

ABSTRAK

Latar belakang : *Burnout* pada mahasiswa kedokteran telah cukup banyak diteliti dan menunjukkan angka yang cukup mengkhawatirkan termasuk di Indonesia. Mahasiswa kedokteran ditemukan memiliki masalah psikologis lebih banyak akibat tekanan dibandingkan dengan jurusan lain. Hal ini diduga datang dari stress akibat persaingan akademik yang ketat. Saat mahasiswa terus-menerus mengalami stress, hal ini dapat memicu munculnya *burnout* yang menyertai perasaan kelelahan, sinisme, dan tidak berguna.. Banyaknya stressor pada masa transisi dari tahap pendidikan preklinik ke klinik menyebabkan mahasiswa harus memiliki motivasi yang tinggi.

Tujuan : Mengetahui Hubungan antara tipe motivasi dengan kejadian *burnout* pada mahasiswa stambuk 2018 di masa transisi dari Pendidikan pre klinik ke klinik di Fakultas Kedokteran Universitas Islam Sumatera Utara tahun 2022.

Metode : Penelitian ini merupakan penelitian analitik dengan desain *cross sectional* (potong lintang), teknik sampling yang digunakan yaitu *simple random sampling* sampel sebanyak 78 Responden. Alat ukur yang digunakan menggunakan kuesioner.

Hasil : Sebanyak 40 orang (51,3%) responden mengalami *burnout*. Responden memiliki tipe motivasi termotivasi minat dan status sebanyak 34 orang (43,6%), termotivasi minat 25 orang (32,1%), termotivasi status 15 orang (19,2%) dan termotivasi rendah 4 orang (5,1%). Hasil uji korelasi *somers'd* menunjukkan hubungan yang signifikan antara tipe motivasi termotivasi Minat ($p= 0,008$), status ($p= 0,030$) dan termotivasi rendah ($p= 0,034$) dengan kejadian *burnout*.

Kesimpulan : Terdapat hubungan antara tipe motivasi dengan kejadian *burnout* pada mahasiswa Stambuk 2018 di masa transisi dari pendidikan pre klinik ke klinik di Fakultas Kedokteran Universitas Islam Sumatera Utara tahun 2022.

Kata Kunci : Tipe motivasi, *Burnout*

ABSTRACT

Background : *Fatigue in medical medicine has been extensively researched and shows quite alarming figures, including in Indonesia. Medical students have more psychological problems due to stress than other majors. This is thought to come from stress due to intense academic competition. When students are constantly under stress, this can trigger burnout that accompanies fatigue, cynicism, and uselessness. The amount of stress during the transition from preclinical to clinical education stage causes students to have high motivation..*

Objective : *Knowing the relationship between the type of motivation and the incidence of burnout in 2018 Stambuk students in the transition from pre-clinical to clinical education at the Faculty of Medicine, Islamic University of North Sumatra in 2022*

Methods : *This research is an analytic study with a cross sectional design, the sampling technique used is simple random sampling with a sample of 78 respondents. The measuring instrument used is a questionnaire.*

Results : *A total of 40 people (51.3%) of respondents experienced burnout. The majority of respondents have the type of motivation motivated by interest and status as many as 34 people (43.6%), motivated by interest 25 people (32.1%), motivated by status 15 people (19.2%) and low motivated by 4 people (5.1%). The results of the Somers'd correlation test showed a significant relationship between the types of motivation motivated Interest ($p = 0.008$), status ($p = 0.030$) and low motivation ($p = 0.034$) with the incidence of burnout.*

Conclusion : *There is a relationship between the type of motivation and the incidence of burnout in 2018 Stambuk students during the transition from pre-clinical to clinical education at the Faculty of Medicine, Islamic University of North Sumatra in 2022.*

Keyword : *Motivation type, Burnout*