UNIVERSITAS GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Alfuqaha, O., 2023. Validating the Arabic version of the Connor- Davidson resilience scale among university students 1–11. doi:10.1371/journal.pone.0293384

Almasyhur, A.F., Nasrun, M.W., Kusumadewi, I., 2021. Uji Validitas Instrumen Connor-Davidson Resilience Scale 25 (CD-RISC 25) Versi Bahasa Indonesia.

Alshareef, N., Giga, S., Fletcher, I., 2025. Test anxiety, emotional regulation and academic performance among medical students: a qualitative study. *Med. Educ. Online* 30. doi:10.1080/10872981.2025.2505177

American Psychiatric Association, 2022. Diagnostic and Statistical Manual of Mental Disorders Fifth Edition Text Revision.

Anacker, C., Luna, V.M., Stevens, G.S., Millette, A., Shores, R., Jimenez, J.C., Chen, B., Hen, R., 2018. Hippocampal neurogenesis confers stress resilience by inhibiting the ventral dentate gyrus. *Nature* 559: 98–102. doi:10.1038/s41586-018-0262-4

Antoro, B., 2024. Analisis Penerapan Formula Slovin Dalam Penelitian Ilmiah: Kelebihan, Kelemahan, Dan Kesalahan Dalam Perspektif Statistik. *J. Multidisiplin Sos. dan Hum.* 1: 53–63. doi:10.70585/jmsh.v1i2.38

Arisyna, A., Sustini, F., Muhdi, N., 2020. Anxiety Level and Risk Factors in Medical Students. *JUXTA J. Ilm. Mhs. Kedokt. Univ. Airlangga* 11: 79. doi:10.20473/juxta.v11i22020.79-82

Bakhtiar, I.K.A., Syamsuddin, S., Limoa, E., Zainuddin, A.A., Suhuyanli, I., Santy, I., Lisal, S.T., 2025. Resilience Training to Reduce Stress Levels and Improve the Quality of Life for First-Year Medical Students at Hasanuddin University. *Educ. Med. J.* 17: 69–84. doi:10.21315/eimj2025.17.2.6

Bandelow, B., Baldwin, D., Abelli, M., Bolea-Alamanac, B., Bourin, M., Chamberlain, S.R., Cinosi, E., Davies, S., Domschke, K., Fineberg, N., Grünblatt, E., Jarema, M., Kim, Y.-K., Maron, E., Masdrakis, V., Mikova, O., Nutt, D., Pallanti, S., Pini, S., Ströhle, A., 2017. Biological markers for anxiety disorders, OCD and PTSD: A consensus statement. Part II: Neurochemistry, neurophysiology and neurocognition., World Journal of Biological Psychiatry. doi:10.1080/15622975.2016.1190867.Biological

Bürgin, D., Kind, N., Schröder, M., Clemens, V., Fegert, J.M., Eckert, A., Buchheim, A., O'Donovan, A., Boonmann, C., Schmid, M., 2020. The Stress of Caring—Resilience and HPA-Axis Activity in Hair Samples of Youth Residential Caregivers. *Front. Psychiatry* 11: 1–11. doi:10.3389/fpsyt.2020.556486

Cai, H., Guo, J., Zhou, J., Lai, Y., 2023. Psychological resilience mediates the association between sleep quality and anxiety symptoms : A repeated

UNIVERSITAS GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

measures study in college students. *PLoS One* 1–9. doi:10.1371/journal.pone.0292887

Carducci, B.J., Nave, C.S., 2020. The Wiley Encyclopedia of Personality and Individual Differences, Measurement and Assessment, The Wiley Encyclopedia of Personality and Individual Differences, Measurement and Assessment. doi:10.1002/9781119547167

Cassady, J., 2022. Handbook of Stress and Academic Anxiety, Handbook of Stress and Academic Anxiety. Springer Nature Switzerland AG. doi:10.1007/978-3-031-12737-3

Chen, X., Sun, H., 2024. The Anxiety and Depression of International Medical Students during COVID-19 Pandemic : A Cross-Sectional Study. *Perspect. Psychiatr. Care* 2024. doi:10.1155/2024/2285597

Davidson, J.R.T., 2025. Connor-Davidson Resilience Scale (CD-RISC) Manual.

