

Hubungan Burnout Syndrome Terhadap Gangguan Sendi Rahang (Temporomandibular Disorder) Pada Mahasiswa Sarjana Universitas Indonesia = The Relationship Between Burnout Syndrome with Temporomandibular Disorder Among Undergraduate Students at University of Indonesia

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Abstrak

Latar belakang: Prevalensi burnout syndrome ditemukan tinggi pada mahasiswa. Hal ini dapat dipengaruhi oleh prestasi akademik, status sosioekonomi, faktor budaya, dan rumpun ilmu. Tingkat burnout syndrome yang tinggi pada mahasiswa terutama mahasiswa tingkat akhir, dapat meningkatkan risiko terjadinya gangguan sendi rahang. Tujuan: Mengetahui hubungan burnout syndrome terhadap gangguan sendi rahang pada mahasiswa sarjana Universitas Indonesia Angkatan 2019, serta mengetahui hubungan antara prestasi akademik, status sosioekonomi, faktor budaya, dan rumpun ilmu terhadap burnout syndrome dan gangguan sendi rahang pada mahasiswa sarjana Universitas Indonesia Angkatan 2019. Metode: Studi dengan desain cross-sectional berupa kuesioner online, disebarkan pada bulan November 2022 kepada mahasiswa Universitas Indonesia dengan jumlah 134 responden. Burnout syndrome diukur menggunakan kuesioner MBI-SS dan gangguan sendi rahang menggunakan kuesioner TMD-DI. Hasil Penelitian: Uji Fisher exact menunjukkan adanya perbedaan bermakna ($p < 0,05$) burnout syndrome terhadap gangguan sendi rahang, uji kendall menunjukkan korelasi positif lemah antara burnout syndrome terhadap gangguan sendi rahang. Uji chi square menunjukkan adanya perbedaan bermakna antara prestasi akademik dengan burnout syndrome ($p < 0,05$), uji kendall menunjukkan korelasi negatif lemah antara prestasi akademik dengan burnout syndrome. Namun tidak terdapat perbedaan bermakna antara prestasi akademik dengan gangguan sendi rahang, serta status sosioekonomi, faktor budaya, dan rumpun ilmu dengan burnout syndrome dan gangguan sendi rahang. Kesimpulan: Terdapat hubungan antara burnout syndrome terhadap gangguan sendi rahang. Terdapat hubungan antara prestasi akademik terhadap burnout syndrome. Namun tidak terdapat hubungan antara prestasi akademik terhadap gangguan sendi rahang, serta status sosioekonomi keluarga, faktor budaya, dan rumpun ilmu terhadap burnout syndrome dan gangguan sendi rahang

.....Background: The prevalence of burnout syndrome is found to be high in university students. This can be influenced by academic achievement, socioeconomic status, cultural factors, and knowledge groups. The high rate of burnout syndrome in university students, especially final year students, can increase the risk of developing temporomandibular disorder. Objective: This study aims to find out the relationship between burnout syndrome and temporomandibular disorder in fourth year undergraduate students at the University of Indonesia, and to determine the relationship between academic achievement, socioeconomic status, cultural factors, and knowledge groups with burnout syndrome and temporomandibular disorders in fourth year undergraduate students at the University of Indonesia. Methods: A cross-sectional study using an online questionnaire of 134 students from the University of Indonesia was distributed in November 2022. Burnout syndrome was measured using the MBI-SS questionnaire and temporomandibular disorders using the TMD-DI questionnaire. Results: The Fisher exact test showed a significant difference between burnout syndrome and temporomandibular disorder ($p < 0.05$). The Kendall test showed a weak positive correlation between

burnout syndrome and temporomandibular disorders. The chi-square test showed that there was a statistically significant difference between burnout syndrome based on academic achievement ($p < 0.05$). The Kendall test showed a weak negative correlation between academic achievement and burnout syndrome. However, there is no statistically significant difference between temporomandibular disorders based on academic achievement, as well as burnout syndrome and temporomandibular disorder based on socioeconomic status, cultural factors, and knowledge groups. Conclusion: There is a relationship between burnout syndrome and temporomandibular disorders, as well as burnout syndrome and academic achievement. However, there is no relationship between temporomandibular disorder based on academic achievement, as well as burnout syndrome and temporomandibular disorders based on family socioeconomic status, cultural factors, and knowledge groups.