

## ABSTRAK

Shella Yolanda (01071180069)

### **HUBUNGAN ANTARA TINGKAT KECEMASAN DAN TIPE KEPRIBADIAN TERHADAP INDEKS PRESTASI KUMULATIF MAHASISWA ANGKATAN 2018 FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN**

(xv + 64 halaman: 0 gambar; 4 tabel ; 4 lampiran)

**Latar Belakang:** Fakultas Kedokteran (FK) merupakan salah satu program studi yang penuh dengan tekanan karena banyaknya materi pembelajaran yang harus dikuasai sebagai kompetensi. Hal tersebut menyebabkan mahasiswa FK menjadi rentan dan mudah terganggu kesehatan mentalnya. Tingkat kecemasan mahasiswa FK juga dinilai lebih tinggi dibanding fakultas lain. Banyak penelitian yang telah dilakukan terkait dengan tingkat kecemasan dan tipe kepribadian terhadap Indeks Prestasi Kumulatif (IPK). Banyak penelitian tentang hubungan antara tingkat kecemasan dan tipe kepribadian terhadap IPK yang telah dilakukan dan masih terdapat perbedaan.

**Tujuan:** Mengetahui adanya hubungan antara tingkat kecemasan dan tipe kepribadian terhadap IPK mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Metode:** Jenis penelitian analitik, dengan desain studi potong lintang (*cross sectional*). Sampel yang berjumlah 166 orang mahasiswa Fakultas Kedokteran Universitas Pelita Harapan angkatan 2018. Pengambilan sampel secara non-probabilitas, yaitu sampel *convenience*. Pengambilan data berlangsung pada Januari 2021- April 2021. Data diolah menggunakan metode analisis statistik *Chi Square*.

**Hasil:** Hasil penelitian menunjukkan bahwa mahasiswa paling banyak 85 orang yang tidak cemas, dan 81 orang cemas. Mahasiswa yang cemas lebih banyak memperoleh IPK yang sangat memuaskan dibandingkan yang tidak cemas. 97 mahasiswa dengan tipe kepribadian ekstrovert lebih banyak dibandingkan 69 orang kepribadian introvert. Mahasiswa ekstrovert lebih banyak memperoleh IPK yang sangat memuaskan dibandingkan introvert.

**Kesimpulan:** Penelitian ini menunjukkan bahwa terdapat hubungan antara tingkat kecemasan terhadap IPK mahasiswa FK UPH 2018 ( $p\text{-value}=0.001$ ) sedangkan tidak terdapat hubungan yang signifikan pada tipe kepribadian terhadap IPK ( $p\text{-value}=0.353$ ).

**Kata Kunci:** Kecemasan, Tipe Kepribadian, Indeks Prestasi Kumulatif, mahasiswa kedokteran



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### **RELATIONSHIP BETWEEN ANXIETY LEVELS AND PERSONALITY TYPES ON CUMULATIVE GRADE POINT AVERAGE IN FACULTY OF MEDICINE, PELITA HARAPAN UNIVERSITY BATCH 2018**

(xv + 64 pages: 0 picture; 4 table ; 4 attachments)

**Background:** *Medical education is a study program that is full of pressure because of the large number of learning materials that must be mastered as competencies. This causes students to be vulnerable and not prone to mental health problems. The anxiety level of medical students was also considered higher than other majors. Many studies have conducted that there is a relationship between anxiety level and personality type on the cumulative grade point average. Much research has been done on the relationship between problem level and personality GPA and there were still differences.*

**Objective:** *To determine relationship between anxiety levels and personality types on cumulative grade point average in students at Faculty of Medicine, University of Pelita Harapan.*

**Method:** *This type of research is analytical study, which uses a cross-sectional study design. The minimum sample for this study was 166 people and were student of the Faculty of Medicine, University of Pelita Harapan batch 2018. Sampling was done by non-propability, namely convience samples. Data collection were take place in January 2021- April 2021. This results of the collected data werel processed using Chi Square.*

**Results:** *The results showed that there were at most 85 students who were not anxious, and 81 people were anxious. Students who were anxious received a very satisfying GPA more than those who were not anxious. There are 97 students with extrovert personality type, more than 69 people with introvert personality. Extroverted students get a very satisfying GPA more than introverts.*

**Conclusion:** *This study shows that there was a relationship between the level of anxiety on the GPA of UPH FK students 2018, while there is no significant relationship between personality types and GPA.*

**Keywords:** *Anxiety, personality type, cumulative grade point average, medical student.*

