



UNIVERSITAS PELITA HARAPAN FAKULTAS KEDOKTERAN

ABSTRAK

Hubungan Antara Tingkat Dukungan Sosial dengan Kejadian Burn Out pada Mahasiswa Preklinik Fakultas Kedokteran Universitas Pelita Harapan pada Masa Pandemi Covid – 19.

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LATAR BELAKANG

Burnout merupakan suatu kelainan psikologis akibat stress mental yang terlalu lama dan berdampak buruk pada kondisi mental dan fisik. Prevalensi *burnout* relatif tinggi khususnya di kalangan mahasiswa kedokteran karena berbagai faktor seperti tuntutan akademis, sosial, dan aspek lainnya. Dukungan sosial umumnya dinilai dapat mengurangi dampak stress akibat permasalahan yang dialami mahasiswa selama perkuliahan dan membangun persepsi diri yang positif. Di Indonesia penelitian yang membahas tentang prevalensi dukungan berdasarkan tiap tingkatan dan hubungannya dengan *burnout* masih sedikit sehingga masih diperlukan studi lanjutan untuk menilai dampak dari kualitas dukungan sosial terhadap *burnout* khususnya di kalangan mahasiswa kedokteran.

OBJEKTIF

Mengetahui hubungan tingkat dukungan sosial dengan kejadian *burnout* pada mahasiswa preklinik Fakultas Kedokteran Universitas Pelita Harapan pada masa pandemi Covid 19.

METODOLOGI DAN ANALISIS

Metode penelitian yang digunakan adalah studi potong litang (*cross sectional*) dengan analisis kategorik tidak berpasangan. Alat ukur yang digunakan adalah *Malasch Burn Out Inventory Student Survey/MBI SS* dan *Multidimensional Perceived Social Support (MPSS)*.

HASIL PENELITIAN

Dari penelitian ini dilaporkan nilai prevalensi *Burnout* sebesar 15.73% dan mahasiswa dengan dukungan sosial rendah-sedang sebesar 32.58% pada mahasiswa preklinik Fakultas Kedokteran Universitas Pelita Harapan. Prevalensi *burnout* cenderung rendah jika dibandingkan dengan penelitian lain secara umum, sedangkan prevalensi mahasiswa dengan dukungan sosial rendah-sedang dianggap masih tinggi. Dari hasil analisis *chi square*, dapat disimpulkan bahwa dukungan sosial rendah-sedang secara signifikan menambah resiko *burnout* dibanding dukungan sosial tinggi ($p = 0.035$; OR = 3.429, CI 95% = 1.062 – 11.073).

Kata kunci : Dukungan Sosial, *Burnout*, Mahasiswa, Kedokteran.



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ABSTRACT

The Correlation Between Social Support and *Burnout* Among Preclinical Medical Students in Pelita Harapan University during Covid 19 Pandemic.

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BACKGROUND

Burnout is a psychological disorder caused by prolonged mental stress and have negative impact on mental and physical condition. Prevalence of *Burnout* is relatively high particularly among medical students because of several factors, such as academic pressure, social, and other aspects. *Social Support* is generally considered having a protective effect toward impact of depression caused by challenges during learning period and build a positive self-perception. In Indonesia, research discussion about prevalence of social support according to each level and its impact towards *burnout* are very few, so further studies are still needed to assess the influence of social support towards *burnout* especially among medical students.

OBJECTIVES

To know the correlation between degree of social support and *burnout* in Preclinical Medical Students of Pelita Harapan University during Covid 19 pandemic.

METHODOLOGY AND ANALYSIS

The method used in this research is *cross sectional* with non-paired categorical analysis. The measurement tools used are Malasch *Burnout* Inventory Student Survey and Multidimensional Percieved Social Support.

RESULT

From this study, it is reported that the prevalence values of *Burnout* was 15.73% and students with low-to-moderate social support was 32.58% among preclinical medical students of Pelita Harapan University. *Burnout* prevalence is relatively low in comparison to other studies in general, however, prevalence of students with low-to-moderate social support is considered high. From the results of *chi square* analysis, it is concluded that low-to-moderate social support significantly increase the risk of *Burnout* in comparison with high social support ($p = 0.035$; OR = 3.429, CI 95% = 1.062 – 11.073).

Keywords : Social Support, *Burnout*, Students, Medical.