

ABSTRAK

Arvissy Athalla Amanda (01071190233)

PERBEDAAN TINGKAT DEPRESI MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN SAAT DAN SESUDAH PEMBELAJARAN JARAK JAUH SELAMA MASA PANDEMI COVID-19

(xvi – 59 halaman: 3 bagan; 8 tabel; 4 lampiran)

Latar Belakang: Dengan diberlakukannya pembatasan sosial sebagai salah satu tindak pencegahan penyebaran COVID-19, mahasiswa terpaksa tetap di rumah dan melakukan Pembelajaran Jarak Jauh (PJJ). Hal ini menimbulkan keterbatasan komunikasi secara langsung dan kurangnya intervensi psikologis sosial. Perkembangan psikososial seseorang yang meliputi perkembangan emosional sosial juga dapat terganggu. Perkembangan emosional sosial ini diatur oleh suatu sistem pada otak yang bernama sistem limbik. Abnormalitas pada sistem limbik dapat membuat seseorang mengalami gangguan mental. Depresi menjadi salah satu gangguan mental yang dapat terjadi karena adanya abnormalitas secara fungsional pada sistem limbik tersebut terutama pada daerah amygdala, hipokampus dan talamus dorsomedial. Penurunan efektivitas neurotransmitter seperti serotonin, dopamin, dan norepinefrin pada daerah tersebut dapat membuat seseorang mengalami gangguan depresi. Walaupun telah dilakukan penelitian tingkat depresi pada mahasiswa dengan Pembelajaran Jarak Jauh, namun belum ada penelitian mengenai perbedaan tingkat depresi pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan saat dan sesudah PJJ selama masa pandemi COVID-19.

Tujuan Penelitian: Penelitian dilakukan untuk mengetahui perbedaan tingkat depresi mahasiswa Fakultas Kedokteran Universitas Pelita Harapan saat dan sesudah PJJ selama masa pandemi COVID-19.

Metode Penelitian: Penelitian ini menggunakan metode cohort pre dan post dengan melibatkan 58 responden, terdiri dari mahasiswa Fakultas Kedokteran Universitas Pelita Harapan, yang telah setuju untuk terlibat dan memenuhi kriteria penelitian.

Hasil: Hasil dari analisis antara perbedaan tingkat depresi mahasiswa Fakultas Kedokteran Universitas Pelita Harapan saat dan sesudah PJJ selama masa pandemi COVID-19 menunjukkan *p value* 0.289.

Kesimpulan: Tidak terdapat perbedaan yang bermakna antara tingkat depresi Fakultas Kedokteran Universitas Pelita Harapan saat dan sesudah PJJ selama masa pandemi COVID-19.

Kata Kunci: depresi, pembelajaran jarak jauh, mahasiswa

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THE DIFFERENCE IN DEPRESSION LEVELS OF UPH FACULTY OF MEDICINE STUDENTS DURING AND AFTER ONLINE LEARNING DURING THE COVID-19 PANDEMIC

(xvi – 59 pages; 3 charts; 8 tables; 4 attachments)

Background: *With the implementation of social restrictions as a measure to prevent the spread of COVID-19. Students are forced to stay at home and attend online learning. This raises the limitations of direct communication and lack of social psychological intervention. Psychosocial development of a person which includes social emotional development can also be disrupted. Social emotional development is regulated by a system in the brain called the limbic system. Abnormalities in the limbic system can cause a person to experience mental disorders. Depression is a mental disorder that can occur due to functional abnormalities in the limbic system, especially in the amygdala, hippocampus and dorsomedial thalamus. Decreased effectiveness of neurotransmitters such as serotonin, dopamine, and norepinephrine in this area can make a person experience depression. Although studies have been conducted on depression levels in students using distance learning, there has been no research on differences in depression levels of students during and after online learning during the COVID-19 pandemic.*

Objectives: *This study was conducted to determine the difference in depression levels of UPH Faculty of Medicine students during and after online learning during the COVID-19 pandemic.*

Research Methods: *This study used a pre and post cohort method involving 58 respondents, consisting of students from the Faculty of Medicine, Pelita Harapan University, who had agreed to be involved and meet the research criteria.*

Result: *Analysis results between the difference in the level of depression of the students of the Faculty of Medicine at Pelita Harapan University during and after online learning during the COVID-19 pandemic showed a p value of 0.289.*

Conclusion: *There is no significant difference in the level of depression of the students of the Faculty of Medicine at Pelita Harapan University during and after online learning during the COVID-19 pandemic.*

Keywords: *depression, online learning, college student*