

INTISARI

Stomatitis Aftosa Rekuren (SAR) merupakan salah satu penyakit mukosa mulut yang sering dialami oleh masyarakat umum, termasuk mahasiswa. Penelitian terbaru melaporkan bahwa faktor stres psikologis berperan dalam perkembangan SAR. Stres dapat memicu gejala depresi seperti insomnia dan kelelahan. Penelitian ini bertujuan untuk mengetahui hubungan antara depresi dengan keparahan SAR pada mahasiswa S1 FKG UGM.

Penelitian ini merupakan penelitian deskriptif analitik dengan rancangan potong lintang. Sampel penelitian diperoleh melalui kuesioner penjangkauan (RASDX) terhadap 508 mahasiswa S1 FKG UGM. Sebanyak 87 mahasiswa yang memenuhi kriteria inklusi, selanjtnya mengisi *informed consent*, kuesioner *Beck Depression Inventory* (BDI) dan *Ulcer Severity Score* (USS). Hubungan antara skor BDI dengan skor USS secara statistik diuji menggunakan korelasi *Pearson*, dengan nilai signifikansi ($p \leq 0,05$).

Hasil penelitian menunjukkan adanya depresi ringan pada 6,90% dan depresi berat pada 3,45% mahasiswa S1 FKG. Hasil uji korelasi *Pearson* menunjukkan skor BDI tidak berhubungan dengan keparahan SAR, ($r = 0,164$). Kesimpulan penelitian yaitu depresi tidak berhubungan dengan keparahan SAR pada mahasiswa S1 FKG UGM.

Kata Kunci : Stomatitis Aftosa Rekuren (SAR), Depresi, Mahasiswa FKG UGM

ABSTRACT

Recurrent Aphthous Stomatitis (RAS) is one of oral mucosal diseases, that is often experienced by the general population, including college students. Recent studies report that psychological stress might play a role in the RAS development. Stress may trigger symptoms of depression like insomnia and fatigue. This study aims to determine the relationship between depression and the severity of the RAS on undergraduate students of Faculty of Dentistry UGM.

This research is descriptive analytic cross-sectional design. Samples were obtained through screening questionnaires (RASDX) to 508 undergraduate students of Dentistry UGM. A total of 87 students who meet the criteria for inclusion, then filled out the informed consent, a questionnaire Beck Depression Inventory (BDI) and Ulcer Severity Score (USS). Correlation between BDI score and USS score statistically investigated using Pearson Correlation analysis, with level of significance ($p \leq 0,05$).

The results showed a mild depression at 6,90% and moderate depression at 3,45% on undergraduate students of Dentistry. Pearson correlation test results showed BDI scores was not associated with the severity of RAS, ($r = 0,164$). It can be concluded that depression was not associated with the severity of RAS on undergraduate students of Faculty of Dentistry UGM.

Keywords : *Recurrent Aphthous Stomatitis (RAS), Depression, Dentistry Students*