

# Hubungan antara COVID-19 Pandemic Related Stressor dan Strategi Koping dengan Perceived Stress pada Mahasiswa Kedokteran Gigi Indonesia = Relationship between COVID-19 Pandemic Related Stressors and Coping Strategies with Perceived Stress in Indonesian Dentistry Students

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## Abstrak

Latar Belakang : Dampak dari adanya COVID-19 dapat menyebabkan masalah psikologis berupa perceived stress pada mahasiswa kedokteran gigi. Studi mengenai perceived stress beserta pandemic related stressor dan strategi koping pada mahasiswa telah dilakukan di beberapa negara, sehingga studi terkait pada mahasiswa kedokteran gigi di Indonesia perlu dilakukan. Tujuan : Mengetahui hubungan antara COVID-19 pandemic related stressor dan strategi koping dengan perceived stress pada mahasiswa kedokteran gigi di Indonesia. Metode : Penelitian ini menggunakan self-administered questionnaire melalui google form pada tahun 2021. Subjek penelitian merupakan mahasiswa kedokteran gigi di Indonesia tahun ke-3, ke-4, dan ke-5 dengan jumlah 675 mahasiswa. Kuesioner terdiri atas 51 pertanyaan berisi data sosiodemografi, pertanyaan mengenai pandemic related stressor, perceived stress scale-10, dan Brief COPE-28. Data dianalisis menggunakan perangkat lunak statistik SPSS dengan uji korelasi Spearman, Mann whitney, dan Kruskal wallis. Hasil Penelitian : Rerata perceived stress pada mahasiswa kedokteran gigi adalah 31,15( $\pm 6,105$ ). Berdasarkan uji bivariat didapatkan terdapat perbedaan bermakna ( $p < 0,05$ ) secara statistik antara jenis perguruan tinggi dan Perceived Stress. Kesimpulan : Rerata skor perceived stress mahasiswa kedokteran gigi di Indonesia dapat dikategorikan menjadi kategori perceived stress sedang. Namun disamping itu, terdapat strategi koping yang dapat digunakan untuk mengelola stres yang dirasakan oleh mahasiswa, dimana domain pengalihan diri, penerimaan, dan spriritual digunakan lebih banyak oleh mahasiswa kedokteran gigi di Indonesia untuk mengatasi perceived stress.

.....Background: The impact of COVID-19 can cause psychological problems in the form of perceived stress in dental students. Studies on perceived stress along with pandemic related stressors and coping strategies for students have been carried out in several countries, so that related studies on dental students in Indonesia need to be carried out.

Objective: To obtain the relationship between the COVID-19 pandemic related stressor and coping strategies with perceived stress in dental students in Indonesia.

Methods: This study uses a self-administered questionnaire via google form in 2021. The research subjects are dental students in Indonesia in the 3rd, 4th, and 5th years with a total of 675 students. The questionnaire consists of 51 questions containing sociodemographic data, questions about pandemic related stressors, perceived stress scale-10, and COPE-28 Brief. Data were analyzed using SPSS statistical software with Spearman, Mann Whitney, and Kruskal Wallis correlation tests.

Result: The average perceived stress for dental students was 31.15 ( $\pm 6.105$ ). Based on the bivariate test, it was found that there was a statistically significant difference ( $p < 0.05$ ) between the type of college and Perceived Stress.

Conclusion: The average score of perceived stress of dental students in Indonesia can be categorized into the

category of moderate perceived stress. But besides that, there are coping strategies that can be used to manage the stress felt by students, where the domains of self-distraction, acceptance, and spirituality are used more by dental students in Indonesia to overcome perceived stress.