

Hubungan antara durasi screen time dengan stres pada mahasiswa Kedokteran Gigi Universitas Indonesia selama pandemi COVID-19 = The relationship between screen time duration and stress in University of Indonesia Dental students during the COVID-19 pandemic

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Abstrak

Latar Belakang: Adanya penerapan berbagai kebijakan sebagai upaya untuk mencegah penularan dan penyebaran virus corona membuat seseorang lebih banyak menghabiskan waktu di dalam ruangan, dimana hal ini dapat menyebabkan terjadinya peningkatan durasi screen time yang dapat memengaruhi stres mahasiswa kedokteran gigi. Belum ada penelitian yang mengkaji kaitan antara durasi screen time dengan stres pada mahasiswa kedokteran gigi Universitas Indonesia selama pandemi Covid-19.

Tujuan: Mengetahui hubungan antara durasi screen time dengan stres pada mahasiswa kedokteran gigi Universitas Indonesia selama pandemi Covid-19. Penelitian ini juga bertujuan untuk mengetahui pengaruh jenis kelamin terhadap durasi screen time dan stres.

Metode: Penelitian ini menggunakan desain potong lintang pada 270 mahasiswa Program Pendidikan Kedokteran Gigi Fakultas Kedokteran Gigi Universitas Indonesia. Pengambilan data dilakukan dengan pengisian kuesioner screen time dan Perceived Stress Scale 10 (PSS-10) versi bahasa Indonesia secara daring melalui google form.

Hasil Penelitian: Uji Chi-Square menunjukkan durasi screen time memiliki hubungan bermakna dengan stres pada mahasiswa kedokteran gigi selama pandemi Covid-19 ($p=0.012$). Uji Chi-Square menunjukkan jenis kelamin tidak memiliki hubungan bermakna baik dengan durasi screen time ($p=0.282$) maupun stres ($p=0.103$).

Kesimpulan: Terdapat hubungan antara durasi screen time dengan stres pada mahasiswa kedokteran gigi Universitas Indonesia selama pandemi Covid-19. Namun tidak terdapat hubungan antara jenis kelamin dengan durasi screen time maupun dengan stres.

.....Background: The implementation of various policy to prevent the transmission and spread of the corona virus makes someone spend more time indoors, where this can lead to an increase in screen time duration which can affect the stress of dental students. There has been no research examining the relationship between screen time duration and stress in dental students at the University of Indonesia during the Covid-19 pandemic.

Objectives: The aim of this study is to asses the relationship between screen time duration and stress in dental students at the University of Indonesia during the Covid-19 pandemic. This study also aims to asses the influence of gender to the duration of screen time and stress.

Method: Cross-sectional study was conducted on 270 pre-clinical year students of Faculty of Dentistry, Universtas Indonesia. Screen time duration was evaluated using screen time questionnaire and stress was evaluated using Perceived Stress Scale 10 (PSS-10) Indonesian version questionnaire. Retrieval of data using questionnaires distributed and collected online.

Result: The Chi-Square test showed that screen time duration had a significant relationship with stress in dental students during Covid-19 pandemic ($p=0.012$). Chi-Square test also showed that gender didn't have a

significant relationship with screen time duration ($p=0.282$) as well as stress ($p=0.103$).

Conclusion: This study shows that there was a relationship between screen time duration and stress in dental students during Covid-19 pandemic. However, no relationship was found between gender and screen time duration as well as stress.