

# Hubungan antara jenis kelamin dan asal daerah dengan mekanisme coping mahasiswa tahun pertama program studi pendidikan dokter FKUI tahun akademik 2015/2016 = Relation between gender and place of origin with the coping mechanism of first year undergraduate students in Faculty of Medicine Universitas Indonesia

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## Abstrak

Mahasiswa kedokteran melalui berbagai penyesuaian pada tahun pertama pendidikan, sehingga dapat menimbulkan stres. Mekanisme coping merupakan usaha mengatasi stres dan penggunaannya dapat dipengaruhi jenis kelamin serta asal daerah seseorang. Penelitian ini merupakan studi cross-sectional dengan sampel konsekutif dari mahasiswa tahun pertama program studi pendidikan dokter FKUI. Penelitian ini menggunakan kuesioner COPE Inventory yang telah diterjemahkan ke bahasa Indonesia dan divalidasi lebih lanjut. Dari studi awal yang telah dilakukan, terjemahan kuesioner cukup reliabel skor Cronbach alpha 0.774. Sampel penelitian ini berjumlah 165 responden response rate 73 dengan skor Cronbach alpha kuesioner 0.848.

Hasil penelitian menunjukkan skor mekanisme coping tertinggi dan terendah di sampel ialah masing-masing "religious coping" dan "substance use". Hubungan asal daerah dengan mekanisme coping tidak dapat disimpulkan, karena jumlah sampel yang tidak sebanding di kedua kelompok asal daerah. Terdapat perbedaan bermakna mekanisme coping antar jenis kelamin, yaitu pada "focusing on and venting of emotions"  $p=0.004$ , "religious coping"  $p=0.001$ , "use of emotional social support"  $p=0.004$  dan "substance use"  $p=0.024$ . "Focusing on and venting of emotions", "use of emotional social support" dan "religious coping" lebih tinggi pada perempuan, sedangkan "substance use" lebih tinggi pada laki-laki. Sebagai kesimpulan, terdapat hubungan antara jenis kelamin dan mekanisme coping, sedangkan hubungan asal daerah dan mekanisme coping tidak dapat disimpulkan.

Medical students go through various adjustments in first year of undergraduate medical education and this often leads to stress. Coping mechanism is a way to reduce stress and its use can be influenced by gender and place of origin of the person. This study is a cross sectional study with consecutive sampling of first year undergraduate medical students in Universitas Indonesia. A translated and validated COPE Inventory Questionnaire was administered in pilot study and the modified questionnaire is reliable Cronbach alpha score 0.774. 165 respondents response rate 73 filled the questionnaire with Cronbach alpha score 0.848.

Result shows overall highest and lowest coping mechanism score of respondents were "religious coping" and "substance use" respectively. Place of origin differences could not be concluded, as the sample was not comparable between two groups. There are significant gender differences in coping mechanisms "focusing on and venting of emotions"  $p 0.004$ , "religious coping"  $p 0.001$ , "use of emotional social support"  $p 0.004$  and "substance use"  $p 0.024$ . "Focusing on and venting of emotions", "use of emotional social support" and "religious coping" score higher in females and "substance use" score higher at males. To conclude, gender shows to have significant differences in coping mechanism, while place of origin could not be concluded.