Deng, Y., Cherian, J., Khan, N.U.N., Kumari, K., Sial, M.S., Comite, U., Gavurova, B., Popp, J., 2022. Family and Academic Stress and Their Impact on Students' Depression Level and Academic Performance. *Front. Psychiatry* 13: 1–13. doi:10.3389/fpsyt.2022.869337

Duarsa, H.A.P., Oktafany, Angraini, D.I., 2020. Hubungan Efikasi Diri Dengan Tingkat Kecemasan Mahasiswa Tahun Pertama di Fakultas Kedokteran Universitas Lampung Tahun 2018. *Medula* 10: 222–228. doi:https://doi.org/10.53089/medula.v10i2.59

Erschens, R., Schröpel, C., Herrmann-werner, A., Junne, F., Listunova, L., Heinzmann, A., Keis, O., Schüttpelz-brauns, K., Herpertz, S.C., Kunz, K., Zipfel, S., Festl-wietek, T., 2024. The mediating role of self-efficacy in the relationship between past professional training and burnout resilience in medical education : a multicentre cross-sectional study 1–13.

Eyre, O., Thapar, A., 2014. Common adolescent mental disorders: Transition to adulthood. *Lancet* 383: 1366–1368. doi:10.1016/S0140-6736(13)62633-1

Färber, F., Rosendahl, J., 2018. The Association Between Resilience and Mental Health in the Somatically Ill. *Dtsch. Arztebl. Int.* 115: 621–627. doi:10.3238/arztebl.2018.0621

Farhane-Medina, N.Z., Luque, B., Tabernero, C., Castillo-Mayén, R., 2022. Factors associated with gender and sex differences in anxiety prevalence and comorbidity: A systematic review. *Sci. Prog.* 105: 1–30. doi:10.1177/00368504221135469

Findyartini, A., Greviana, N., Putera, A.M., Sutanto, R.L., Saki, V.Y., Felaza, E., 2021. The relationships between resilience and student personal factors in an undergraduate medical program. *BMC Med. Educ.* 21: 1–10. doi:10.1186/s12909-021-02547-5

UNIVERSITAS GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Fishstrom, S., Capin, P., Bhat, B.H., Dahl-Leonard, K., Payne, B., Wang, H.H., Dille, J., Vaughn, S., 2025. A meta-analysis of the effects of academic interventions on academic and academic anxiety outcomes in secondary students. *J. Sch. Psychol.* 110: 101433. doi:10.1016/j.jsp.2025.101433

FK-KMK UGM. (2023). Program dan Kurikulum Kedokteran - FK-KMK UGM. [online] Available at: https://fkkmk.ugm.ac.id/program-dan-kurikulum-kedokteran/.

Gellisch, M., Bablok, M., Brand-Saberi, B., Schäfer, T., 2024. Social Diversity in Focus: Assessing the Impact of Socioeconomic Backgrounds and Work Experience on Psychological Well-Being and Academic Confidence Among German First-Year Medical Students. *Educ. Sci.* 14: 1–19. doi:10.3390/educsci14111173

Gil, T.C., Obando, D., García-Martín, M.B., Sandoval-Reyes, J., 2023. Perfectionism, Academic Stress, Rumination and Worry: A Predictive Model for Anxiety and Depressive Symptoms in University Students From Colombia. *Emerg. Adulthood* 11: 1091–1105. doi:10.1177/21676968231188759

Graves, J., Flynn, E., Woodward-Kron, R., Hu, W.C.Y., 2022. Supporting medical students to support peers: a qualitative interview study. *BMC Med. Educ.* 22: 1–8. doi:10.1186/s12909-022-03368-w

Haider, S.I., Ahmed, F., Pasha, Hassan, Pasha, Hadia, Farheen, N., Zahid, M.T., 2022. Life satisfaction, resilience and coping mechanisms among medical students during COVID-19. *PLoS One* 17: 1–12. doi:10.1371/journal.pone.0275319

Handoyo, N.E., Claramita, M., Keraf, M.K.P.A., Ash, J., Schuwirth, L., Rahayu, G.R., Handoyo, N.E., Claramita, M., Keraf, M.K.P.A., Ash, J., Schuwirth, L., Rahayu, G.R., 2022. The importance of developing meaningfulness and manageability for resilience in rural doctors. *Med. Teach.* 0: 1–8. doi:10.1080/0142159X.2022.2128734

Healy, C., Ryan, Á., Moran, C.N., Harkin, D.W., Doyle, F., Hickey, A., 2023. Medical students, mental health and the role of resilience: A cross-sectional study. *Med. Teach.* 45: 40–48. doi:10.1080/0142159X.2022.2128735

