

ABSTRAK

Latar Belakang: Pandemi COVID-19 dan perubahan lingkungan yang pesat memaksa mahasiswa untuk beradaptasi dalam mengatasi stres. Di Indonesia, sebuah penelitian pada tahun 2020 menemukan bahwa sekurang-kurangnya 40% mahasiswa kedokteran praklinis menderita setidaknya satu aspek kelelahan akademik berat yang dapat berdampak negatif terhadap aspek psikologis, fisik, dan okupasional.

Tujuan Penelitian: Penelitian ini dilakukan dengan tujuan utama yaitu untuk mengetahui gambaran kelelahan akademik dan beberapa faktornya pada mahasiswa kedokteran Universitas Gadjah Mada di masa pandemi COVID-19.

Metode Penelitian: Penelitian bersifat kuantitatif dengan desain *cross-sectional* menggunakan kuesioner yang berdasar pada *Maslach Burnout Inventory-Students Survey* (MBI-SS). Analisis data dilakukan secara univariabel dan bivariabel untuk melihat gambaran kelelahan akademik berdasarkan kategori faktor-faktornya.

Hasil: Dari 109 responden, 68,81% mengalami kelelahan akademik sedang, dan 2,75% mengalami kelelahan akademik berat. Berdasarkan dimensinya, responden yang mengalami tingkat sedang hingga berat pada kelelahan emosional adalah sebanyak 83,48%, pada sinisme 44,03%, serta pada rasa penurunan pencapaian 71,56%. Kelelahan akademik ditemukan memiliki kaitan dengan variabel jenis kelamin ($p\text{-value}=0,049$) dan keterlibatan dalam kegiatan ekstrakurikuler ($p\text{-value}=0,012$).

Kesimpulan: Perbedaan yang signifikan ditemukan pada proporsi tingkat kelelahan akademik antara kategori variabel jenis kelamin dan keterlibatan dalam kegiatan ekstrakurikuler, tingkat kelelahan emosional antara kategori variabel keterlibatan dalam kegiatan ekstrakurikuler, serta tingkat sinisme antara kategori variabel usia, angkatan, keterlibatan dalam kegiatan ekstrakurikuler, dan durasi pembelajaran tatap muka.

Kata Kunci: kelelahan akademik, mahasiswa kedokteran, COVID-19, pembelajaran daring, pembelajaran tatap muka.

ABSTRACT

Background: *The COVID-19 pandemic and rapid environmental changes force students to adapt in coping with stress. In Indonesia, a study in 2020 found that at least 40% of preclinical medical students suffer from at least one aspect of severe academic burnout, which can have negative impacts on psychological, physical, and occupational aspects.*

Objectives: *This study was conducted with the main objective of knowing the overview of academic burnout and some of its factors in medical students at Gadjah Mada University during the COVID-19 pandemic.*

Research Methods: *This research is quantitative with a cross-sectional method approach using a questionnaire based on the Maslach Burnout Inventory–Students Survey (MBI-SS). Univariate and bivariate data analysis was carried out to see the overview of academic burnout based on the category of factors.*

Results: *Out of 109 respondents, 68.81% experienced moderate academic burnout, and 2.75% experienced severe academic burnout. Based on the dimensions, respondents who experienced moderate to severe levels of emotional exhaustion were 83.48%, cynicism was 44.03%, and the sense of decreased personal achievement was 71.56%. Academic burnout was found to be associated with gender (p -value=0.049) and involvement in extracurricular activities (p -value=0.012).*

Conclusions: *Significant differences were found in the proportion of levels of academic burnout between categories of gender and involvement in extracurricular activities, levels of emotional exhaustion between categories of involvement in extracurricular activities, as well as the level of cynicism between categories of age, school year, involvement in extracurricular activities, and duration of offline learning.*

Keywords: *academic burnout, medical students, COVID-19, online learning, offline learning.*