

Korelasi antara gejala depresi dan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Indonesia tahap klinik di masa pandemi = Correlation between depression symptoms and sleep quality among clinical medical students of Universitas Indonesia during pandemic

Laureen Celcilia, author

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Abstrak

Latar belakang: Mahasiswa kedokteran tidak jarang mengalami tekanan selama pendidikannya yang dapat mengakibatkan depresi serta mengganggu kualitas tidur, terutama selama pandemi Covid-19. Depresi pada mahasiswa kedokteran dapat memberikan dampak buruk, seperti penurunan performa akademik, penurunan kemampuan bersosialisasi, dan penurunan kemampuan manajemen waktu belajar. Kualitas tidur yang baik diperlukan untuk meningkatkan kinerja, prestasi, dan menghindari berbagai masalah kesehatan.

Metode: Subjek penelitian ini adalah mahasiswa FKUI tahap klinik. Kuesioner Pittsburgh Sleep Quality Index (PSQI) digunakan untuk menilai kualitas tidur dan The Center for Epidemiologic Studies Depression Scale Revised (CESD-R) untuk menilai gejala depresi. Data primer diolah menggunakan SPSS 26.0 dengan uji normalitas Kolmogorov-Smirnov dan uji korelasi Spearman.

Hasil: Berdasarkan hasil pengisian kuesioner, didapatkan sebanyak 16,4% (n=24) subjek penelitian mengalami depresi. Selain itu, sebanyak 63,7% (n=93) subjek penelitian memiliki kualitas tidur yang buruk. Persebaran data skor depresi dan skor kualitas tidur didapatkan tidak normal (p=0,000). Kualitas tidur dan gejala depresi memiliki korelasi positif yang signifikan secara statistik pada mahasiswa FKUI tahap klinik (r=0,419; p=0,000).

Simpulan: Penelitian ini menyimpulkan bahwa terdapat korelasi yang bermakna antara gejala depresi dengan kualitas tidur pada mahasiswa FKUI tahap klinik dengan koefisien korelasi positif dan kekuatan sedang. Upaya pencegahan dapat dilakukan dengan mengembangkan program yang mendukung kualitas tidur untuk meningkatkan kesehatan mental mahasiswa.

.....Introduction: Medical students often experience pressure during their education which can lead to depression and poor sleep quality, particularly during the Covid-19 pandemic. Depression can negatively impact medical students, such as decreased academic performance, decreased social skills, and decreased study time management skills. Good sleep quality is needed to improve performance, achievement, and avoid various health problems.

Methods: The study was done in a cross-sectional manner with primary data taken from Faculty of Medicine Universitas Indonesia (FMUI) clinical students. The Pittsburgh Sleep Quality Index (PSQI) questionnaire was used to assess sleep quality and the Center for Epidemiological Studies Depression Scale Revised (CESD-R) questionnaire for depressive symptoms. Primary data were analyzed using SPSS 26.0 with Kolmogorov-Smirnov normality test and the Spearman correlation test.

Results: Based on CESD-R, 16.4% (n=24) of the subjects were depressed. In addition, based on PSQI, 63.7% (n=93) study subjects had poor sleep quality. The data distribution on depression scores and sleep quality scores was found to be abnormal (p=0.000). Sleep quality and symptoms of depression had a statistically significant positive correlation in clinical FMUI students (r=0.419; p=0.000).

Conclusion: This study concluded that there is a significant correlation between symptoms of depression and sleep quality in clinical FMUI students, with a positive and moderate strength correlation coefficient. Prevention can be done by developing programs that support sleep quality to improve students' mental health.