Hinds, J.A., Sanchez, E.R., 2022. The Role of the Hypothalamus–Pituitary–Adrenal (HPA) Axis in Test-Induced Anxiety: Assessments, Physiological Responses, and Molecular Details. *Stresses* 2: 146–155. doi:10.3390/stresses2010011

Jahrami, H., Alkaabi, J., Trabelsi, K., 2023. The worldwide prevalence of self-reported psychological and behavioral symptoms in medical students : An umbrella review and meta-analysis of. *J. Psychosom. Res.* 173: 111479. doi:10.1016/j.jpsychores.2023.111479

Janah, S.H.M., Supriyati, Hutasuhut, A.F., Setiawati, O.R., 2022. Hubungan Optimisme dengan Resiliensi Pada Mahasiswa Kedokteran Universitas

UNIVERSITAS GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Malahayati yang Sedang Menempuh Skripsi. *J. Medula* 12: 396–403.

Jochmann, A., Gusy, B., Lesener, T., Wolter, C., 2024. Procrastination, depression and anxiety symptoms in university students: a three-wave longitudinal study on the mediating role of perceived stress. *BMC Psychol.* 12: 1–13. doi:10.1186/s40359-024-01761-2

Julien-Chinn, F., Carpenter, D.A., Masuda, C., Seabury, A.A.A., Maldonado, F., Mau, M.K.L.M., 2024. Building Resilience in Medical Students: "Strengthening You to Strengthen Them." *Hawaii J. Heal. Soc. Welf.* 83: 300–305. doi:10.62547/GTPT8844

Kaligis, F., Ismail, R.I., Wiguna, T., Prasetyo, S., Gunardi, H., Indriatmi, W., Pasaribu, M.M., Pandia, V., Minayati, K., Magdalena, C.C., Nurraga, G.W., Pramatirta, B., Calvin, N., Sourander, A., 2023. Effectiveness of an online mental health strengthening module to build resilience and overcome stress for transitional aged medical students. *Front. Digit. Heal.* 5: 1–15. doi:10.3389/fdgth.2023.1207583

Kalisch, R., Russo, S.J., Müller, M.B., 2024. Neurobiology and systems biology of stress resilience. *Physiol. Rev.* 104: 1205–1263. doi:10.1152/physrev.00042.2023

Kebede, M.A., Anbessie, B., Ayano, G., 2019. Prevalence and predictors of depression and anxiety among medical students in Addis Ababa, Ethiopia. *Int. J. Ment. Health Syst.* 13: 1–8. doi:10.1186/s13033-019-0287-6

Kim, C.H. su, McCray, L.R., Nguyen, S.A., Staab, J.P., Jafri, S., Rizk, H., 2025. Anxiety and Depression in Adults With Vestibular Disorders: A Systematic Review and Meta-Analysis. *Laryngoscope* 1–12. doi:10.1002/lary.70055

Kusumadewi, A.F., Naldi, N.H., Aulia, A., Ismanto, S.H., 2025. Effectivity Study of "GAMA-AIMS" Application as Self-therapy in Overcoming Anxiety in Medical Students. *Psikologika J. Pemikir. dan Penelit. Psikol.* 30: 37–54. doi:10.20885/psikologika.vol30.iss1.art3

Lao, H., Lao, K.G., Lao, K.A., Santos, M.D., Alieto, E., 2023. Due Monday, Do Monday: A Qualitative Study of Academic Procrastination Among Undergraduate Students During the Pandemic. Atlantis Press SARL. doi:10.2991/978-2-38476-042-8_18

Leone, G., Casanave, H., Postel, C., Fraisse, F., Vallée, T., Sayette, V.D. La, Dayan, J., Peschanski, D., Eustache, F., Gagnepain, P., 2025. Plasticity of human resilience mechanisms 8336: 1–18.

Lisnyj, K.T., Russell, R., Papadopoulos, A., 2020. Risk and Protective Factors for Anxiety Impacting Academic Performance In Post-Secondary Students. *Can. J. High. Educ.* 50: 71–88. doi:10.47678/cjhe.v50i2.188715

Liu, Y., Pan, H., Yang, R., Wang, X., Rao, J., Zhang, X., Pan, C., 2021. The relationship between test anxiety and emotion regulation : the mediating effect

UNIVERSITAS GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

of psychological resilience. *Ann. Gen. Psychiatry* 1–9. doi:10.1186/s12991-021-00360-4

Moran, T.P., 2016. Anxiety and working memory capacity: A meta-analysis and narrative review. *Psychol. Bull.* 142: 831–864. doi:10.1037/bul0000051

