

ABSTRAK

Manchester Anfield Atkins (01071180199)

HUBUNGAN STRES PEMBUATAN SKRIPSI DENGAN BURNOUT PADA MAHASISWA KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(XIV + 95 halaman: 13 tabel; 3 bagan; 6 lampiran)

Latar Belakang: Mahasiswa kedokteran rentan mengalami stres berat akibat tuntutan akademik, dengan studi di Pakistan (Aamir et al., 2017) dan Universitas Jambi (Hediaty et al., 2023) menunjukkan > 80% mengalami stres sedang-berat. Di Indonesia, kewajiban skripsi memperburuk kondisi ini (Adiputra et al., 2021; Akbar et al., 2022). Penelitian UISU menemukan 85,5% mahasiswa stres berat selama proses ini, berisiko memicu burnout—kelelahan fisik, emosional, dan mental akibat stres kronis (Puthran et al., 2016; Khatami, 2019).

Tujuan Penelitian: Untuk melihat hubungan stres pembuatan skripsi dengan kejadian *burnout* pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (UPH).

Metode Penelitian: Penelitian *cross-sectional* ini menggunakan metode analisis komparatif kategorik tidak berpasangan. Total sampel penelitian ini 107 subjek yang diambil dari Angkatan 2021 Mahasiswa Fakultas Kedokteran UPH lewat *consecutive sampling*. Pengambilan data dilakukan dengan kuesioner Tingkat Stres Dalam Mengerjakan Skripsi dan kuesioner *Maslach Burnout Inventory-Students Survey* (MBI-SS) pada bulan Februari–Maret 2025. Hasil penelitian diolah dengan *Pearson's Chi-square test* melalui program *Statistical Package for the Social Sciences* (SPSS) versi 30.0.0.0.

Hasil: 57,9% mahasiswa mengalami stres sedang dalam pembuatan skripsi, 20,6% stres berat, dan 21,5% stres ringan. MBI-SS menunjukkan bahwa 64,5% mahasiswa mengalami *burnout*. Analisis bivariat mendapatkan $p = < 0,001$ dengan OR 27,300 (95% CI: 3,131–238,833) untuk kelompok stres berat dan OR 2,058 (95% CI: 0,780–5,429) untuk kelompok stres sedang.

Kesimpulan: Terdapat hubungan yang signifikan secara statistik antara stres pembuatan skripsi dengan burnout

Kata Kunci: *Burnout*, stres, skripsi, mahasiswa kedokteran.

ABSTRACT

Manchester Anfield Atkins (01071180199)

THE RELATIONSHIP BETWEEN THESIS-WRITING STRESS AND BURNOUT IN MEDICAL STUDENTS OF UNIVERSITAS PELITA HARAPAN

(XIV + 95 pages; 13 tables; 3 figures; 6 attachments)

Background: Medical students face high stress from academic demands, with studies (Aamir et al., 2017; Hedyaty et al., 2023) showing > 80% experience moderate-to-severe stress. In Indonesia, thesis requirements mandatory research project (Adiputra et al., 2021; Akbar et al., 2022) intensifies this stress. Research at UISU found 85,5% of medical students endure severe thesis-related stress, increasing burnout risk: a state of physical and mental exhaustion marked by fatigue, cynicism, and reduced productivity (Puthran et al., 2016; Khatami, 2019).

Aim: To investigate the relationship between thesis-related stress and the development of burnout among medical students at Pelita Harapan (UPH).

Methods: This cross-sectional study uses an unpaired comparative analysis. The research sample consists of 107 subjects taken from UPH Faculty of Medicine by way of consecutive sampling. Data collection is to be carried out using online questionnaires of Kuesioner Tingkat Stres Dalam Mengerjakan Skripsi and Maslach Burnout Inventory-Students Survey (MBI-SS). Data obtained was processed and analysed using Pearson's chi-square test via Statistical Package for the Social Sciences (SPSS) version 30.0.0.0.

Results: The study found that 57,9% of students experienced moderate stress during thesis writing, 20,6% experienced severe stress, and 21,5% experienced mild stress. The MBI-SS revealed that 64,5% of students experienced burnout, while 35,5% did not. Bivariate analysis yielded $p = < 0,001$, with an Odds Ratio (OR) of 27,300 (95% CI: 3,131–238,833) for the severe stress group and an OR of 2,058 (95% CI: 0,780–5,429) for the moderate stress group.

Conclusion: There is a statistically significant relationship between thesis-writing stress and burnout.

Key Words: Burnout, stress, thesis writing, medical students.