

Gejala psikopatologi dan hubungannya dengan tingkat kebiasaan merokok pada Mahasiswa Universitas Indonesia = Relationship between the rate of smoking behavior and psychopathology symptom among students of University of Indonesia

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Abstrak

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Berbagai penelitian menemukan adanya hubungan antara kebiasaan merokok dengan adanya gangguan jiwa. Hal ini cukup mengkhawatirkan karena efek buruk yang ada dari kedua hal tersebut. Untuk mencoba mencegah hal ini, peneliti meneliti hubungan antara tingkat kebiasaan merokok dengan gejala psikopatologi. Populasi mahasiswa Universitas Indonesia dipilih untuk menyamakan latarbelakang subjek dan peran mahasiswa sebagai masa depan bangsa. Penelitian cross-sectional dilakukan dengan memberi kuesioner tentang tingkat kebiasaan merokok dan munculnya gangguan psikopatologi dengan menggunakan SCL90 kepada 100 subjek penelitian dengan convenience sampling. Kemudian dibandingkan nilai total SCL 90 antara perokok ringan dan sedang dengan perokok berat. Jumlah perokok ringan adalah 30 (30%), perokok sedang 52 (52%), dan perokok berat 18 (18%). Dari seluruh responden didapatkan 62 orang memiliki psikopatologi yang bermakna. Hasil uji chi-square antara tingkat kebiasaan merokok ringan-sedang dengan gejala psikopatologi yang didapatkan hasil tidak bermakna dengan $p > 0,05$ ($p 0,534$). Tidak didapatkan hubungan signifikan antara tingkat kebiasaan merokok dengan gejala psikopatologi yang ada saat ini. Hasil ini tidak sejalan dengan penelitian lain yang serupa dan yang dilakukan di masyarakat. Pada penelitian juga didapatkan dimensi psikopatologi terbanyak adalah dimensi tambahan diikuti obsesif-kompulsif. Masih perlu dilakukan penelitian lebih lanjut untuk mendalami hubungan yang ada pada variabel.

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ABSTRACT

Many researches show that there is a relationship between smoking and mental illness. This is a bad thing, because both of it can give bad effect to people's life. That is why to prevent this, researcher want to know whether there is correlation between the rate of smoking and psychopathology symptom. Student of University of Indonesia is chosen so the subject will have same background and the fact that university student have an integral role for the future of this country. Cross-sectional research does with giving questionnaire address the rate of smoking and psychopathology symptom using SCL90 to 100 subject with convenience sampling. Then researcher compares SCL90 total score between light-medium smoker and heavy smoker. Amount of light smoker is 30 (30%), medium smoker is 52 (52%), and heavy smoker is 18 (18%). From the respondent, there 62 student who have significant psychopathology symptoms. From chi-square test shown correlation between rate of smoking and psychopathology symptom is not significant with $p > 0.05$ ($p: 0.534$). There is no significant relation between rate of smoking and psychopathology symptom in this research. This result is not same with other similar researches. The most common psychopathology dimension found is additional and obsessive-compulsive dimension. There still needed further research to know the relation between variables., Many researches show that there is a relationship between smoking

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