

ABSTRAK

Latar belakang: *Burnout* adalah sindrom yang melibatkan banyak gejala somatik, psikologis, dan perilaku berupa kelelahan emosional, depersonalisasi, dan berkurangnya rasa pencapaian pribadi. Angka tingkat *burnout* relatif tinggi terutama di kalangan mahasiswa kedokteran karena berbagai faktor seperti akademik, sosial, kesehatan, dan aspek lainnya. *Social skill* diduga dapat menjadi faktor pelindung untuk mengurangi tingkat *burnout*. Di Indonesia penelitian yang membahas tentang hubungan *social skill* dan *burnout* masih sedikit sehingga masih diperlukan studi lebih lanjut untuk menilai pengaruh *social skill* terhadap *burnout* khususnya dikalangan mahasiswa kedokteran.

Tujuan Penelitian: Penelitian ini dilakukan untuk mengetahui hubungan *burnout* dan *social skill* pada mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan.

Metode Penelitian: Bahan yang digunakan dalam penelitian adalah lembar kuesioner yang berisikan *informed consent*, data pribadi, kuesioner *Maslach Burn Out Inventory Student Survey/ MBI-SS*, dan kuesioner *Del Prette Social skill Inventory*. Link *google form* yang berisi kuesioner akan diberikan pada mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan Angkatan 2020 hingga 2022. Hasil penelitian ini kemudian akan diolah dengan Microsoft Excel dan dianalisis menggunakan program *Statistical Package for the Social Sciences (SPSS) 26.0*.

Hasil penelitian: Berdasarkan hasil penelitian menunjukkan nilai $p=0.595$ di mana lebih besar dari level signifikansi yang digunakan ($p=0.05$) dengan nilai OR (95% CI=1.290(0.504-3.304)).

Kesimpulan: Tidak terdapat hasil yang signifikan antara *burnout* dengan *social skill* pada Mahasiswa Pre-klinik Fakultas Kedokteran Universitas Pelita Harapan.

Kata kunci: *burnout, social skill*

ABSTRACT

Background: *Burnout* is a syndrome that involves many somatic, psychological symptoms, and includes emotional exhaustion, depersonalization, and a lack of personal feeling. The *burnout* rate is relatively high, especially among medical students due to various factors such as academic, social, health, and other aspects. *Social skills* are expected to be a protective factor to reduce *burnout* rates. In Indonesia, there is still little discussion about the relationship between *social skills* and *burnout*, so further research is needed to assess the effect of *social skills* on *burnout*, especially among medical students.

Aim: This study was conducted to determine the relationship between *burnout* and *social skills* in pre-clinical students of the Faculty of Medicine, Pelita Harapan University.

Methods: The materials used in the study were questionnaires containing informed consent, personal data, the Maslach Burn Out Inventory Student Survey/MBI-SS questionnaire, and the Del Prette Social Skills Inventory questionnaire. The google form link containing the questionnaire will be given to pre-clinical students at the Faculty of Medicine, Pelita Harapan University, Class of 2020 to 2022. The results of this study will then be processed with Microsoft Excel and analyzed using the Statistical Package for the Social Sciences (SPSS) 26.0 program.

Results: Based on the results of the study, it showed that the value of $p = 0.595$ was greater than the significance level used ($p = 0.05$) with the OR(95% CI)=1.290 (0.504-3.304).

Conclusion: There was no significant result between burnout and social skills in Pre-Clinical Students at the Faculty of Medicine, Pelita Harapan University.

Keyword: *burnout, social skill*