Tingkat Stres Akademik, Kondisi Kesehatan dan Penanganannya pada Mahasiswa Medika Universitas Gadjah Mada
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INTISARI

Stres akademik merupakan kondisi psikologis yang kerap dialami mahasiswa kesehatan akibat tuntutan akademik yang tinggi, ritme evaluasi yang intens, serta beban tugas yang padat. Penelitian ini bertujuan mendeskripsikan tingkat stres akademik pada mahasiswa klaster medika Universitas Gadjah Mada serta menggambarkan kondisi kesehatan mental dan fisik yang berkaitan, sekaligus menganalisis hubungan stres akademik dengan faktor sosiodemografi dan kesehatan responden.

Penelitian menggunakan desain *cross-sectional* dengan 100 responden yang memenuhi kriteria inklusi dan mengisi kuesioner daring berupa *Perceived Academic Stress Scale* (PASS), PHQ-9, serta pertanyaan terkait keluhan fisik dan penanganannya. Uji normalitas *Kolmogorov–Smirnov* menunjukkan data usia tidak normal (p = 0,000), data skor PASS normal (p = 0,113), dan data skor PHQ-9 tidak normal (p = 0,016) sehingga analisis dilakukan menggunakan uji yang sesuai, seperti korelasi *Spearman rho*, *Independent t-Test, One-Way ANOVA,* dan *Binary Logistic Regression*.

Hasil menunjukkan rerata skor PASS 43,13 ± 6,379 dengan mayoritas responden berada pada kategori stres akademik sedang (72%), dan *stressor* yang paling menonjol berkaitan dengan tekanan ujian dan beban tugas/kurikulum. Skor PHQ-9 memiliki rerata 9,56 ± 5,652, dengan mayoritas responden berada pada kategori gejala depresi ringan–sedang. Keluhan fisik terkait stres dilaporkan oleh 91% responden, terutama sakit kepala/migrain, kelelahan, dan gangguan pencernaan. Analisis menunjukkan terdapat hubungan bermakna antara stres akademik dan gejala depresi (*Spearman rho*; p<0,001) dengan kekuatan hubungan pada kategori sedang (r = 0,542), namun tidak terdapat perbedaan bermakna tingkat stres akademik berdasarkan status keluhan fisik (p = 0,445). Selain itu, stres akademik tidak berbeda signifikan menurut jenis kelamin (p = 0,117), usia (p = 0,690), tempat tinggal (p = 0,079), dan kepribadian (p = 0,940), tetapi menunjukkan perbedaan signifikan menurut tahun studi (p = 0,037). Temuan ini menegaskan perlunya penguatan dukungan akademik dan layanan kesehatan mental kampus, terutama pada fase studi dengan tuntutan tinggi, agar mahasiswa mampu mengelola stres dan menurunkan risiko gangguan psikologis.

Kata kunci: Stres akademik, kondisi kesehatan, penanganan, mahasiswa, PASS, PHQ-9

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ABSTRACT

Academic stress is a psychological condition commonly experienced by health science students due to high academic demands, intensive evaluation schedules, and heavy academic workloads. This study aimed to describe the level of academic stress among medical cluster students at Universitas Gadjah Mada, to depict associated mental and physical health conditions, and to analyze the relationships between academic stress, sociodemographic factors, and students' health status.

This study employed a cross-sectional design involving 100 respondents who met the inclusion criteria and completed an online questionnaire consisting of the Perceived Academic Stress Scale (PASS), the Patient Health Questionnaire-9 (PHQ-9), and questions related to physical health complaints and their management. The Kolmogorov–Smirnov normality test indicated that age data were not normally distributed ($p = 0.000$), PASS scores were normally distributed ($p = 0.113$), and PHQ-9 scores were not normally distributed ($p = 0.016$). Accordingly, appropriate statistical analyses were applied, including Spearman's rho correlation, Independent t-Test, One-Way ANOVA, and Binary Logistic Regression.

The results showed that the mean PASS score was 43.13 ± 6.379, with the majority of respondents experiencing a moderate level of academic stress (72%). The most prominent stressors were related to examination pressure and academic workload or curriculum demands. The mean PHQ-9 score was 9.56 ± 5.652, with most respondents reporting mild to moderate depressive symptoms. Stress-related physical complaints were reported by 91% of respondents, particularly headaches or migraines, fatigue, and digestive disturbances. A significant association was found between academic stress and depressive symptoms (Spearman's rho; $p < 0.001$), with a moderate correlation strength ($r = 0.542$). However, no significant difference in academic stress levels was observed based on the presence of physical complaints ($p = 0.445$). In addition, academic stress did not differ significantly by gender ($p = 0.117$), age ($p = 0.690$), residence ($p = 0.079$), or personality ($p = 0.940$), but showed a significant difference according to year of study ($p = 0.037$). These findings highlight the need to strengthen academic support and campus mental health services, particularly during study phases with high academic demands, to help students manage stress and reduce the risk of psychological problems.

Keyword: Academic stress, health condition, coping, students, PASS, PHQ-9