

ABSTRAK

Melvita Mentari Kurniawan (00000014159)

PERBANDINGAN TINGKAT STRES PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN YANG TINGGAL SENDIRI DAN TINGGAL BERSAMA ORANGTUA SAAT MENGHADAPI UJIAN BLOK

(xiv + 52 halaman; 3 gambar; 7 tabel; 5 lampiran)

Stres merupakan suatu keadaan yang membawa perubahan secara emosional, kognitif, perilaku dan fisiologis yang bersifat negatif apabila melebihi kapasitas individu dalam menghadapi stresor yang diberikan. Menurut data Riset Kesehatan Dasar pada tahun 2013, prevalensi stress di kalangan remaja Indonesia terus meningkat setiap tahunnya. Prevalensi stres pada mahasiswa, terutama mahasiswa kedokteran cukup tinggi dan memerlukan perhatian khusus, karena berdampak negatif bagi kesehatan fisik dan mental mahasiswa. Faktor psikososial seperti perpisahan dengan orang tua dan sahabat, perpindahan tempat tinggal, kurangnya perhatian dan dukungan keluarga menjadi salah satu penyebab stres pada mahasiswa. Selain itu mahasiswa cenderung merasa lebih tertekan dan stres ketika dihadapkan pada tuntutan akademik seperti saat akan menghadapi ujian.

Untuk membandingkan tingkat stres antara mahasiswa yang tinggal sendiri dan tinggal bersama orangtua saat sedang menghadapi ujian blok.

Sampel yang telah melewati tahap eksklusi akan mengisi kuesioner DASS-42 setelah terlebih dahulu mengisi inform consent. Kuesioner akan mengukur tingkat stres pada sampel, dimana tingkat stres akan dibagi menjadi dua kategori, yaitu stres dan tidak stres dengan mengambil nilai cut-off sebesar 14. Data kemudian akan dievaluasi dan dianalisa secara statistik.

Dari hasil kuesioner DASS-42 didapatkan bahwa rata-rata nilai stres pada sampel yang tinggal sendiri lebih tinggi yaitu sekitar 13.35, dibandingkan dengan sampel yang tinggal bersama orang tua yaitu sekitar 7.45 dengan nilai p value sebesar 0.021.

Terdapat perbedaan yang signifikan antara perbandingan tingkat stres pada mahasiswa FK UPH yang tinggal sendiri dan tinggal bersama orangtua saat menghadapi ujian blok.

Referensi: 27 (1983-2017)

Kata kunci: stres, faktor psikososial, DASS-42

ABSTRACT

Melvita Mentari Kurniawan (00000014159)

A COMPARISON OF STRESS LEVEL IN PELITA HARAPAN UNIVERSITY'S MEDICAL STUDENTS WHO LIVE WITHOUT THEIR PARENTS AND THOSE WHO LIVE WITH THEIR PARENTS DUE TO THE BLOCK EXAM COMPLETION

(xiv +52 pages; 3 pictures; 7 tables; 5 appendices)

Stress is a state of mind that brings up negative impact on many aspects such as emotional, cognitive, behavioral and physiological changes when it exceeds the capacity of the individual regarding to the given stressor. According to data provided by Basic Health Research in 2013, the prevalence of stress among Indonesian adolescents continues to increase every year. The prevalence of stress in students, especially in medical students is reported quite high and requires special attention, because it can bring negative impact to the students physical and mental health. Psychosocial factors such as separation with parents and family, displacement, lack of support from family turned out to be part of contributing causes of stress in students. In addition, students tend to feel more depressed and stressed when given some academic demands, such as when they were facing their exams.

The aim of this study was to compare the level of stress between students who live with parents in comparison to students living without parents, due to completions of block exam.

The sample that passed the exclusion criteria will require filling the DASS-42 questionnaire after they filled out the informed consent. Questionnaire will measure the level of stress among students. Where, as the level of stress will be categorized in two categories, which are stress and not stress by the measurement of the cut-off value of 14. The existing data then be evaluated and analyzed statistically.

From the collected DASS-42 questionnaire, it is collected that the mean average of stress level among students who live without their parents shown higher in a proven number of 13.35. In contrast, a count of 7.45 is shown in students who live with their parents with the p value of 0.021.

Thereby, there is a significant rational difference between the level of stress in FK UPH students who live without their parents and who live with their parents, due to the block exam completion.

Reference: 27 (1983-2017)

Keyword: stress, psychosocial factors, DASS-42