

ABSTRAK

Nama : Hasna Anisa Nurma
Program Studi : Kedokteran Gigi Program Sarjana
Judul : Hubungan Tingkat Stres Akademik akibat Pandemi Covid-19 terhadap Perilaku Kesehatan Periodontal Mahasiswa Pre-Klinik FKG Universitas Yarsi.

Latar belakang: Pendidikan merupakan sektor yang terdampak kebijakan pembatasan sosial untuk memutus rantai penularan Covid-19. Perubahan sistem pembelajaran menjadi daring berdampak pada psikologis pelajar, ketidak-mampuan beradaptasi dalam keadaan ini menyebabkan timbulnya stres akademik, yang dapat menyebabkan penurunan perilaku kebersihan rongga mulut. Ajaran Islam sangat memperhatikan kesehatan jasmani dan rohani bagi setiap Muslim, termasuk upaya mencegah terjadinya stres. Tujuan: Untuk mengetahui hubungan stres akademik akibat pandemi Covid-19 terhadap perilaku kesehatan periodontal mahasiswa pre-klinik FKGUY. Metode penelitian: Penelitian ini menggunakan metode *crosssectional* berbasis survei *online*. Sampel penelitian ini adalah mahasiswa pre-klinik FKGUY berjumlah 125 responden. Instrumen yang digunakan berupa kuesioner *online* berisi 16 pertanyaan. Analisis data yang digunakan adalah uji analitik korelatif kategorik *Kendall's Tau-b*. Hasil: Hasil uji analitik korelatif *Kendall's Tau-b*, antara usia dan tingkat angkatan dengan stres akademik, $r = 0,442$ ($p < 0,05$) pada usia dan $r = 0,322$ ($p < 0,05$) pada angkatan. Sedangkan, antara sosiodemografi maupun stres akademik terhadap perilaku kesehatan periodontal tidak ditemukan korelasi $r = 0$ ($p > 0,05$). Kesimpulan: (1) terdapat hubungan linier positif sedang yang bermakna antara sosiodemografi, usia, dan angkatan dengan stres akademik selama pandemi Covid-19, (2) tidak ditemukan hubungan linier antara sosiodemografi dengan perilaku kesehatan periodontal mahasiswa, (3) tidak ditemukan hubungan linier antara stres akademik akibat pandemi Covid-19 dengan perilaku kesehatan periodontal pada mahasiswa, (4) Dari perspektif Islam menekankan agar mahasiswa menjalani proses pembelajaran dengan baik pada masa pandemi, sehingga dapat meminimalisir terjadinya stres akademik yang berpengaruh pada kesehatan jaringan periodontalnya.

Kata kunci: Pandemi Covid-19, Stres akademik, Mahasiswa, Sosiodemografi Perilaku, Kesehatan periodontal.

ABSTRACT

Name : Hasna Anisa Nurma
Study Program : Bachelor Program of Dentistry
Title : The relationship between academic stress levels due to the Covid-19 pandemic to periodontal health behavior of YARSI University dental pre-clinical students.

Background: Education is a sector that is affected by social restrictions policies to break the chain of transmission of Covid-19. Changes in the learning system to online have an impact on students' psychology, the inability to adapt in this situation causes academic stress, which can lead to a decrease in oral hygiene behavior. Islamic teachings are very concerned about physical and spiritual health for every Muslim, including efforts to prevent stress. Objective: To determine the relationship of academic stress due to the Covid-19 pandemic to the periodontal health behavior of FKGUY pre-clinical students. Research method: This study used a cross-sectional method based on an online survey. The sample for this research was FKGUY's preclinical students for a total of 125 respondents. The instrument used was an online questionnaire containing 16 questions. The data analysis used was Kendall's Tau-b categorical correlative analytic test. Results: The results of the Kendall's Tau-b correlative analytic test, between age and grade level with academic stress, $r = 0.442$ ($p < 0.05$) for age and $r = 0.322$ ($p < 0.05$) for cohort. Meanwhile, between sociodemographic and academic stress on periodontal health behavior, there was no correlation between $r = 0$ ($p > 0.05$). Conclusions: (1) there is a significant positive linear relationship between sociodemographic, age, and class and academic stress during the Covid-19 pandemic, (2) there is no linear relationship between sociodemographic and student periodontal health behavior, (3) no linear relationship is found. Between academic stress due to the Covid-19 pandemic and periodontal health behavior in students, (4) From an Islamic perspective it is emphasized that students undergo the learning process well during the pandemic, to minimize the occurrence of academic stress that affects the health of their periodontal tissues.

Keywords: Covid-19 pandemic, academic stress, students, sociodemography, behavior, periodontal health.