



## HUBUNGAN ANTARA *ACADEMIC RESILIENCE* DENGAN SKOR DEPRESI PADA PPDS 1 TAHAP AKHIR DI RS SARDJITO

### INTISARI

**Latar Belakang:** Mahasiswa Program Pendidikan Dokter Spesialis (PPDS) menghadapi tekanan akademik dan klinis yang signifikan, terutama di tahap akhir pendidikan yang penuh dengan tuntutan kompetensi dan tanggung jawab klinis. Tekanan ini berpotensi memicu stres dan depresi, yang diketahui memiliki prevalensi tinggi di kalangan residen. Sebagai faktor pelindung psikologis, *academic resilience* atau ketahanan akademik memainkan peranan penting dalam membantu mahasiswa mengatasi stres pendidikan. Resiliensi akademik memungkinkan individu untuk bangkit dari tantangan dan mempertahankan motivasi di tengah tekanan, yang dapat berdampak positif pada kesehatan mental mereka.

**Tujuan Penelitian:** Untuk mengetahui apakah terdapat hubungan antara *academic resilience* dengan skor depresi pada PPDS tahap akhir di RS Sardjito.

**Metode Penelitian:** Penelitian ini dilakukan dengan metode observasional non eksperimental dengan rancangan *cross-sectional*. Subjek penelitian adalah PPDS 1 tahap akhir di RS. Sardjito (N= 100). Tingkat *Academic Resilience* akan diukur dengan instrument *Academic Resilience Scale* (ARS-30) versi bahasa Indonesia dan skor depresi akan diukur dengan menggunakan instrument *Beck Depression Inventory* (BDI-II) versi bahasa Indonesia. Analisis data menggunakan uji korelasi *spearman* dan uji regresi linear berganda, dengan tingkat kemaknaan  $p < 0,05$ .

**Hasil:** Terdapat hubungan yang signifikan antara *Academic Resilience*, yaitu *domain ketekunan* ( $p=0,008$ ;  $r=-0,264$ ), mencari bantuan adaptif ( $p=0,002$ ;  $r=0,302$ ), dan *pengaruh negative dan respon emosional* ( $p=0,001$ ;  $r=0,541$ ) dengan skor depresi.

**Kesimpulan:** Terdapat hubungan antara *Academic Resilience* dengan Skor depresi pada PPDS 1 tahap akhir di RS. Sardjito.

**Kata Kunci:** PPDS, *Academic Resilience*, *Academic Resilience Scale* (ARS-30), Depresi.



## **THE RELATIONSHIP BETWEEN ACADEMIC RESILIENCE AND DEPRESSION SCORES IN FINAL YEAR RESIDENTS OF THE PPDS 1 PROGRAM AT SARDJITO HOSPITAL**

### **ABSTRACT**

**Background:** Medical Specialty Education Program (PPDS) students encounter significant academic and clinical pressures, particularly in the final phase of their training, which is marked by the demands of competency and clinical responsibilities. These pressures can potentially lead to stress and depression, conditions that are known to have a high prevalence among residents. As a psychological protective factor, academic resilience plays a crucial role in helping students manage educational stress. Academic resilience enables individuals to recover from challenges and sustain motivation under pressure, which can positively influence their mental health.

**Research Objective:** To determine whether there is a relationship between academic resilience and depression scores among final-year PPDS students at Sardjito Hospital.

**Research Method:** This study was conducted using a non-experimental observational method with a cross-sectional design. The study subjects were final-year PPDS 1 students at Sardjito Hospital (N=100). The level of academic resilience was measured using the Academic Resilience Scale (ARS-30) in its Indonesian version, and depression scores were assessed using the Beck Depression Inventory (BDI-II) in its Indonesian version. Data analysis was performed using Spearman's correlation test and multiple linear regression analysis, with a significance level of  $p < 0.05$ .

**Results:** A significant relationship was found between academic resilience, specifically the domains of perseverance ( $p=0.008$ ;  $r=-0.264$ ), seeking adaptive help ( $p=0.002$ ;  $r=0.302$ ), and negative influence and emotional response ( $p=0.001$ ;  $r=0.541$ ) with depression scores.

**Conclusion:** There is a relationship between academic resilience and depression scores among final-year PPDS 1 students at Sardjito Hospital.

**Keywords:** PPDS, Academic Resilience, Academic Resilience Scale (ARS-30), Depression.