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Relationships Between Sociodemographic Characteristics, Mental Health Literacy, and Stress Levels Among Pharmacy Students in Yogyakarta
Dhea Ananda Fitri, Prof. Dr. apt. Susi Ari Kristina, M.Kes.
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ABSTRACT

Background: Pharmacy students face substantial academic and professional demands, including coursework, practical activities, final-year projects, and competency requirements, which may heighten perceived stress. Mental health literacy (MHL) is critical for enabling students to recognize mental health problems and identify sources of support. Nevertheless, the association between MHL and stress levels among pharmacy students remains insufficiently explored.
Objective: This study aimed to examine the relationships among sociodemographic characteristics, mental health literacy, and stress levels in pharmacy students in Yogyakarta.
Method: A cross-sectional design was employed, with data collected via an online self-administered questionnaire completed by pharmacy students from eight universities in Yogyakarta. The analysis included 393 respondents. Mental health literacy was assessed using the Mental Health Literacy Questionnaire Short Version for Adults (MHLq-SVa), and stress levels were measured with the Perceived Stress Scale-4 (PSS-4). Data analysis involved descriptive statistics, Chi-square test, Cramer's V, and multinomial logistic regression.
Result: Among respondents, 52.4% demonstrated high MHL, while 47.6% exhibited low MHL. High stress was reported by 42.7% of students, moderate stress by 41.7%, and low stress by 15.5%. Significant associations were observed between MHL and gender, age, living arrangement, monthly allowance, and academic program. Stress levels were significantly associated with age, living arrangement, academic program, and GPA. MHL showed a moderate association with stress levels ($p < 0.001$; Cramer's $V = 0.404$). In the final model, high MHL was associated with increased odds of moderate stress (AOR = 2.04; 95% CI = 1.02-4.12) and high stress (AOR = 6.62; 95% CI = 3.17-13.89). Bachelor students (AOR = 10.08; 95% CI = 2.18-46.54) and those with a GPA ≤ 3.5 (AOR = 2.21; 95% CI = 1.05-4.65) were more likely to experience high stress.
Conclusion: Practical and accessible student support measures, such as stress screening, counseling services, help-seeking guidance, coping and time-management education, and academic mentoring, are necessary to reduce perceived stress among pharmacy students, particularly Bachelor students and those with a GPA ≤ 3.5.
Keywords: mental health literacy; perceived stress; pharmacy students

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INTISARI

Latar Belakang: Mahasiswa farmasi dihadapkan pada tuntutan akademik dan profesional yang tinggi, termasuk perkuliahan, praktikum, tugas akhir, dan pemenuhan kompetensi, yang berpotensi meningkatkan persepsi stres. Literasi kesehatan mental (MHL) memiliki peran penting dalam membantu mahasiswa mengenali masalah kesehatan mental serta mengetahui sumber bantuan yang tersedia. Namun, hubungan antara MHL dan tingkat stres pada mahasiswa farmasi masih belum sepenuhnya dipahami.
Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara karakteristik sosiodemografi, literasi kesehatan mental, dan tingkat stres pada mahasiswa farmasi di Yogyakarta.
Metode: Penelitian ini menggunakan desain cross-sectional dan pengumpulan data melalui kuesioner daring yang diisi secara mandiri oleh mahasiswa farmasi dari delapan universitas di Yogyakarta. Sebanyak 393 responden dianalisis. Literasi kesehatan mental diukur menggunakan Mental Health Literacy Questionnaire Short Version for Adults (MHLq-SVa), sedangkan tingkat stres diukur menggunakan Perceived Stress Scale-4 (PSS-4). Data dianalisis menggunakan statistik deskriptif, uji Chi-square, Cramer's V, dan regresi logistik multinomial.
Hasil: Sebanyak 52,4% responden memiliki MHL tinggi dan 47,6% memiliki MHL rendah. Sebagian besar responden mengalami stres tinggi (42,7%) dan sedang (41,7%), sedangkan 15,5% mengalami stres rendah. Gender, usia, tempat tinggal, uang saku bulanan, dan program akademik berhubungan secara signifikan dengan MHL. Usia, tempat tinggal, program akademik, dan IPK berhubungan secara signifikan dengan tingkat stres. MHL berhubungan secara signifikan dengan tingkat stres dengan kekuatan sedang ($p < 0,001$; Cramer's V = 0,404). Pada model akhir, MHL tinggi berhubungan dengan stres sedang (AOR = 2,04; CI 95% = 1,02-4,12) dan stres tinggi (AOR = 6,62; CI 95% = 3,17-13,89). Mahasiswa sarjana (AOR = 10,08; CI 95% = 2,18-46,54) dan mahasiswa dengan IPK ≤ 3,5 (AOR = 2,21; CI 95% = 1,05-4,65) memiliki odds yang lebih besar untuk mengalami stres tinggi.
Kesimpulan: Dukungan mahasiswa yang praktis dan mudah diakses, termasuk skrining stres, layanan konseling, panduan mencari bantuan, edukasi coping dan manajemen waktu, serta pendampingan akademik, diperlukan untuk membantu menurunkan persepsi stres pada mahasiswa farmasi, terutama mahasiswa sarjana dan mahasiswa dengan IPK ≤ 3,5.
Kata kunci: literasi kesehatan mental; persepsi stres; mahasiswa farmasi