

BOBOT PENGARUH RELAKSASI BENSON TERHADAP PENURUNAN SKOR PHQ-9 PADA MAHASISWA KEDOKTERAN UNIVERSITAS ISLAM INDONESIA

INTISARI

Latar belakang: Mahasiswa kedokteran adalah populasi remaja yang mengalami berbagai kondisi dengan tingkat stres tinggi yang mengakibatkan depresi. Depresi terjadi pada sepertiga mahasiswa kedokteran di seluruh dunia. Dampak depresi pada mahasiswa dapat menimbulkan berbagai masalah. Terapi farmakologi cukup efektif menurunkan skor depresi, namun ada beberapa kekurangan. Kombinasi terapi farmakologi dan komplementer diharapkan mampu menghasilkan efek sinergis yang dapat meningkatkan efektivitas terapi. Pengobatan komplementer seperti Relaksasi Benson dapat menjadi pilihan dalam upaya memperbaiki skor depresi yang dapat dilakukan secara mandiri, mengingat hanya 15% mahasiswa kedokteran dengan depresi yang mencari perawatan psikiatri.

Tujuan penelitian: Mengukur pengaruh Relaksasi Benson terhadap penurunan skor depresi pada mahasiswa kedokteran Universitas Islam Indonesia.

Metode: Penelitian ini merupakan penelitian experimental dengan rancangan two group pretest posttest with control group design. Subjek penelitian adalah mahasiswa kedokteran Universitas Islam Indonesia pada tahun pertama. Skor depresi diukur dengan Personal Health Questionnaire 9 (PHQ9), alat intervensi menggunakan video Relaksasi Benson dan tingkat kemaknaan uji statistik dinyatakan pada $P < 0,05$ dengan analisis *Fisher Exact Test*, *Independent T Test*, *Paired Sample T Test*, *Mann Whitney*, dan Uji Multivariat dengan regresi linear..

Hasil: Terdapat perbedaan bermakna rerata skor depresi pada kelompok yang diberikan intervensi Relaksasi Benson selama 7 sesi dalam 1 minggu ($t = 4,365$, $p = 0,00$) sedangkan pada kelompok kontrol, tidak didapatkan perbedaan bermakna antara rerata skor depresi pada pretest dan posttest ($t = 1,43$, $p = 0,16$). Dari uji Mann Whitney, didapatkan uji beda selisih penurunan skor depresi pada kelompok intervensi dan kelompok kontrol signifikan ($p = 0,038$).

Kesimpulan: Intervensi Relaksasi Benson selama 7 sesi dalam 1 minggu berperan terhadap penurunan skor depresi pada mahasiswa kedokteran Universitas Islam Indonesia.

Kata kunci: Relaksasi Benson – Depresi – Mahasiswa kedokteran

EFFECTIVENESS OF BENSON'S RELAXATION ON DECREASING PHQ-9 SCORES IN MEDICAL STUDENTS INDONESIAN ISLAMIC UNIVERSITY

Background: Medical students are a population of adolescents who experience various conditions with high levels of stress that lead to depression. Depression occurs in one-third of medical students worldwide. The impact of depression on students can cause various problems. Pharmacological therapy is quite effective in reducing depression scores, but there are some drawbacks. A combination of pharmacological and complementary therapies is expected to produce a synergistic effect that can increase the effectiveness of therapy. Complementary treatments such as Benson Relaxation can be an option in an effort to improve depression scores that can be done independently, considering only 15% of medical students with depression seek psychiatric care.

Research objective: To measure the effect of Benson Relaxation on the reduction of depression scores in medical students at the Islamic University of Indonesia.

Method: This research is an experimental study with a two-group pretest-posttest design with a control group. The research subjects were first-year medical students at the Islamic University of Indonesia. Depression scores were measured using the Personal Health Questionnaire 9 (PHQ9), the intervention tool used a Benson Relaxation video, and the level of statistical significance was expressed at $P < 0.05$ with Fisher Exact Test, Independent T Test, Paired Sample T Test, Mann Whitney, and Multivariate Test with linear regression analysis.

Results: There was a significant difference in the mean depression score in the group given Benson Relaxation intervention for 7 sessions in 1 week ($t = 4.365$, $p = 0.00$), while in the control group, no significant difference was found between the mean depression score on pretest and posttest ($t = 1.43$, $p = 0.16$). From the Mann Whitney test, a significant difference was found in the difference in the decrease in depression scores between the intervention and control groups ($p = 0.038$).

Conclusion: Benson Relaxation intervention for 7 sessions in 1 week plays a role in reducing depression scores in medical students at the Islamic University of Indonesia.

Keywords: Benson Relaxation - Depression - Medical students.