

## ABSTRAK

Floencia Natasya Cindraputri (01071180094)

### **HUBUNGAN KESEHATAN MENTAL DENGAN INDEKS PRESTASI PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN**

(xvii + 96 halaman: 4 gambar; 4 bagan; 38 tabel; 7 lampiran)

**Latar Belakang:** Kesehatan mental adalah kesejahteraan saat seseorang menyadari kemampuannya, dapat mengatasi stres, bekerja, dan berkontribusi. Kesehatan mental dipengaruhi oleh depresi, ansietas, dan stres. Faktor-faktor tersebut dapat menurunkan performa akademik.

**Tujuan:** Mengetahui hubungan kesehatan mental dengan indeks prestasi pada mahasiswa FK UPH.

**Metode:** Penelitian menggunakan metode potong lintang dengan *purposive sampling* sebanyak 113 responden. Kriteria inklusi adalah mahasiswa preklinik FK UPH yang aktif berkuliah dan memahami bahasa Inggris dan eksklusi adalah mahasiswa dengan penyakit kronis dan jarang mengikuti kelas. Data diambil dari Januari – Maret 2021 dan dianalisis dengan SPSS 25 dan Chi-square.

**Hasil:** Dari 113 responden, terdapat 70 (61,9%) perempuan dan 43 (38,1%) laki-laki. Terdapat 101 (89,4%) angkatan 2018, 10 (8,8%) 2019, dan 2 (1,8%) 2020. Terdapat 1 (0,9%) IPK 2,00 – 2,75, 13 (11,5%) 2,76 – 3,00, 81 (71,7%) 3,01 – 3,50, 16 (14,2%) 3,51 – 3,75, 1 (0,9%) 3,76 – 3,90, dan 1 (0,9%) 3,91 – 4,00. Sebanyak 77 (68,1%) responden mengalami depresi normal-ringan, 15 (13,3%) sedang, dan 21 (18,6%) parah-sangat parah. Sebanyak 66 (58,4%) responden mengalami ansietas normal-ringan, 21 (18,6%) sedang, dan 26 (23%) parah-sangat parah. Sebanyak 86 (76,1%) responden mengalami stres normal-ringan, 19 (19%) sedang, dan 8 (7,1%) parah-sangat parah. Terdapat hubungan signifikan antara depresi ( $p: 0,02$ , OR 7,02, 95% CI 2,1 – 21,3) dan ansietas ( $p: 0,01$ , OR 10,9, 95% CI 2,3 – 51,8) dengan indeks prestasi.

**Kesimpulan:** Terdapat hubungan signifikan antara depresi dan ansietas dengan indeks prestasi, namun stres belum ada hubungan signifikan dengan indeks prestasi.

**Kata Kunci:** depresi, ansietas, stres, indeks prestasi

**Referensi:** 56 (2004 – 2020)

## **ABSTRACT**

Florencia Natasya Cindraputri (01071180094)

### **RELATIONSHIP OF MENTAL HEALTH AND GRADE POINT IN FACULTY OF MEDICINE STUDENTS OF PELITA HARAPAN UNIVERSITY**

(xvii + 96 pages: 4 picture; 4 charts; 38 tables; 7 attachments)

**Background:** *Mental health is a state of well-being when an individual realizes their abilities, can handle stress, work, and contribute to their community. Mental health is influenced by depression, anxiety, and stress. These factors can decrease academic performance.*

**Objective:** *Understand the relationship between mental health and grade point in students of FK UPH.*

**Methods:** *This research used cross-sectional method and purposive sampling of 113 respondents. Inclusion criterias were pre-clinical students of FK UPH who were actively studying and understood English, and exclusion criterias were students with chronic illness and often skipped lectures. The data were retrieved from January – March 2021 and analyzed with SPSS 25 and Chi-square.*

**Results:** *From 113 respondents, 70 (61,9%) were females and 43 (38,1%) were males. There were 101 (89,4%) respondents of class 2018, 10 (8,8%) class 2019, and 2 (1,8%) class 2020. 1 (0,9%) respondent had 2,00 – 2,75 GPA, 13 (11,5%) had 2,76 – 3,00, 81 (71,7%) had 3,01 – 3,50, 16 (14,2%) had 3,51 – 3,75, 1 (0,9%) had 3,76 – 3,90, and 1 (0,9%) had 3,91 – 4,00. 77 (68,1%) respondents experienced normal-mild depression, 15 (13,3%) moderate, and 21 (18,6%) severe-very severe. 66 (58,4%) respondents experienced normal-mild anxiety, 21 (18,6%) moderate, and 26 (23%) severe-very severe. 86 (76,1%) respondents experienced normal-mild stress, 19 (19%) moderate, and 8 (7,1%) severe-very severe. There was a significant relationship between depression ( $p: 0,02$ , OR 7,02, 95% CI 2,1 – 21,3) and anxiety ( $p: 0,01$ , OR 10,9, 95% CI 2,3 – 51,8) with GPA.*

**Conclusions:** *There were significant relationships between depression and anxiety and GPA, meanwhile stress had no significant relationship yet with GPA.*

**Keywords:** *depression, anxiety, stress, grade point,*

**References:** *56 (2004 – 2020)*