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## Lampiran

### Lampiran 1. Lembar Informasi

#### **HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN TINGKAT BURNOUT AKADEMIK PADA MAHASISWA PRE-KLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN**

Saya, Yalimo Peterson Yogobi, mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Pelita Harapan yang sedang melakukan penelitian berjudul “HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN TINGKAT *BURNOUT* AKADEMIK PADA MAHASISWA PRE-KLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN” dengan tujuan menyelesaikan tugas akhir wajib saya sebagai mahasiswi Fakultas Kedokteran. Dengan ini saya mengundang Anda untuk berpartisipasi dalam penelitian ini, keikutsertaan Anda dalam penelitian ini bersifat sukarela, jadi Anda dapat memutuskan untuk berpartisipasi atau sebaliknya.

**Tujuan penelitian:** Mengetahui hubungan antara tingkat aktivitas fisik dengan *burnout* akademik.

**Alasan Subjek Terpilih:** karena memenuhi kriteria inklusi dari penelitian, yaitu merupakan mahasiswa/i aktif Pre-Klinik Fakultas Kedokteran Universitas Pelita Harapan Tangerang Angkatan 2021, 2022, 2023 yang bersedia menjadi sampel penelitian.

**Prosedur Penelitian:** responden akan diberikan penjelasan singkat mengenai kepentingan dan metode yang digunakan di dalam penelitian ini. Apabila responden bersedia untuk menjadi sampel penelitian ini, maka responden akan menjawab “Saya setuju” pada lembar informed consent dan lanjut mengisi kuesioner yang tersedia. Data yang telah diberikan dan identitas responden akan dijaga kerahasiaannya.

**Manfaat:** manfaat yang diperoleh subjek secara langsung adalah pengetahuan mengenai hubungan antara tingkat aktivitas fisik terhadap *burnout akademik*. Kepada populasi umum, khususnya mahasiswa/i pre-klinik Fakultas Kedokteran Universitas Pelita Harapan, akan diperoleh pengetahuan mengenai tingkat aktivitas

fisik terhadap *burnout akademik*. Kepada instansi/ peneliti, akan diperoleh pengetahuan mengenai hubungan antara tingkat aktivitas fisik dan *burnout akademik*, khususnya pada mahasiswa/i pre-klinik Fakultas Kedokteran Universitas Pelita Harapan.

**Kerahasiaan data:**

Data dari subjek akan disimpan dan dirahasiakan, serta hanya digunakan untuk kepentingan penelitian.

**Periode Keikutsertaan Subjek:**

Keikutsertaan subjek dalam penelitian sesuai dengan waktu penelitian dan pengambilan data informasi.

**Subjek dapat dikeluarkan/mengundurkan diri dari penelitian:**

Jika subjek menolak untuk berpartisipasi dalam penelitian atau tidak mengisi data di kuesioner dengan lengkap. Subjek dapat dikeluarkan dari penelitian jika tidak memenuhi kriteria inklusi atau memenuhi kriteria eksklusi.

**Kemungkinan timbulnya pembiayaan dari perusahaan asuransi kesehatan atau peneliti:**

Tidak ada asuransi yang terlibat dalam penelitian ini atau diberikan kepada subjek penelitian dalam penelitian ini.

**Pertanyaan:** Apabila memiliki pertanyaan terkait dengan penelitian ini, dapat menghubungi Yalimo Yogobi sebagai peneliti melalui:

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