ABSTRAK

Latar Belakang: Masa pendidikan kedokteran merupakan pengalaman hidup yang penuh stresor. Untuk menangani stres, mahasiswa menggunakan *smartphone* mereka dan membuat kecendrungan untuk menjadi kecanduan *smartphone*. Telah dilakukan penelitian yang meliputi 6 domain intensitas stresor yaitu *ARS (Academic Related Stressor), IRS (Interpersonal & Intrapersonal Related Stressor), TLRS (Teaching & Learning Related Stressor), SRS (Social Related Stressor), DRS (Drive & Desire Related Stressor),* dan *GARS (Group Activities Related Stressor Social Related Stressor)* dengan kecanduan *smartphone*.

Tujuan: Untuk mengetahui hubungan intensitas stresor dengan kecanduan *smartphone* pada mahasiswa Fakultas Kedokteran Universitas Islam Sumatera Utara Angkatan 2018.

Metode: Penelitian metode analitik desain *cross sectional* menggunakan metode *purposive sampling* dengan jumlah sampel 61 responden. Intensitas stresor dinilai menggunakan *Medical Student Stressor Questionnaire (MMSQ)* dan kecanduan *smartphone* dinilai menggunakan *Smartphone Addiction Scale (SAS-V)* yang telah dilakukan uji pembacaan dan uji validasi.

Hasil: Dari 6 domain intensitas stresor, hanya *Academic Related Stressor* (*ARS*) yang memiliki hubungan yang signifikan dengan kecanduan *smartphone*. Ditandai dari 61 responden, sebanyak 41 mahasiswa mengalami *Academic Related Stressor* (*ARS*) sangat berat memiliki kecanduan terhadap *smartphone*. Hasil uji hipotesis uji Spearman didapatkan *p value* = 0,000 (p<0,05). Domain *IRS (Interpersonal & Intrapersonal Related Stressor), TLRS (Teaching & Learning Related Stressor), SRS (Social Related Stressor), DRS (Drive & Desire Related Stressor),* dan *GARS (Group Activities Related Stressor Social Related Stressor)* tidak memiliki hubungan yang signifikan dengan kecanduan *smartphone*.

Kesimpulan: Terdapat hubungan yang signifikan antara *Academic Related Stressor (ARS)* dan kecanduan *smartphone*.

Kata Kunci: Intensitas Stresor, Kecanduan *Smartphone*, Mahasiswa Kedokteran.

ABSTRACT

Background: *The medical education period is a stressful life experience. To cope with stress, students use their smartphones and this will lead to smartphone addiction. A study has been conducted covering 6 stressor intensity domains, ARS (Academic Related Stressor), IRS (Interpersonal & Intrapersonal Related Stressor), TLRS (Teaching & Learning Related Stressor), SRS (Social Related Stressor), DRS (Drive & Desire Related Stressor), and GARS (Group Activities Related Stressor Social Related Stressor) and smartphone addiction.*

Objective: *To determine the relationship of stressor intensity and smartphone addiction in college students year of 2018 in Faculty of Medicine, Islamic University of North Sumatera.*

Method: *An analytical cross-sectional study with purposive sampling method to 60 respondents. The stressor intensity assessed using Medical Student Stressor Questionnaire (MMSQ) and smartphone addiction assessed using Smartphone Addiction Scale (SAS-V) which had been interpretated and validated.*

Results: *From 6 domains of stressor intensity, only Academic Related Stressor (ARS) had significant relationship with smartphone addiction. From 61 respondents, there are 41 students experienced severe Academic Related Stressor (ARS) with addiction to smartphones. The results of Spearman test hypothesis obtained p value = 0,000 (p <0.05). IRS (Interpersonal & Intrapersonal Related Stressor), TLRS (Teaching & Learning Related Stressor), SRS (Social Related Stressor), DRS (Drive & Desire Related Stressor), and GARS (Group Activities Related Stressor Social Related Stressor) had no significant relationship with smartphone addiction.*

Conclusion: *There is a significant relationship between Academic Related Stressor (ARS) and smartphone addiction.*

Keywords: Stressor Intensity, Smartphone Addiction, Medical Students