

## ABSTRAK

Mahasiswa kedokteran sering mengalami stres akibat tuntutan akademik, sementara aktivitas fisik diduga dapat menjadi intervensi potensial untuk manajemen stres. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dengan tingkat stres mahasiswa Program Studi Profesi Dokter Universitas Pendidikan Ganesha angkatan 2024 melalui studi cross-sectional terhadap 48 mahasiswa yang dipilih secara total sampling. Aktivitas fisik diukur menggunakan Global Physical Activity Questionnaire (GPAQ), dan tingkat stres diukur dengan Depression, Anxiety, and Stress Scale-42 (DASS-42). Hasil penelitian menunjukkan mayoritas mahasiswa memiliki tingkat aktivitas fisik tinggi (64,6%) dan rata-rata tingkat stres berada pada kategori stres normal (37,5%). Analisis statistik dengan uji korelasi Rank Spearman menunjukkan tidak ada hubungan signifikan antara aktivitas fisik dengan tingkat stres ( $r = 0,078$ ,  $p = 0,600$ ). Kesimpulannya, tidak ditemukan hubungan signifikan antara tingkat aktivitas fisik dan tingkat stres pada mahasiswa, sehingga diperlukan penelitian lebih lanjut dengan desain longitudinal untuk memahami dinamika hubungan ini.

**Kata kunci:** Aktivitas Fisik, Tingkat Stres, Mahasiswa Kedokteran, *GPAQ*, *DASS-42*



## ABSTRACT

Medical students often experience stress due to academic demands, while physical activity is thought to be a potential intervention for stress management. This study aims to determine the relationship between physical activity and stress levels of 2024 Ganesha University of Education Doctor Professional Study Program students through a cross-sectional study of 48 students selected by total sampling. Physical activity was measured using the Global Physical Activity Questionnaire (GPAQ), and stress levels were measured with the Depression, Anxiety, and Stress Scale-42 (DASS-42). The results showed that the majority of students had a high level of physical activity (64.6%) and the average stress level was in the normal stress category (37.5%). Statistical analysis with the Spearman Rank correlation test showed no significant relationship between physical activity and stress level ( $r = 0.078$ ,  $p = 0.600$ ). In conclusion, there was no significant relationship between physical activity levels and stress levels in university students, so further research with a longitudinal design is needed to understand the dynamics of this relationship.

**Keywords:** Physical Activity, Stress Level, Medical Students, *GPAQ*, *DASS-42*

