HUBUNGAN STRES, DEPRESI, ANSIETAS DAN *SELF-ESTEEM* DENGAN PERFORMA AKADEMIK MAHASISWA PRODI KEDOKTERAN FAKULTAS KEDOKTERAN UNIVERSITAS PENDIDIKAN GANESHA

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ABSTRAK

Mahasiswa kedokteran memiliki tuntutan akademik yang tinggi sehingga rentan untuk mengalami permasalahan psikologis yaitu depresi, stress, dan kecemasan. Di lain sisi, performa akademik di pengaruhi oleh depresi, stree, kecemasan, serta tingkat *self esteem* seseorang. Penelitian ini bertujuan untuk mengetahui hubungan antara depresi, stres, ansietas, dan *self-esteem* dengan performa akademik mahasiswa Prodi Kedokteran Fakultas Kedokteran Universitas Pendidikan Ganesha menggunakan kuisioner *Depression, Anxiety, Stres Scale* (DASS-42) dan *Rosenberg Self-esteem Scale*. Kuisioner DASS-42 digunakan untuk mengukur tingkat depresi, stres, dan ansietas serta *Rosenberg Self-esteem* untuk mengukur tingkat *self-esteem* mahasiswa sebagai data primer penelitian. Adapun performa akademik mahasiswa diukur menggunakan nilai Indeks Prestasi Komulatif (IPK) mahasiswa sebagai data sekunder. Populasi dalam penelitian ini sebanyak 149 orang dengan jumlah sampel sebanyak 109 orang. Teknik pengolahan data yang digunakan adalah metode *pearson* menggunakan aplikasi SPSS. Berdasarkan hasil pengolahan data, didapatkan bahwa sampel penelitian sebagian besar dalam kondisi normal dengan persentasi 59,6% sedangkan 40,4% lainnya mengalami kondisi depresi. Sebanyak 17,4% sampel mengalami depresi ringan, 13,8% mengalami depresi sedang, 5,5% mengalami depresi berat, dan 3,7% mengalami depresi sangat berat. Berdasarkan hasil pengolahan data, depresi memiliki hubungan signifikan terhadap performa akademik dengan korelasi negatif lemah. Variabel lainnya yaitu ansietas dialami hampir seluruh sampel dengan persentase sebesar 81,7% yaitu sebanyak 6,4% dalam kondisi kecemasan ringan, 31,2% dalam kondisi kecemasan sedang, 20,2% dalam kondisi kecemasan berat, dan 23,9% dalam kondisi kecemasan sangat berat. Ansietas dalam penelitian ini tidak berhubungan signifikan dengan performa akademik. Sebesar 35,8% sampel mengalami kondisi stress yaitu 16,5% mengalami stres ringan, 11,9% mengalami stres sedang, 5,5% mengalami stres berat, dan 1,8% mengalami stres sangat berat. Berdasarkan analisis korelasi, stres sendiri tidak berhubungan signifikan dengan performa akademik. Hasil pengolahan data juga menunjukkan bahwa *self-esteem* tidak berhubungan signifikan terhadap performa akademik.

Kata kunci: Depresi, Stres, Ansietas, *Self-esteem*, Performa Akademik

THE RELATIONSHIP OF STRESS, DEPRESSION, ANXIETY AND SELF-ESTEEM WITH ACADEMIC PERFORMANCE OF STUDENTS DEPARTMENT OF MEDICINE FACULTY OF MEDICINE GANESHA UNIVERSITY OF EDUCATION

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ABSTRACT

Medical students have high academic demands so they are prone to experiencing psychological problems, such as depression, stress, and anxiety. On the other hand, academic performance is influenced by depression, stress, anxiety, and a person's level of self-esteem. This study aims to determine the relationship between depression, stress, anxiety, and self-esteem with the academic performance of students of the Department of Medicine, Faculty of Medicine, Ganesha University of Education using the Depression, Anxiety, Stress Scale (DASS-42) and Rosenberg Self-esteem Scale questionnaires. The DASS-42 questionnaire was used to measure the level of depression, stress, and anxiety, also the Rosenberg Self-esteem used to measure the level of student self-esteem as the primary research data. The student's academic performance is measured using the student's cumulative grade point average (GPA) as secondary data. The population in this study were 149 people and total sample were 109 people. The data processing technique used is the Pearson Correlation method using the SPSS application. Based on the results of data processing, it was found that most of the research samples were in normal condition with a percentage of 59.6% while the other 40.4% had depression. A total of 17.4% of the sample had mild depression, 13.8% had moderate depression, 5.5% had severe depression, and 3.7% had very severe depression. Based on the results of data processing, depression has a significant relationship with academic performance with a weak negative correlation. Another variable, anxiety experienced by almost all samples with a percentage of 81.7%, 6.4% in conditions of mild anxiety, 31.2% in conditions of moderate anxiety, 20.2% in conditions of severe anxiety, and 23.9% in very severe state of anxiety. Anxiety in this study was not significantly related to academic performance. As many as 35.8% of the sample experienced stress conditions, namely 16.5% experienced mild stress, 11.9% experienced moderate stress, 5.5% experienced severe stress, and 1.8% experienced very severe stress. Based on correlation analysis, stress is not significantly related to academic performance. The results of data processing also show that self-esteem is not significantly related to academic performance.

Keyword: Depression, Stress, Anxiety, Self Esteem, Academic Performance