

## ABSTRAK

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### **Hubungan Stres Akademik Dengan Kejenuhan Akademik Pada Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Selama Pandemi COVID-19**

**Latar Belakang:** Pandemi COVID-19 menyebabkan diterapkannya sistem pembelajaran daring yang dapat mengakibatkan stres akademik pada siswa atau mahasiswa, terutama pada mahasiswa kedokteran. Stres akademik dapat membawa dampak negatif secara fisik maupun psikologis apabila tidak segera diatasi. Kejenuhan akademik, salah satu dampak stres akademik, adalah kejenuhan yang dialami siswa atau mahasiswa dengan munculnya tiga dimensi utama kejenuhan, yaitu kelelahan, depersonalisasi, dan penurunan performa akademik.

**Tujuan Penelitian:** Untuk mengetahui hubungan stres akademik dengan kejenuhan akademik pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan selama pandemi COVID-19.

**Metode Penelitian:** Penelitian dilakukan dengan menyebarkan kuesioner melalui *google forms* kepada 167 mahasiswa Fakultas Kedokteran Universitas Pelita Harapan, dan data dikumpulkan pada periode April – Juli 2022. Hasil penelitian diolah dengan analisis uji Pearson Chi-Square menggunakan program IBM SPSS versi 28.0.

**Hasil:** Dari 167 responden, sebagian besar responden adalah wanita (62.9%). Selain itu, mayoritas responden berasal dari angkatan 2019 (49.7%). Hasil MSSQ menunjukkan mahasiswa mengalami stres sedang (46.7%), ringan (24.6%), berat (26.3%), dan sangat berat (2.4%). Hasil OLBI menunjukkan mahasiswa mengalami kejenuhan sedang (85.6%), ringan (1.2%), dan berat (13.2%). Hasil analisis Pearson Chi-Square menunjukkan hubungan signifikan antara stres akademik dengan kejenuhan akademik ( $p = <0.001$ ).

**Kesimpulan:** Penelitian ini menunjukkan hubungan yang signifikan antara stres akademik dengan kejenuhan akademik ( $p = <0.001$ ).

**Kata Kunci:** Pandemi COVID-19, stres akademik, kejenuhan akademik, mahasiswa kedokteran

## **ABSTRACT**

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### ***The Relationship Between Academic Stress and Academic Burnout among Medical Students of Pelita Harapan University During The COVID-19 Pandemic***

**Background:** *The COVID-19 pandemic has led to the implementation of an online learning system that may result in academic stress upon students, including medical students. Academic stress can bring a negative physical and psychological impact if left unchecked. Academic burnout, one of the impacts of academic stress, is a burnout experienced by students with the emergence of three main dimensions of burnout namely exhaustion, depersonalization, and reduced academic performance.*

**Aim:** *To discover the relationship between academic stress and academic burnout among medical students of Pelita Harapan University during the COVID-19 pandemic.*

**Methods:** *This research was conducted by distributing a questionnaire via google forms to 167 medical students of Pelita Harapan, and data were collected between April – July 2022. The data results were analyzed with Pearson Chi-Square analysis using the program IBM SPSS Version 28.0.*

**Results:** *Out of 167 respondents, most respondents were women (62.9%) than men (37.1%). It is also discovered that most respondents were from Batch 2019 (49.7%). MSSQ results revealed students experiencing moderate stress (46.7%), low stress (24.6%), high stress (26.3%), and severe stress (2.4%). OLBI results revealed students experiencing moderate burnout (85.6%), low burnout (1.2%), and high burnout (13.2%). Pearson Chi-Square analysis revealed a significant relationship between academic stress and academic burnout ( $p = <0.001$ ).*

**Conclusion:** *This research revealed a significant relationship between academic stress and academic burnout ( $p = <0.001$ ).*

**Keywords:** *COVID-19 pandemic, academic stress, academic burnout, medical students*