

## ABSTRAK

### PENGARUH PANDEMI COVID-19 TERHADAP PERUBAHAN TINGKAT STRES PADA MAHASISWI KLINIK KEDOKTERAN

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#### **Latar Belakang**

Adanya pembatasan sosial karena pandemi COVID-19 mengakibatkan perubahan pada pendidikan klinis kedokteran. Kegiatan rotasi klinis ditiadakan atau dikurangi, dan diganti menjadi secara daring. Berkurangnya durasi tatap muka memiliki pengaruh terhadap munculnya stres. Wanita juga ditemukan lebih rentan terhadap stres dibanding pria.

#### **Tujuan**

Tujuan dari dilakukannya penelitian ini adalah untuk mengetahui pengaruh pandemi COVID-19 terhadap perubahan tingkat stres pada mahasiswa klinik kedokteran.

#### **Hipotesis**

Pada saat pandemi COVID-19 terjadi perubahan tingkat stres pada mahasiswa klinik kedokteran.

#### **Metode**

Rancangan penelitian menggunakan studi potong lintang analitik komparatif berpasangan yang dilakukan pada mahasiswa klinik FK UPH. Pengambilan sampel menggunakan metode *purposive sampling* sebanyak 69 sampel dari 152 sampel penelitian terdahulu yang dijadikan data sebelum pandemi. Dari 69 sampel yang sama, kemudian selama pandemi dilakukan pengambilan data kembali menggunakan alat ukur stres yang sama.

#### **Hasil**

Ditemukan perubahan tingkat stres yang signifikan dengan  $p \text{ value} \leq 0.05$  pada mahasiswa klinik kedokteran dengan persentase tingkat stres ringan sebelum pandemi 24,64% dan selama pandemi menjadi 18,84% kemudian pada tingkat stres sedang-berat selama pandemi sebesar 75,36% dan selama pandemi menjadi 81,16%.

#### **Kesimpulan**

Terdapat perubahan yang signifikan antara tingkat stres sebelum dan selama pandemi COVID-19 pada mahasiswa klinik FK UPH, yaitu peningkatan sebesar 5,8% pada tingkat stres sedang-berat selama pandemi.

#### **Kata Kunci**

COVID-19, stres, mahasiswa klinik kedokteran, Fakultas Kedokteran

## **ABSTRACT**

### *Impact of COVID-19 Pandemic on The Change of Stress Level in Female Clinical Medical Students*

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**Background:** The existence of social restrictions due to COVID-19 pandemic has resulted in clinical medical education changes. Clinical rotation are removed or reduced, and replaced with virtual classes. The reduced face-to-face learning has an association on the emergence of stress. Women were also found to be more susceptible to stress than men.

**Purpose:** The purpose of conducting this research is to know impact of COVID-19 pandemic on the change of stress level in female clinical medical students.

**Hypothesis:** During COVID-19 pandemic, there was a change on stress level in female clinical medical students.

**Method:** Study design used cross sectional study paired analytical comparative conducted in female clinical medical students from Pelita Harapan University. Samples were taken using purposive sampling method by taking 69 out of 152 samples from previous research and used as before-pandemic data. During-pandemic data was taken from the same 69 samples by re-collecting the data using the same stress measurement tool.

**Result:** It was found there was significant increase on stress with  $p$  value of  $\leq 0.05$  in female clinical medical students with prevalence of mild stress level 24.64% and moderate-severe stress level 75.36%, during pandemic prevalence of mild stress level becomes 18.84% and for moderate-severe stress level becomes 81.16%.

**Conclusion:** There was a significant change between stress level before and during COVID-19 pandemic in female clinical medical students of Pelita Harapan University, with the increase of 5,8% on moderate-severe stress level during pandemic.

**Keywords :** COVID-19, stress, female clinical medical students, Faculty of Medicine

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