

HUBUNGAN KELEKATAN TERHADAP ORANG TUA DAN TEMAN SEBAYA DENGAN STRES AKADEMIK PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS KRISTEN DUTA WACANA (UKDW)

INTISARI

Latar belakang: Prevalensi stres akademik di kalangan mahasiswa kedokteran tergolong tinggi. Individu yang mengalami stres akademik berpotensi dua kali lebih besar untuk mengalami gangguan mental, terutama selama masa transisi kehidupan dewasa awal. Kelekatan yang aman dengan orang tua mendorong individu dapat berkomunikasi dan berinteraksi secara aktif dengan orang lain, berbagi emosi, dan lebih mungkin mengalami emosi positif. Kelekatan aman dan dukungan sosial dapat menjadi salah satu faktor perlindungan bagi individu dalam masa transisi.

Tujuan penelitian: Penelitian ini bertujuan untuk mengidentifikasi hubungan kelekatan terhadap orang tua dan teman sebaya dengan stres akademik pada mahasiswa Fakultas Kedokteran Universitas Kristen Duta Wacana (UKDW).

Metode: Penelitian menggunakan metode kuantitatif dengan pendekatan korelatif. Responden adalah seluruh mahasiswa preklinik yang berusia 18-20 tahun. Kelekatan terhadap orang tua dan teman sebaya diukur menggunakan *Inventory Parents and Peer Attachment Revised* dan stres akademik diukur menggunakan *Perception of Academic Stress Scale*. Analisis data menggunakan uji *Spearman* dan uji regresi ordinal.

Hasil Penelitian: Dari 227 responden sebagian besar mengalami tingkat stres akademik sedang sejumlah 106 responden (46,7%) dan tinggi sejumlah 106 responden (46,7%). Beban tugas dan kesulitan ujian menjadi faktor utama stres akademik (mean=25,77). Sebagian besar responden memiliki kelekatan yang rendah terhadap ibu (63%), ayah (67%), dan teman sebaya (71,8%). Analisis bivariat menunjukkan adanya hubungan antara kelekatan terhadap orang tua dan teman sebaya dengan tingkat stres akademik ($p < 0,05$).

Kesimpulan: Terdapat hubungan antara kelekatan terhadap orang tua dan teman sebaya dengan tingkat stres akademik Fakultas Kedokteran Universitas Kristen Duta Wacana (UKDW).

Kata kunci: kelekatan orang tua, kelekatan teman sebaya, mahasiswa kedokteran, stres akademik

CORRELATION BETWEEN PARENT AND PEER ATTACHMENT WITH ACADEMIC STRESS AMONG MEDICAL STUDENTS IN UNIVERSITAS KRISTEN DUTA WACANA (UKDW)

ABSTRACT

Background: The prevalence of academic stress among medical students is high. Individuals experiencing academic stress are twice as likely to develop mental disorders, especially during the transition to early adulthood. Secure attachment to parents encourages individuals to communicate and interact actively with others, share emotions, and are more likely to experience positive emotions. Secure attachment and social support may be protective factors for individuals during this transition.

Objective: This study aims to identify the relationship between attachment to parents and peers and academic stress among medical faculty students in Universitas Kristen Duta Wacana (UKDW).

Methods: The study used a quantitative correlational method. Respondents were all preclinical students aged 18-20. Attachment to parents and peers was measured using the Revised Parents and Peer Attachment Inventory, and academic stress was measured using the Perception of Academic Stress Scale. Data were analyzed using the Spearman test and ordinal regression.

Results: The majority of 227 respondents, 106 respondents experienced moderate (46.7%) and 106 respondent experienced high (46.7%) levels of academic stress. Assignment load and exam difficulty were the main factors contributing to student academic stress (mean = 25.77). Respondents with high levels of academic stress had low attachment to parents and peers. Bivariate analysis showed a significant relationship between attachment to parents and peers and academic stress levels ($p < 0.05$).

Conclusion: There is a relationship between attachment to parents and peers and academic stress levels at the Faculty of Medicine in Universitas Kristen Duta Wacana (UKDW).

Keywords: academic stress, medical student, parent attachment, peer attachment