

Korelasi antara distres psikologis dengan kualitas tidur pada mahasiswa FKUI tahap klinik di masa pandemi = Correlation between psychological distress and sleep quality among clinical medical student of Universitas Indonesia during pandemic

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Abstrak

Latar belakang: Pandemi COVID-19 mempengaruhi pendidikan kedokteran dan sistem kesehatan yang belum pernah terjadi sebelumnya. Kualitas tidur dan distres psikologis yang mempengaruhi mahasiswa kedokteran secara fisik dan emosi dalam beraktivitas sehari-hari belum pernah diteliti di masa pandemi ini.

Metode: Penelitian ini melakukan pengambilan data primer melalui kuesioner kepada mahasiswa FKUI tahap klinik selama pandemi. Pengambilan data menggunakan kuesioner Pittsburgh Sleep Quality Index untuk menilai kualitas tidur dan Kessler Psychological Distress Scale untuk menilai tingkat distres psikologis. Data penelitian diolah menggunakan SPSS 26.0 menggunakan uji normalitas Kolmogorov-Smirnov dan Uji korelasi Spearman.

Hasil: Persebaran data skor Distres Psikologis dan skor Kualitas Tidur tidak normal ($p=0,000$). Sebanyak 26,7% ($n=39$) mahasiswa FKUI Tahap Klinik mengalami distres psikologis dan 63,7% ($n=93$) memiliki kualitas tidur yang buruk. Terdapat korelasi lemah dan signifikan antara distres psikologis dengan kualitas tidur pada mahasiswa FKUI tahap klinik ($r=0,325$; $p<0,001$).

Kesimpulan: Prevalensi distres psikologis dan kualitas tidur buruk masih cukup tinggi pada mahasiswa FKUI tahap klinik. Terdapat pula korelasi bermakna, kekuatan lemah, dan arah positif antara distres psikologis dengan kualitas tidur pada mahasiswa FKUI tahap klinik. Direkomendasikan penanganan seperti kampanye pendidikan tidur, konseling manajemen stres, dan konseling terapi kepada mahasiswa kedokteran untuk menurunkan tingkat stres dan kualitas tidur buruk.

.....Introduction: The COVID-19 pandemic is affecting medical education and health systems in an unprecedented way. Sleep quality and psychological distress which affect medical students physically and emotionally in their daily activities, have never been assessed during pandemic.

Method: This study conducted primary data collection through questionnaires to FKUI students at the clinical stage during the pandemic. Data were collected using the Pittsburgh Sleep Quality Index questionnaire to assess sleep quality and the Kessler Psychological Distress Scale to assess the level of psychological distress. The research data were processed using SPSS 26.0 using the Kolmogorov-Smirnov normality test and the Spearman correlation test.

Result: The distribution of Psychological Distress scores and Sleep Quality scores were not normal ($p=0.000$). A total of 26.7% ($n=39$) of the Clinical-Stage FKUI students experienced psychological distress, and 63.7% ($n=93$) had poor sleep quality. There is a weak and significant correlation between psychological distress and sleep quality in clinical-stage FKUI students ($r=0.325$; $p<0.001$).

Conclusion: The prevalence of psychological distress and poor sleep quality is still relatively high in the clinical stage of FKUI students. There is also a significant correlation, weak strength, and positive direction between psychological distress and sleep quality in clinical-stage FKUI students. Recommended treatments such as sleep education campaigns, stress management counseling, and therapeutic counseling to medical

students to reduce stress levels and poor sleep quality.