

## Hubungan stres mahasiswa selama pembelajaran daring dengan gangguan sendi temporomandibula = The relationship between student stress during e-learning and temporomandibular disorders

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### Abstrak

Latar Belakang: Gangguan sendi temporomandibula memiliki etiologi yang kompleks dan multifaktorial, salah satunya adalah stres. Pada masa pandemi COVID-19 stres mahasiswa meningkat karena adanya perubahan sistem pembelajaran dari tatap muka menjadi daring. Penelitian mengenai hubungan stres mahasiswa selama pembelajaran daring dengan gangguan sendi temporomandibula belum pernah dikaji sebelumnya.

Tujuan: Mengetahui hubungan antara stres mahasiswa selama pembelajaran daring dengan gangguan sendi temporomandibula, mengetahui hubungan gangguan sendi temporomandibula dengan jenis kelamin selama pembelajaran daring, dan mengetahui hubungan antara gangguan sendi temporomandibula dengan durasi, dan frekuensi pembelajaran daring.

Metode: Desain penelitian ini adalah penelitian potong lintang yang dilakukan pada 351 mahasiswa Universitas Indonesia. Partisipan penelitian diberikan dua buah kuesioner, yaitu Perceived Stress Scale (PSS) versi bahasa Indonesia untuk mengukur stres dan Temporomandibular Disorders Diagnostic Index (TMD-DI) untuk mengukur gangguan sendi temporomandibula.

Hasil Penelitian: Uji Mann-Whitney menunjukkan terdapat hubungan antara stres mahasiswa selama pembelajaran daring dengan gangguan sendi temporomandibula ( $p < 0.05$ ). Uji Chi-square menunjukkan tidak terdapat hubungan antara gangguan sendi temporomandibula dengan jenis kelamin selama pembelajaran daring ( $p > 0.05$ ). Uji Chi-square menunjukkan bahwa tidak terdapat hubungan antara gangguan sendi temporomandibula dengan durasi dan frekuensi pembelajaran daring ( $p > 0.05$ ).

Kesimpulan: Terdapat hubungan antara stres mahasiswa selama pembelajaran daring dengan gangguan sendi temporomandibula.

.....Background: Temporomandibular disorders has complex and multifactorial etiology, particularly stress. During pandemic COVID-19 student stress has increased by changes in learning system from face-to-face into e-learning. The study to analyze the relationship between student stress during e-learning and temporomandibular disorders never been conducted.

Objectives: This study aimed to assess the relationship of student stress during e-learning and temporomandibular disorders, analyze the relationship between temporomandibular disorders and gender during e-learning, and analyze the relationship between temporomandibular disorders with duration and frequency of e-learning.

Methods: The number of 351 students of Universitas Indonesia participated in this cross-sectional study. Each participant is given two questionnaires. Perceived Stress Scale (PSS) Indonesian version to assess stress and TMD-DI to assess temporomandibular disorders.

Result: The Mann-Whitney test showed there was a relationship between student stress during e-learning learning and temporomandibular disorders ( $p < 0.05$ ). Chi-square test showed there was no relationship between temporomandibular disorders and gender during e-learning ( $p > 0.05$ ). Chi-square test showed there was no relationship between temporomandibular disorders with duration and frequency of e-learning ( $p > 0.05$ ).

Conclusions: There was a relationship between student stress during e-learning and temporomandibular disorders.