

HUBUNGAN KECENDERUNGAN DEPRESI DENGAN *SUBJECTIVE WELL-BEING* PADA MAHASISWA KEDOKTERAN FAKULTAS KEDOKTERAN UII SAAT PANDEMI COVID-19

INTISARI

Latar belakang: Mahasiswa kedokteran rentan mengalami depresi. Pada sisi lain, mahasiswa kedokteran mempunyai nilai kesejahteraan psikologis yang lebih rendah dibandingkan teman sebayanya. Pandemi COVID-19 memberi dampak kepada banyak aspek, termasuk mempengaruhi kesehatan mental mahasiswa. Pembelajaran kedokteran mengalami perubahan sehingga mahasiswa perlu lebih aktif dan mandiri. Pandemi ini dapat menjadi stresor baru bagi mahasiswa kedokteran sehingga mempengaruhi *subjective well-being* mahasiswa dan memperberat depresi yang dapat berdampak pada performa akademik dan profesionalisme kedepannya.

Tujuan: Untuk mengidentifikasi hubungan kecenderungan depresi dengan *subjective well-being* pada mahasiswa kedokteran FK UII saat pandemi COVID-19.

Metode: Penelitian *cross-sectional* dilakukan pada 78 mahasiswa kedokteran Yogyakarta tahun kedua. Kecenderungan depresi diukur dengan Patient Health Questionnaire (PHQ-9), *subjective well-being* diukur dengan Skala Kesejahteraan Subjektif, dilengkapi dengan pertanyaan terkait efek pandemi COVID-19. Analisis dilakukan dengan uji *chi-square* dan uji regresi logistik multipel.

Hasil: Mahasiswa kedokteran yang memiliki kecenderungan depresi sebesar 17,9%, sedangkan mahasiswa yang memiliki *subjective well-being* rendah sebesar 43,6%. Terdapat hubungan yang bermakna $p=0,004$ ($p<0,05$, $\chi^2=8,49$; OR=6,54; CI 95%: 1,65-25,85) antara kecenderungan depresi dengan *subjective well-being*. Faktor lain yang mempengaruhi *subjective well-being* adalah subjek yang terpengaruh dengan pemberlakuan protokol kesehatan.

Kesimpulan: Terdapat hubungan antara kecenderungan depresi dengan *subjective well-being* pada mahasiswa FK UII saat pandemi COVID-19.

Kata kunci: depresi, *subjective well-being*, mahasiswa kedokteran

THE ASSOCIATION BETWEEN DEPRESSION AND SUBJECTIVE WELL-BEING IN STUDENTS AT FACULTY OF MEDICINE DURING COVID-19 PANDEMIC

ABSTRACT

Background: Medical students are prone to depression. On the other hand, medical students have lower psychological well-being scores than their peers. The COVID-19 pandemic has an impact on many aspects, including affecting the mental health of students. Medical learning has changed so that students need to be more active and independent. This pandemic can become a new stressor for medical students, thereby affecting students' subjective well-being and exacerbating depression which can have an impact on academic performance and professionalism in the future.

Objectives: To identify the relationship between depression tendencies and subjective well-being in FK UII medical students during the COVID-19 pandemic.

Method: This cross-sectional study was conducted on 78 second-year Yogyakarta medical students. The tendency to depression was measured by the Patient Health Questionnaire (PHQ-9), subjective well-being was measured by the Subjective Well-being Scale, complemented by questions related to the effects of the COVID-19 pandemic. The analysis was performed using the chi-square test and multiple logistic regression tests.

Result: Medical students who had a tendency to be depressed were 17.9%, while students who had low subjective well-being were 43.6%. There was a significant relationship $p = 0.004$ ($p < 0.05$, $\chi^2 = 8.49$; OR = 6.54; 95% CI: 1.65-25.85) between depression tendency and subjective well-being. Another factor that affects subjective well-being is the subject affected by the application of health protocols.

Conclusion: There is a relationship between depression tendencies and subjective well-being among FK UII students during the COVID-19 pandemic.

Keywords: depression subjective well-being, the medical student