

Strategi koping dan distres psikologis pada mahasiswa Fakultas Kedokteran Universitas Indonesia = Coping strategy and psychological distress among medical students of Universitas Indonesia

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara strategi koping dan distres psikologis pada mahasiswa FKUI. Penelitian terkait dengan strategi koping serta distres psikologis masih sedikit dibahas pada mahasiswa kedokteran di Indonesia. Hal ini penting untuk diteliti mengingat banyaknya kompetensi yang harus dipenuhi oleh mahasiswa kedokteran dan dapat menimbulkan stres pada diri mereka. Jika tidak ditangani dengan baik, maka hal tersebut mampu memunculkan distres pada diri individu yang kemudian dapat menghambat pendidikannya. Sebanyak 187 partisipan yang merupakan mahasiswa FKUI mengisi alat ukur Kuesioner Kesehatan Umum untuk mengukur tingkat distres psikologis, dan The Brief COPE untuk mengukur strategi koping. Pengolahan data dilakukan menggunakan teknik statistik pearson correlation menunjukkan tidak terdapat korelasi positif yang signifikan antara strategi coping dengan distres psikologis dengan nilai korelasi yaitu $r = 0,035$ dan $p = 0,637$ two tailed. Tidak terdapat korelasi negatif yang signifikan antara jenis koping problem-focused coping dengan distres psikologis, kemudian distres psikologis dan emotion-focused coping juga ditemukan tidak berkorelasi positif secara signifikan. Artinya, semakin tinggi tingkat penggunaan problem-focused coping individu maka semakin tinggi pula tingkat distres psikologis individu tersebut. Terdapat korelasi negatif yang signifikan antara distres psikologis dengan adaptive coping, dan begitu pula pada distres psikologis dan maladaptive coping. Semakin tinggi tingkat penggunaan maladaptive coping maupun adaptive coping maka akan semakin rendah tingkat distres psikologis yang dialami. Namun jika dilihat dari korelasinya maka individu yang menggunakan strategi maladaptive coping memiliki distres psikologis yang lebih tinggi dibandingkan dengan individu yang menggunakan strategi adaptive coping.

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Indonesian medical students are very prone to stress because of the high standards of competencies that they must fulfill in order to become future doctors. This puts the individuals at risk of further distress that might eventually become a barrier for their education. A lot of research under the topic of psychological distress have not yet focused on Indonesian medical students particular condition. Therefore, it is urgent to dig deeper upon the problem in this current research. This research aims to unravel the relationship between coping strategy and psychological distress in medical students in University of Indonesia. As much as 187 medical students from University of Indonesia participated in the study. They completed a questionnaire on general health Kuesioner Kesehatan Umum in order to measure their level of psychological distress and the Brief COPE to measure their coping strategy. The final data were produced by using Pearson correlation statistics, which showed that there was no significant positive correlation between coping strategy and psychological distress, with $r 0,035$ and $p 0,637$ two tailed. There was no significant negative correlation between problem focused coping and psychological distress. Furthermore, the positive correlation between psychological distress and emotion focused coping was also found to be insignificant. This means that the more a person uses problem focused coping strategy, the higher the psychological distress level that the

person has. There were, however, a significant negative correlation between psychological distress and adaptive coping, and also between psychological distress and maladaptive coping. Both the users of adaptive coping and maladaptive coping seem to have lower levels of psychological distress. However, judging from the correlation, individuals who use maladaptive coping strategy actually have higher levels of psychological distress compared to their counterparts who use adaptive coping.