Murzyn, T., 2020. Ego Control/Ego Resiliency Theory (ARCH), in: The Wiley Encyclopedia of Personality and Individual Differences. Wiley, hal. 165–171. doi:10.1002/9781119547143.ch29

Nguyen, H.T., Thi, Y., Phan, H., Nguyen, T., 2024. Influencing Factors and Prevalence of Anxiety in Medical Students : A Cross-Sectional Study 46–55. doi:10.56338/jphp.v4i1.5046

Olatunji, B.O., Deacon, B.J., Jonathan, S., Tolin, D.F., 2006. Dimensionality of somatic complaints : Factor structure and psychometric properties of the Self-Rating Anxiety Scale 20: 543–561. doi:10.1016/j.janxdis.2005.08.002

Peng, L., Zhang, J., Li, M., Li, P., Zhang, Y., Zuo, X., Miao, Y., Xu, Y., 2012. Negative life events and mental health of Chinese medical students : The effect of resilience , personality and social support. *Psychiatry Res.* 196: 138–141. doi:10.1016/j.psychres.2011.12.006

Picton, A., Greenfield, S., Parry, J., 2022. Why do Students Struggle in Their First Year of Medical School? A Qualitative Study of Student Voices. *BMC Med. Educ.* 22: 1–13. doi:10.1186/s12909-022-03158-4

Quek, T.T.C., Tam, W.W.S., Tran, B.X., Zhang, M., Zhang, Z., Ho, C.S.H., Ho, R.C.M., 2019. The Global Prevalence of Anxiety Among Medical Students: A Meta-Analysis. *Int. J. Environ. Res. Public Health* 16: 2735.

Rahmawati, E.M., Ahman, Setiawati, Kurman, Z.H., Rahayu, D.D., 2024. Academic Anxiety Among College Students Reviewed From Gender, Age, and Academic Year Perspective. *G-Couns J. Bimbing. dan Konseling* 9: 603–618. doi:10.31316/gcouns.v9i1.6124

Ramadianto, A.S., Kusumadewi, I., Agiananda, F., Raharjanti, N.W., 2022. Symptoms of depression and anxiety in Indonesian medical students: association with coping strategy and resilience. *BMC Psychiatry* 22: 1–11. doi:10.1186/s12888-022-03745-1

Rich, A., Viney, R., Silkens, M., Griffin, A., Medisauskaite, A., 2024. The experiences of students with mental health difficulties at medical school: a qualitative interview study. *Med. Educ. Online* 29. doi:10.1080/10872981.2024.2366557

Ryan, M., Ryznar, R., 2022. The Molecular Basis of Resilience: A Narrative Review. *Front. Psychiatry* 13: 1–16. doi:10.3389/fpsyt.2022.856998

Saad, S., Ali, S., 2025. Academic resilience in medical students: exploring students' perception of social support provided by peers and teachers to help at-risk

HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

students for the successful academic journey. *BMC Med. Educ.* 25. doi:10.1186/s12909-025-06858-9

Saviola, F., Pappaianni, E., Monti, A., Grecucci, A., Jovicich, J., De Pisapia, N., 2020. Trait and state anxiety are mapped differently in the human brain. *Sci. Rep.* 10: 1–11. doi:10.1038/s41598-020-68008-z

Schäfer, S.K., Supke, M., Kausmann, C., Schaubruch, L.M., Lieb, K., Cohrdes, C., 2024. A systematic review of individual, social, and societal resilience factors in response to societal challenges and crises. *Commun. Psychol.* 2. doi:10.1038/s44271-024-00138-w

Schober, P., Boer, C., Schwarte, L.A., 2018. Correlation Coefficients: Appropriate Use and Interpretation 126: 1763–1768. doi:10.1213/ANE.0000000000002864

Setyowati, A., Chung, M., Yusuf, A., 2019. Development of self-report assessment tool for anxiety among adolescents: Indonesian version of the Zung self-rating anxiety scale. *J. Public Health Africa* 10: 15–18. doi:10.4081/jphia.2019.1172

Shao, R., He, P., Ling, B., Tan, L., Xu, L., Hou, Y., Kong, L., Yang, Y., 2020. Prevalence of depression and anxiety and correlations between depression, anxiety, family functioning, social support and coping styles among Chinese medical students. *BMC Psychol.* 8: 1–19. doi:10.1186/s40359-020-00402-8

