

ABSTRAK

Latar Belakang : Tepat pada 11 Maret 2020, *World Health Organization* (WHO) menetapkan bahwa virus *Coronavirus Disease 2019* (Covid-19) sebagai pandemi global. Pemerintah memberikan kebijakan membatasi aktifitas keluar rumah, sehingga kegiatan sekolah dirumahkan, bekerja dari rumah. Beberapa penelitian menunjukkan perubahan kebiasaan belajar mengajar ini menimbulkan hambatan yang akan memicu terjadinya stres pada mahasiswa. Mahasiswa baru memiliki beban stres tersendiri, seperti menyesuaikan diri dengan lingkungan dan kegiatan perkuliahan.

Tujuan : Mengetahui gambaran tingkat stres pada mahasiswa tahun pertama Angkatan 2021 terhadap aktivitas pembelajaran di Fakultas Kedokteran Universitas Islam Sumatera Utara saat masa Pandemi Covid-19.

Metode : Penelitian ini menggunakan metode observasional- deskriptif dengan pendekatan *cross sectional*. Data yang digunakan adalah data primer, yang diambil dari *kuesioner Medical Student Stressor Questionnaire* (MSSQ) versi Bahasa Indonesia. Populasi penelitian seluruh Angkatan 2021 dengan teknik pengambilan sampel *total sampling*.

Hasil : Pada penelitian ini,didapatkan sebagian besar mahasiswa mengalami stres sedang sebanyak 45 orang (54,22%), stres ringan 15 orang (18,07%), stres berat 22 orang (26,51%) dan stres sangat berat 1 orang (1,20%). Berdasarkan jenis kelamin laki-laki yang mengalami stres sedang dari 31 responden sebanyak 19 orang (61%), untuk jenis kelamin perempuan yang mengalami stres sedang dari 52 responden sebanyak 26 orang (50%). Tingkat stres terkait akademik paling banyak stres sedang 37 orang (44,58%). Tingkat stres terkait hubungan intrapersonal dan interpersonal paling banyak stres sedang 31 orang (37,35%). Terkait hubungan belajar mengajar stres sedang sebanyak 31 orang (37,35%). Terkait hubungan sosial stres sedang sebanyak 39 orang (46,99%). Terkait dorongan dan keinginan stres ringan sebanyak 38 orang (45,78%), dan terkait aktivitas kelompok stres ringan sebanyak 37 orang (44,58%).

Kesimpulan : Pada penelitian ini sebagian besar mahasiswa Angkatan 2021 Fakultas Kedokteran Universitas Islam Sumatera Utara mengalami stres sedang.

Kata Kunci : Tingkat stres, MSSQ, Covid-19

ABSTRACT

Background : Right on March 11, 2020, the World Health Organization (WHO) determined that the Coronavirus Disease 2019 (Covid-19) virus was a global pandemic. The government provides a policy of limiting activities outside the home, so that school activities are suspended, working from home. Several studies have shown that this change in teaching and learning habits creates obstacles that will trigger stress in students. New students have their own stress load, such as adjusting to the environment and lecture activities.

Objective: To describe the stress level of first-year students of Class 2021 on learning activities at the Faculty of Medicine, Islamic University of North Sumatra during the Covid-19 Pandemic.

Methods: This study used an observational-descriptive method with a cross sectional approach. The data used is primary data, taken from the Indonesian version of the Medical Student Stressor Questionnaire (MSSQ). The research population is the entire batch of 2021 with a total sampling technique of sampling.

Results: In this study, it was found that most of the students experienced moderate stress as many as 45 people (54.22%), 15 people with mild stress (18.07%), 22 people with severe stress (26.51%) and very heavy stress 1 person. (1.20%). Based on the male gender who experienced moderate stress from 31 respondents as many as 19 people (61%), for the female gender who experienced moderate stress from 52 respondents as many as 26 people (50%). The highest stress level related to academics was 37 people (44.58%). The level of stress related to intrapersonal and interpersonal relationships is mostly moderate stress for 31 people (37.35%). Regarding the relationship between teaching and learning with moderate stress as many as 31 people (37.35%). Regarding social relationships with moderate stress, as many as 39 people (46.99%). Related to the drive and desire for mild stress as many as 38 people (45.78%), and related to mild stress group activities as many as 37 people (44.58%).

Conclusion: In this study, most of the 2021 students of the Faculty of Medicine, Islamic University of North Sumatra experienced moderate stress.

Keywords: Stress level, MSSQ, Covid-19