

## HUBUNGAN ANTARA MEKANISME KOPING DAN STRES AKADEMIK PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS KRISTEN DUTA WACANA (UKDW)

### INTISARI

**Latar belakang:** Prevalensi stres akademik mahasiswa kedokteran tergolong sangat tinggi, antara 30% hingga 94% di berbagai tahun ajaran. Stres dapat berdampak negatif terhadap kemampuan kognitif, penurunan prestasi akademik, dan kondisi kesehatan. Kondisi pembelajaran kedokteran menekankan penggunaan pengetahuan dan kemampuan untuk menghasilkan solusi pemecahan masalah. Strategi koping memainkan peran penting dalam menengahi hubungan antara stres dan kesejahteraan.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengidentifikasi hubungan antara mekanisme koping dan stres akademik pada mahasiswa Fakultas Kedokteran UKDW.

**Metode:** Penelitian ini merupakan penelitian desain *cross-sectional* dengan analisis korelasi. Subjek penelitian adalah seluruh mahasiswa aktif FK UKDW melalui *stratified random sampling*. Mekanisme koping diukur dengan instrumen *Brief Coping Orientation to Problem Experienced* dan stres akademik diukur dengan *Perception Academic Stress Scale*. Analisis bivariat data menggunakan uji *Spearman* dan analisis multivariat menggunakan uji regresi logistik ordinal.

**Hasil Penelitian:** Terdapat 288 responden diikutkan dalam analisis data penelitian. Sebanyak 203 responden (70,5%) telah menggunakan mekanisme koping yang adaptif. Responden paling banyak mengalami tingkat stres akademik sedang, yakni 144 responden (50%). Analisis bivariat menunjukkan bahwa terdapat hubungan signifikan antara mekanisme koping dan tingkat stres akademik ( $p = 0,000$ ), dengan kekuatan hubungan cukup ( $r = -0,455$ ).

**Kesimpulan:** Terdapat hubungan antara mekanisme koping dan stres akademik mahasiswa Fakultas Kedokteran di Universitas Kristen Duta Wacana.

**Kata kunci:** mahasiswa kedokteran, mekanisme koping, stres akademik

## CORRELATION BETWEEN COPING MECHANISM AND ACADEMIC STRESS AMONG MEDICAL STUDENTS IN UNIVERSITAS KRISTEN DUTA WACANA (UKDW)

### ABSTRACT

**Background:** The prevalence of academic stress among medical students is very high, range between 30% - 94% across academic years. Stress can negatively impact cognitive abilities, decrease academic achievement, and worsen health conditions. Medical learning emphasize the use of knowledge and skills to generate problem solving solutions. Coping mechanisms play a crucial role in mediating the relationship between stress dan well-being.

**Objective:** This study aims to identify the relationship between coping mechanism and academic stress among medical students in UKDW.

**Methods:** This study used a cross-sectional design with correlation analysis. Subjects were all active medical students from UKDW, through stratified random sampling. Coping mechanisms were measured using the Brief Coping Orientation to Problem Experienced instrument and academic stress was measured using the Perception Academic Stress Scale. Bivariate data analysis used the Spearman test, and multivariate analysis used ordinal logistic regression.

**Results:** A total of 288 subjects participated in the data analysis. A total of 203 respondents (70,5%) used adaptive coping mechanisms. A total of 144 respondents (50%) experienced moderate levels of academic stress. Bivariate analysis showed a significant relationship between coping mechanisms and academic stress levels ( $p = 0.000$ ), with a moderate strength of relationship ( $r = -0.455$ ).

**Conclusion:** There is a relationship between coping mechanism and academic stress among medical students in UKDW.

**Keywords:** academic stress, coping mechanism, medical student