

# Pengembangan dan Efektivitas Modul Penguatan Kesehatan Jiwa terhadap Ketahanan Menghadapi Stres pada Mahasiswa Remaja Usia Transisi = Development and Effectiveness of the Module for Strengthening Mental Health on Resilience to Stress in Transitional-Age-Adolescent Medical Students

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## Abstrak

Remaja usia transisi rentan mengalami masalah kesehatan jiwa dan sekitar 50–75% masalah kesehatan jiwa muncul pada usia 14–24 tahun. Pada usia tersebut terjadi perubahan biologis, psikologis dan lingkungan yang dapat menimbulkan stres sehingga remaja perlu beradaptasi. Mahasiswa merupakan remaja usia transisi yang rentan terhadap stres sehingga perlu dilatih untuk meningkatkan ketahanan mental (resiliensi). Namun, belum ada modul penguatan kesehatan jiwa bagi mahasiswa usia transisi sehingga diperlukan modul yang efektif memperkuat kesehatan jiwa berdasarkan aspek biopsikososial. Desain penelitian ini adalah mixed method research, yaitu exploratory sequential method dengan penelitian kualitatif untuk pengembangan modul yang diikuti penelitian kuantitatif untuk menilai efektivitas modul. Penelitian dilakukan di Fakultas Kedokteran Universitas Indonesia (FKUI) pada bulan September 2020 sampai Januari 2022. Subjek penelitian kualitatif adalah 20 mahasiswa FKUI serta 12 ahli yang terdiri atas psikiater, psikolog dan dosen. Mahasiswa dipilih secara random sedangkan para ahli dipilih dengan consecutive sampling. Data dari mahasiswa diambil dengan wawancara mendalam dan dari para ahli dilakukan metode delphi. Uji efektivitas terhadap resiliensi mahasiswa dilakukan secara kuasi eksperimental dengan pengukuran berulang pada minggu ke-4, ke-8, ke-12. Tema modul adalah “Transisi dan Adaptasi Menuju Resiliensi: Modul Kenali Stres dan Penguatan Kesehatan Jiwa dalam Proses Adaptasi Mahasiswa Baru di Fakultas Kedokteran”. Kepuasan mahasiswa terhadap modul diukur dengan instrumen CSQ-I dan diperoleh skor 37,4 (SB 3,81) dari skor maksimal 40. Uji validitas dan reliabilitas pada kuesioner pengetahuan, sikap terhadap kesehatan jiwa, dan perilaku mencari bantuan diperoleh rentang I-CVI 0,7–1,0, serta nilai S-CVI untuk masing-masing kuesioner 0,87; 0,90 dan 0,99. Reliabilitas kuesioner diuji dengan cronbach’s alpha dan diperoleh nilai 0,521; 0,780; dan 0,852. Pengukuran biomarker kortisol menurun bermakna pada kelompok perlakuan (uji Wilcoxon,  $p < 0,001$ ), sedangkan kadar enzim alfa-amilase saliva tidak berbeda bermakna. Nilai resiliensi yang diukur dengan kuesioner CD-RISC meningkat bermakna pada kelompok perlakuan dibandingkan kontrol pada minggu ke-4, ke-8 dan ke-12 (Uji ANOVA two way,  $p < 0,001$ ). Terdapat juga peningkatan bermakna pada pengetahuan (uji ANOVA two way,  $p < 0,001$ ), sikap dan perilaku terhadap kesehatan jiwa (uji ANOVA two way,  $p < 0,001$ ). Terdapat penurunan bermakna (uji ANOVA two way,  $p < 0,001$ ) skor persepsi terhadap stres yang diukur dengan kuesioner PSS. Skor depresi pada kelompok perlakuan yang diukur dengan kuesioner DASS pada minggu ke-12 menunjukkan penurunan bermakna (uji Wilcoxon,  $p < 0,001$ ), demikian juga dengan ansietas (uji Wilcoxon,  $p < 0,001$ ) dan stres (uji Wilcoxon,  $p < 0,001$ ). Disimpulkan modul penguatan kesehatan jiwa dapat diterima dan diterapkan pada mahasiswa tingkat pertama di FKUI karena efektif meningkatkan kekuatan menghadapi stres dari aspek biopsikososial.

.....Adolescents of transitional age are vulnerable to mental health problems, and about 50–75% of mental

health problems arise at the age of 14–24 years. At that age, biological, psychological and environmental changes can cause stress, so adolescents need to adapt. Students are teenagers of transition-age prone to stress, so they need to be trained to increase mental resilience. However, there is no module for strengthening mental health for transitional-aged students, so an effective module is needed based on biopsychosocial aspects. This research design is mixed-method research, namely exploratory sequential method with qualitative research for module development followed by quantitative research to assess the module's effectiveness. The research was conducted at the Faculty of Medicine, University of Indonesia (FKUI) from September 2020–January 2022. The subjects of the qualitative research were 20 FKUI students and 12 experts consisting of psychiatrists, psychologists and lecturers. Students were selected randomly, while the experts were selected by consecutive sampling. Data from students were taken through in-depth interviews, and from the experts, the Delphi method was used. The effectiveness test on student resilience was conducted in a quasi-experimental manner with repeated measurements at the 4th, 8th, and 12th weeks. The module's theme is "Transition and Adaptation Towards Resilience: Recognizing Stress and Strengthening Mental Health in the Adaptation Process of New Students at the Faculty of Medicine". Student's satisfaction with the module was measured using the CSQ-I instrument and a score of 37.4 (SB 3.81) out of a maximum score of 40. The validity and reliability test of the knowledge, attitudes toward mental health and help-seeking behaviour questionnaires obtained the I-CVI range of 0.7–1.0, while the S-CVI value for each questionnaire was 0.87; 0.90 and 0.99. The reliability of the questionnaire was tested with Cronbach's alpha and obtained a value of 0.521; 0.780; and 0.852. Cortisol measurement decreased significantly in the treatment group (Wilcoxon test,  $p < 0.001$ ), while salivary alpha-amylase enzyme levels were not significantly different. The value of resilience as measured by the CD-RISC questionnaire increased significantly in the treatment group compared to the control group at week 4, 8, 12 (ANOVA two way test,  $p < 0.001$ ). There were significant improvement in knowledge (ANOVA two way test,  $p < 0.001$ ) and in attitudes and behaviour toward mental health (ANOVA two way,  $p < 0.001$ ). The PSS questionnaire measured a significant decrease (ANOVA two way,  $p < 0.001$ ) in perceived stress scores. Depression scores as measured by the DASS questionnaire at week 12 showed significant differences (Wilcoxon test,  $p < 0.001$ ), as did anxiety (Wilcoxon test,  $p < 0.001$ ) and stress (Wilcoxon test,  $p < 0.001$ ). It is concluded that the mental health strengthening module can be accepted and applied to first-year students at FKUI because it effectively increases the strength to deal with stress from a biopsychosocial aspect.