

**GAMBARAN TINGKAT STRES DAN STRESOR PADA
MAHASISWA PROGRAM STUDI KEDOKTERAN
UNIVERSITAS PENDIDIKAN GANESHA**

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ABSTRAK

Stres didefinisikan sebagai gangguan pada keseimbangan fisiologis atau kesejahteraan psikologis pada seseorang. Kondisi ini dapat terjadi pada setiap individu, termasuk bagi Mahasiswa Kedokteran. Beragam tuntutan selama perkuliahan, dan beberapa kondisi lainnya apabila tidak ditangani tentunya akan berdampak pada kondisi stres. Tujuan penelitian ini untuk mengidentifikasi aspek tersebut, secara rincinya bertujuan untuk mengetahui gambaran tingkat stres berdasarkan aspek gender dan tahun angkatan, serta mengetahui tingkat stresor pada Mahasiswa Program Studi Kedokteran Universitas Pendidikan Ganesha yang akan dipaparkan secara deskriptif kuantitatif. Teknik pengambilan sampel pada penelitian ini menggunakan teknik *total sampling*, dengan jumlah sebanyak 160 mahasiswa. Instrumen pada penelitian ini menggunakan kuesioner data diri responden, kuesioner DASS-42 skala stres untuk mengukur tingkat stres, dan kuesioner MSSQ-40 untuk mengukur tingkat masing-masing kelompok stresor. Berdasarkan hasil penelitian, 32,5% sampel dikategorikan mengalami stres normal, namun jika dibandingkan antara kategori stres normal dengan stres patologis, 67,5% sampel mengalami stres patologis. Pada perbandingan tingkat stres berdasarkan gender, persentase mahasiswa perempuan mengalami stres patologis sebesar 69,0%, nilai tersebut lebih tinggi dibandingkan persentase stres patologis mahasiswa laki-laki. Pada perbandingan tingkat stres berdasarkan tahun angkatan, 69,4% mahasiswa angkatan 2019 mengalami stres patologis, hasil ini lebih tinggi dibandingkan mahasiswa tahun angkatan lainnya. Terkait hasil pada stresor, *academic related stressor* (ARS) dikategorikan sebagai stresor berat (43.1%), *intrapersonal and interpersonal related stressor* (IRS) dikategorikan sebagai stresor berat (39,4%), *teaching and learning related stressor* (TLRS) dikategorikan sebagai stresor berat (40,6%), *social related stressors* (SRS) dikategorikan sebagai stresor sedang (42,5%), *drive and desire related stressors* (DRS) dikategorikan sebagai stresor sedang (39,4%), *group activities related stressors* (GARS) dikategorikan sebagai stresor sedang (41,9%). Dari keenam kelompok stresor, ARS merupakan stresor tertinggi pada sampel dengan rata-rata nilai 2,52 (stresor berat).

Kata-kata kunci: tingkat stres, gender, tahun angkatan, stresor

**DESCRIPTION OF STRESS LEVELS AND STRESSORS IN
STUDENT OF THE DEPARTMENT OF MEDICINE
GANESHA UNIVERSITY OF EDUCATION**

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ABSTRACT

Stress is a disturbance in a person's physiological balance or psychological well-being. This condition can occur in every individual, including Medical Students. The various demands during lectures, and several situations, if not handled, will impact stressful conditions. The purpose of this study is to identify these aspects, in detail the aims are to describe the level of stress based on the aspects of gender and batch year, as well as to determine the level of stressors in Students of the Department of Medicine, Ganesha University of Education which will describe in a quantitative descriptive manner. The sampling technique in this study used a total sampling technique, with a total of 160 students. The instruments in this study used a self-data questionnaire of the respondents, the DASS-42 stress scale questionnaire to measure stress levels, and the MSSQ-40 questionnaire to measure the stressor level of each group. Based on the results, 32.5% of the included samples experienced normal stress, but when compared between the categories of normal stress and pathological stress, 67.5% of the samples experienced pathological stress. At the level of stress comparison based on gender, the proportion of female students experiencing pathological stress was 69.0%. This result was higher than the proportion of pathological stress among male students. At the level of stress comparison by batch year, 69.4% of students in class 2019 experienced pathological stress. This result is higher than students in other batches. Results related to stressors, academic-related stressors (ARS) were categorized as severe stressors (43.1%), intrapersonal and interpersonal-related stressors (IRS) were categorized as severe stressors (39.4%), teaching and learning-related stressors (TLRS) were classified as severe stressors (40.6%), social-related stressors (SRS) were classified as medium stressors (42.5%), drive and desire-related stressors (DRS) were classified as medium stressors (39.4%), group activity-related stressors (GARS) included as a medium stressor (41.9%). Of the six stressor groups, ARS was the highest stressor in the sample, with an average value of 2.52 (severe stressor).

Keywords: stress level, gender, batch year, stressor