

Efektivitas Teknik Mindfulness Based Intervention (MBI) dalam mengurangi tingkat stres residen anesthesiologi dan terapi intensif Fakultas Kedokteran Universitas Indonesia = Effectiveness of Mindfulness-Based Intervention (MBI) Technique in Reducing Stress Levels of Anesthesiology and Intensive Therapy Residents at the Faculty of Medicine, University of Indonesia

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Abstrak

Pendahuluan : Profesi dokter spesialis anesthesiologi merupakan pekerjaan dengan stres dan burnout yang tinggi. Burnout muncul sebagai akibat dari perasaan stres yang terus menerus terjadi tanpa diatasi. Kebanyakan dokter spesialis anesthesiologi sudah merasakan stres sejak masa pendidikan. Pengembangan program yang menasar pada target menurunkan level stres di tingkat individual sejak periode pendidikan dokter spesialis bisa menurunkan kemungkinan terjadinya burnout di masa mendatang. Penelitian ini dilakukan untuk mengetahui efektivitas penerapan teknik Mindfulness Based Intervention (MBI) dalam mengurangi tingkat stres residen anesthesiologi dan terapi intensif Fakultas Kedokteran Universitas Indonesia (FKUI).

Metode : Penelitian ini merupakan penelitian eksperimental dengan desain satu subjek berpasangan. Subjek penelitian adalah peserta Program Pendidikan Dokter Spesialis anesthesiologi dan terapi intensif FKUI pada tahun 2019. Program pelatihan MBI berlangsung selama empat minggu, terdiri dari satu kali pelatihan formal temu muka dan empat minggu pelatihan informal melalui pekerjaan rumah harian. Terdapat 13 subjek penelitian yang memenuhi kriteria inklusi dan tidak masuk kedalam kriteria eksklusi. 1 subjek penelitian harus dikeluarkan karena tidak melakukan pelatihan informal harian dengan lengkap.

Pengambilan data Perceived Stress Scale 10 Item (PSS-10) dilakukan pada Juli dan Agustus 2019.

Hasil : Rata-rata usia subjek penelitian (n=12) adalah 29.75 tahun ; 75% merupakan perempuan. 4 partisipan berada dalam rentang tahap pendidikan pembekalan (33,33%), 3 orang dalam tahap pendidikan magang (25%), 2 orang dalam tahap pendidikan mandiri (16,67%) dan 3 orang dalam tahap pendidikan paripurna (25%). Skor PSS-10 pada subjek penelitian secara signifikan menurun setelah diterapkan teknik MBI selama 4 minggu (p=0.001).

Kesimpulan : MBI efektif digunakan untuk mengurangi tingkat stres pada residen Anesthesiologi dan Terapi Intensif FKUI.

.....Introduction : Anesthesiologist is a profession with high incidence of burnout. Burnout arises as a result of perceived stress that continues to occur without being overcome. The development of programs aimed at reducing stress at the individual level since the period of specialist education can reduce the possibility of burnout forming in the future. One of the stress management program that is simple and can be done daily is Mindfulness Based Intervention (MBI). This research was conducted to determine the effectiveness of MBI technique in reducing the stress level of anesthesiology and intensive therapy residents at the Faculty of Medicine, University of Indonesia.

Method : This research was an experimental study with paired one group design. The research subjects were anesthesiology and intensive therapy residents at the Faculty of Medicine, University of Indonesia in 2019.

The MBI program lasted four weeks, consisted of one formal face-to-face training and informal training through homework carried out every day for four weeks. 13 study subjects met the inclusion criteria and did not enter the exclusion criteria. 1 study subject must be excluded because it did not complete the informal training. Data collection on the Perceived Stress Scale 10 Item (PSS-10) was conducted in July and August 2019.

Results : The average age of study subjects (n = 12) was 29.75 years ; 75% are women. 4 participants were in the debriefing education phase (33%), 3 people were in the internship education phase (25%), 2 people were in the independent education phase (16.67%) and 3 people were in the complete education phase (25%). PSS-10 score in the study subjects significantly decreased after applying MBI technique for 4 weeks (p = 0.001).

Conclusion : MBI is effective to reduce stress levels in residents of anesthesiology and intensive therapy at the Faculty of Medicine, University of Indonesia.