Sinval, J., Oliveira, P., Novais, F., Almeida, C.M., Telles-Correia, D., 2025. Exploring The Impact Of Depression, Anxiety, Stress, Academic Engagement, And Dropout Intention On Medical Students' Academic Performance: A Prospective Study. *J. Affect. Disord.* 368: 665–673. doi:10.1016/j.jad.2024.09.116

Sperling, E.L., Hulett, J.M., Sherwin, L.A.B., Thompson, S., Bettencourt, B.A., 2023. Prevalence, characteristics and measurement of somatic symptoms related to mental health in medical students: a scoping review. *Ann. Med.* 55. doi:10.1080/07853890.2023.2242781

Stephanie, M., Surjadi, C., 2020. The Mental Health of First and Final Year Preclinical Medical Students. *J. Pendidik. Kedokt. Indones. Indones. J. Med. Educ.* 9: 291. doi:10.22146/jpki.52417

Suhartini, S.M., Setyawati, R.F.E., Lestari, W., Perwita, P.Y., Gunawan, B., 2025. The Effect of Academic Stress on the Cognitive Function of Medical Students. *Edunesia J. Ilm. Pendidik.* 6: 904–916. doi:10.51276/edu.v6i2.1230

Terrana, A., Al-delaimy, W., 2023. A systematic review of cross-cultural measures of resilience and its promotive and protective factors. doi:10.1177/13634615231167661

Thompson, G., McBride, R.B., Hosford, C.C., Halaas, G., 2016. Resilience Among Medical Students: The Role of Coping Style and Social Support. *Teach. Learn. Med.* 28: 174–182. doi:10.1080/10401334.2016.1146611

UNIVERSITAS
GADJAH MADA
HUBUNGAN ANTARA TINGKAT RESILIENSI DENGAN TINGKAT KECEMASAN PADA MAHASISWA PROGRAM STUDI KEDOKTERAN TAHUN PERTAMA FK-KMK UGM
Hanindita Budhi Pradhana Mahar, Dr. dr. Andrian Fajar Kusumadewi, M.Sc., Sp.KJ (K); Dr. Dra. Sumarni, M.Si., Psi
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Tsegay, L., Shumet, S., Damene, W., Gebreegziabhier, G., Ayano, G., 2019. Prevalence and determinants of test anxiety among medical students in Addis Ababa Ethiopia. *BMC Med. Educ.* 19: 1–10. doi:10.1186/s12909-019-1859-5

Ungar, M., Theron, L., 2020. Resilience and mental health: how multisystemic processes contribute to positive outcomes. *The lancet. Psychiatry* 7: 441–448. doi:10.1016/S2215-0366(19)30434-1

van Herk, L., Schilder, F.P.M., de Weijer, A.D., Bruinsma, B., Geuze, E., 2024. Heightened SAM- and HPA-axis activity during acute stress impairs decision-making: A systematic review on underlying neuropharmacological mechanisms. *Neurobiol. Stress* 31: 100659. doi:10.1016/j.ynstr.2024.100659

Wadi, M., Shorbagi, A., Shorbagi, S., Taha, M.H., Bahri Yusoff, M.S., 2024. The impact of the Systematic Assessment for Resilience (SAR) framework on students' resilience, anxiety, depression, burnout, and academic-related stress: a quasi-experimental study. *BMC Med. Educ.* 24: 1–15. doi:10.1186/s12909-024-05444-9

Wadi, M., Yusoff, M.S.B., Abdul Rahim, A.F., Lah, N.A.Z.N., 2022. Factors affecting test anxiety: a qualitative analysis of medical students' views. *BMC Psychol.* 10: 1–8. doi:10.1186/s40359-021-00715-2

Wadi, M.M., Yusoff, M.S.B., Taha, M.H., Shorbagi, S., Nik Lah, N.A.Z., Abdul Rahim, A.F., 2023. The framework of Systematic Assessment for Resilience (SAR): development and validation. *BMC Med. Educ.* 23: 1–22. doi:10.1186/s12909-023-04177-5

Wagner, F., Makuapane, L.P., Wagner, R.G., Masango, M., 2025. Second-year blues: a qualitative study exploring themes related to anxiety among second year undergraduate students at a South African university. *J. Furth. High. Educ.* 49: 689–702. doi:10.1080/0309877X.2025.2486466

Widyastuti, Amir, Z.A., Cahyaningrum, K., 2024. Religiosity and Resilience in First Year and Final Year of Medical Students. *KnE Soc. Sci.* 2024: 397–414. doi:10.18502/kss.v9i2.14866

World Health Organization, 2023. Anxiety Disorders.