

## ABSTRAK

### **Pengaruh Tingkat Stres Akibat Pembelajaran *Online* terhadap Kejadian *Tension Type Headache* pada Mahasiswa Praktikum Fakultas Kedokteran Universitas Pelita Harapan**

#### **Latar Belakang**

*Tension type headache* merupakan nyeri kepala primer yang dapat disebabkan oleh tingkat stres, serta sering terjadi pada remaja. Akibat adanya pandemi COVID-19 dapat memicu terjadinya peningkatan stres, karena perubahan metode pembelajaran menjadi *online*. Peningkatan tingkat stres akibat pembelajaran *online* dapat memicu kejadian *tension type headache*.

#### **Tujuan Penelitian**

Mengetahui pengaruh tingkat stres akibat pembelajaran *online* terhadap kejadian *tension type headache* pada mahasiswa praktikum Fakultas Kedokteran Universitas Pelita Harapan.

#### **Hipotesis**

Terdapat hubungan antara tingkat stres akibat pembelajaran *online* terhadap kejadian *tension type headache*.

#### **Metode Penelitian**

Menggunakan penelitian analitik dengan desain studi potong lintang. Sampel diambil secara *simple random sampling* pada mahasiswa praktikum berjumlah 112 sampel, melalui kuesioner *Headache Screening Questionnaire-Dutch Version* untuk *tension type headache* dan *Depression Anxiety Stress Scale 42* untuk tingkat stres. Hasil penelitian dianalisis menggunakan uji statistik *Chi Square*.

#### **Hasil Penelitian**

Terdapat hubungan yang signifikan antara tingkat stres akibat pembelajaran *online* dengan kejadian *tension type headache* pada mahasiswa praktikum Fakultas Kedokteran Universitas Pelita Harapan dengan nilai ( $p = 0,026 < 0,05$ ).

**Kata kunci:** *Tension type headache*, tingkat stres, mahasiswa, pembelajaran *online*

## **ABSTRACT**

### ***The Effect of Stress Levels Due to Online Learning on Tension Type Headache Incidents in Preclinical Students Faculty of Medicine, Pelita Harapan University***

#### ***Background***

*Tension type headache is a primary headache that can be caused by stress levels, and often occurs in adolescents. Due to the COVID-19 pandemic, it can trigger an increase in stress, due to changes in learning methods to online. Stress levels due to online learning can trigger tension type headaches.*

#### ***Aim***

*Knowing the effect of stress levels due to online learning on the incidence of tension type headache in preclinical students of the Faculty of Medicine, Pelita Harapan University.*

#### ***Hypothesis***

*There is a relationship between stress levels due to online learning with the incidence of tension type headache.*

#### ***Methods***

*Using analytical research with a cross-sectional study design. Samples were taken by simple random sampling of 112 preclinical students, through Headache Screening Questionnaire-Dutch Version questionnaires for tension type headache and Depression Anxiety Stress Scale 42 for stress levels. The results of the study were analyzed using Chi Square statistical test.*

#### ***Research result***

*There is a significant relationship between stress levels due to online learning and the incidence of tension type headache in preclinical students of the Faculty of Medicine, Pelita Harapan University with a value ( $p = 0.026 < 0.05$ ).*

***Keywords: Tension type headache, stress level, medical students, online learning***