properly. In student activities, time management and handling stress can also be shown by students when they feel overwhelming with something, as said by students whose initials RK (14 July, 2023) : *“Euh... talking about me, i always handling stress with hanging out with my friends and... maybe try to do time management as well.”* and students whose initials HJ (15 July, 2023) : *“Like my other friends, i'd like to spend time with them for handling stress and maybe... setting my time management? so that everything will not too overwhelming”*. They are from 8th and 7th semester student in EED, Universitas Negeri Manado. According to Grotan et al., (2019) about mental health, academic self-efficacy and study progress among college students, student life can be stressful and for some students it may cause mental distress. Besides being a major public health challenge, mental distress can influence academic achievement. The main objectives of the current study were to examine associations of mental distress with academic self-efficacy and study progress.

2. Student Toughness Towards Lecturer.

The term "toughness" can be interpreted in different ways, but when it comes to students' attitudes and behaviors towards their lecturers, it's important to focus on qualities that promote a positive and respectful environment. At English Education Department of Universitas Negeri Manado, researcher often see students whose level of their toughness is really good and some who are not so good. Although the process of each student is different, those who choose to remain resilient and persevere make the researcher feel very motivated just by seeing students struggling to complete their studies.

Toughness towards lecturers is also a highlight in writing this. What is meant by the toughness of students towards their lecturers here is how students continue to be tough in pursuing what knowledge they want to get, continue to insist on their stance who want to immediately achieve their goals.

3. Student Courage Towards Lecturer.

Student courage towards lecturers refers to the willingness and ability of students to express themselves, ask questions, seek clarification, and engage in constructive discussions with their lecturers. Courageous students are not afraid to step out of their comfort zones and actively participate in the learning process.

At English Education Department of Universitas Negeri Manado, the researcher also see some students who are very good at this, but not a few who still lacking of courage in this case. When it comes to personality, it is true that students are divided into two sides. They call them Introverts and Extroverts. Let the researcher give a little explanation about what introvert and extrovert is:

- a. Introvert: An introvert is someone who tends to recharge their energy by spending time alone or in quiet, low-stimulation environments. They often

prefer solitary activities or engaging with a small group of close friends.

- b. Extrovert: An extrovert is someone who gains energy from social interactions and external stimuli. They thrive in social settings and enjoy being around others. Extroverts are outgoing, talkative, and may seek the company of large groups.

4. Student Endurance Towards Lecturer.

The ability of students to persevere and maintain focus during lectures, even in the face of difficulties or distractions, is referred to as student endurance toward lectures. For students to fully comprehend the course material, actively participate in the learning process, and achieve academic success, endurance is crucial.

At English Education Department of Universitas Negeri Manado, the researcher can say that the endurance of the student is very good, they communicate well with their lecturers, discuss a lot and are able to overcome endless challenges during the studies. Although there are still students who are having difficulties, there are also sympathetic students who offer assistance to those who are having difficulties.

As with the lecturers, they also face various students with an open heart and good atmosphere. Basically, lecturers also want to see their students succeed until the end of their studies. Student endurance in English Education Department of Universitas Negeri Manado in the researcher's observations, student's endurance towards lecturers can be seen during class, or during face-to-face consultations with lecturers. It is important to remember that student resistance to lecturers is about attitudes and responses that are constructive, respectful, and open to opportunities to learn and grow. This attitude can help students maximize the benefits of their learning experience at college.

5. Student's Fearfulness

One of the aspects that student feel fearfull is because Harsh Criticism received from their lecturer. It's usually one of the reasons why some students feel burdened in their discussions with lecturers. But, this is where the student's mentality can be tested, how well the student takes action in this situation. Students with initial RK and HJ gave their opinion : *"The scariest one is maybe when.... we students want to asking a question but in face to face situation. Yeah, I personally think that we scared of getting harsh criticism? So.... we always have that euhh, what is it called? Ah right, boundaries! to all the lecturer."* - RK (14 July, 2023) ; *"I feel the most scary is when we as students contacting lecturer through social media... even though we can't see each other, but... we students are very cautious when chatting with our lecturer out of concern that.. we'll get in trouble or harsh critism because unintentionally disturbing them."* - HJ (15 July, 2023). They are from 8th and 7th semester student in EED, Universitas Negeri Manado.

6. Student Patience Towards Lecturer.

When a student is patient towards a lecturer, it reflects their willingness to demonstrate understanding, tolerance, and composure in various academic situations. Patient students are considerate of the lecturer's challenges, receptive to the learning process, and respectful of the learning environment. At English Education Department of Universitas Negeri Manado, the researcher finds that many students have anticipated this, perhaps even before entering college, that the mental strength of a student must be as strong as steel so as not to be easily shaken by things that do not go smoothly according to our wishes.

As a result, most students from the English Education Department at Universitas Negeri Manado are already

aware of how to act appropriately and patiently around lecturers. Overall, demonstrating patience towards lecturers fosters a positive and constructive learning environment. It promotes respectful and harmonious interactions between students and lecturers, ultimately contributing to a more meaningful and rewarding educational experience for everyone involved. Written in the article by Eric Hanushek et al., (2020) that differences in student achievement are strongly related to both future individual earnings and national economic growth. Cultural traits that underlie intertemporal decision-making may affect how much students learn. Using data for close to two million students across 49 countries during 2000–2018, this column looks at levels of patience and risk-taking and its effect on student performance. A positive effect of patience and a negative effect of risk-taking can account for two-thirds of the difference in student accomplishment between countries. The patience and risk-taking levels of migrant students' home nations had very similar effects on educational success in the host country.

A good impact in this discussion of the mental strength of college students towards lecturers is that students can learn from their experiences to further strengthen their determination and mentality during the lecture period. Keeping in mind that everyone is responsible for their own mental health, nothing will change unless the student takes responsibility for it. Avoid getting too caught up in negative thoughts, and seek out some support or connections that can make the value of students improve. Don't be afraid to try, because without us trying, we will never know.

These following are just two of the many ways that the researcher suggests to overcome so that student's mental strength can be stronger in dealing with lecturers.

- a. Self-Reflection means that students can use self-reflection to pinpoint the sources of their anxiety and seek support from counseling services or trusted individuals to address their concerns.
- b. Rationalize Your Fear means to recognize that lecturers are there to support your learning and growth. They are not meant to intimidate or cause distress. Remind yourself that they are also people, just like you, and that they want you to succeed.

CONCLUSION

It can be concluded that mental strength is crucial in students' college life. The state of students' mental resilience significantly influences their overall well-being, academic performance, and success in college. Factors such as courage, resilience, patience, and perseverance in dealing with lecturers and coursework impact their mental resilience. Ultimately, it can be inferred that students' daily college life is impacted by their mental resilience, with these factors being contingent upon their capacity to withstand challenges.

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