

# Hubungan Persepsi Mahasiswa Kedokteran terhadap Lingkungan Pembelajaran dan Tingkat Stres Mahasiswa : Studi Potong Lintang pada Mahasiswa Tahap Akademik Fakultas Kedokteran Universitas Baiturrahmah = Correlation between Medical Students Perception on Learning Environment and Stress Level a Cross Sectional : Study on Pre Clinical Years Students Faculty of Medicine Baiturrahmah University.

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## Abstrak

### <b>ABSTRAK</b><br>

Lingkungan pembelajaran pada pendidikan kedokteran menentukan kesuksesan akademik mahasiswa. Akan tetapi, pendidikan kedokteran merupakan sumber terbesar yang menyebabkan mahasiswa stres, selain masalah pribadi, finansial ataupun masalah keluarga. Tujuan dari penelitian ini untuk menilai hubungan antara persepsi mahasiswa terhadap lingkungan pembelajaran dengan tingkat stres mahasiswa. Penelitian ini merupakan studi dengan desain potong lintang, dilaksanakan mulai dari Desember 2016 sampai Juni 2017, melibatkan mahasiswa tingkat I, II, III dan IV Fakultas Kedokteran Universitas Baiturrahmah (FK UNBRAH), Padang, dengan total jumlah mahasiswa 595 orang. Persepsi mahasiswa terhadap lingkungan pembelajaran dinilai menggunakan kuesioner Dundee Ready Educational Environment Measure (DREEM) dan tingkat stres mahasiswa dinilai dengan kuesioner Depression Anxiety Stress Scale (DASS) 42. Kedua kuesioner telah tervalidasi dan tersedia dalam Bahasa Indonesia. Responden yang terlibat dalam penelitian ini sejumlah 477 (80,1%). Persepsi seluruh mahasiswa terhadap lingkungan pembelajaran didapatkan nilai median 132(92-200), yang bermakna "lebih banyak positif dibandingkan negatif". Terdapat perbedaan bermakna persepsi mahasiswa tingkat I terhadap lingkungan pembelajaran dengan tingkat lainnya. Tingkat stres mahasiswa FK UNBRAH termasuk kategori normal. Hubungan persepsi mahasiswa terhadap lingkungan pembelajaran dan tingkat akademik bermakna dengan korelasi negatif sangat lemah ( $p < 0,05$ ). Semakin baik persepsi mahasiswa terhadap lingkungan pembelajaran, semakin rendah tingkat stres mahasiswa.

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### <b>ABSTRACT</b><br>

Learning environment in medical education is one of several aspect determine students' academic success. The medical education itself has been the biggest source of depression or stress for students, besides personal, financial, or family problems. The purpose of this study is to assess the correlation between students' perception about their learning environment and their stress levels. This study was a cross sectional study, conducted from December 2016 to April 2017, involving the 1st, 2nd, 3rd, 4th year students of the Faculty of Medicine, Baiturrahmah University (FK UNBRAH), Padang, with a total of 595 students. Students' perceptions on their learning environment were assessed using the Dundee Ready Educational Environment Measure (DREEM) questionnaire and the student stress level was assessed by the questionnaire of Depression Anxiety Stress Scale 42 (DASS 42). Both questionnaires have been validated and available in Bahasa. Respondents involved in the study were 477 (80.1%). The median of the students's

perceptions on their learning environment was 132 (92-200), which means "more positive than negative". Students' perceptions on learning environment between 1st year students with other academic year differed significantly. The median value of student stress level was categorized as normal. There was no statistically significant difference in stress level based on academic level and gender. The correlation between students' perception toward learning environment and academic level was found to be significant with very weak negative correlation ( $p < 0,05$ ). The better students' perception of the students to the learning environment, the lower the stress level.