

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Stress Level Terhadap Tension-Type Headache (TTH) Pada Mahasiswa Skripsi Fakultas Kedokteran Angkatan 2022 Universitas YARSI dan Tinjauannya Dalam Pandangan Islam

Pendahuluan: Proses penyusunan skripsi dapat menjadi sumber stres pada mahasiswa dan berpotensi menimbulkan keluhan kesehatan, salah satunya *Tension-Type Headache* (TTH). **Tujuan:** Mengetahui hubungan antara *Stress Level* dengan kejadian *Tension-Type Headache* (TTH) pada mahasiswa skripsi Fakultas Kedokteran Angkatan 2022 Universitas YARSI serta meninjau perspektif Islam terkait pengelolaan stres. **Metode:** Penelitian kuantitatif dengan desain *cross-sectional* pada mahasiswa skripsi Fakultas Kedokteran angkatan 2022 Universitas YARSI menggunakan teknik *convenience sampling*. *Stress Level* diukur dengan *Perceived Stress Scale* (PSS), sedangkan TTH ditentukan berdasarkan kriteria ICHD-3. Analisis data dilakukan menggunakan uji *Spearman Correlation*. **Hasil:** Sebagian besar responden memiliki tingkat stres kategori *moderate* dan cukup banyak yang mengalami TTH. Namun, hasil analisis menunjukkan tidak terdapat hubungan yang signifikan antara *Stress Level* dan kejadian TTH ($p > 0,05$). **Kesimpulan:** *Stress Level* tidak berhubungan secara signifikan dengan kejadian TTH pada mahasiswa skripsi. Prinsip keseimbangan dan pengelolaan stres sesuai ajaran Islam tetap penting dalam menjaga kesehatan selama proses akademik.

Kata Kunci: Stres, PSS, *Tension-Type Headache*, Mahasiswa Skripsi, Perspektif Islam.

ABSTRACT

Name : Salwa Sabia Fitriani
NPM : 1102022261
Study program : Kedokteran Umum
Title : *The Relationship Between Stress Levels and Tension-Type Headaches (TTH) Among Undergraduate Students Writing Their Theses at the Faculty of Medicine, Class of 2022, YARSI University, and a Review from an Islamic Perspective*

Introduction: *The thesis preparation process may serve as a source of stress among students and potentially lead to health complaints, including Tension-Type Headache (TTH). Objective:* *To determine the relationship between stress level and the occurrence of Tension-Type Headache (TTH) among thesis students of the Faculty of Medicine, YARSI University, Class of 2022, and to review the Islamic perspective on stress management. Methods:* *This quantitative study employed a cross-sectional design involving thesis students of the Faculty of Medicine, YARSI University, Class of 2022, using convenience sampling. Stress levels were measured using the Perceived Stress Scale (PSS), while TTH was determined based on the International Classification of Headache Disorders (ICHD-3). Data were analyzed using the Spearman correlation test. Results:* *Most respondents had moderate stress levels, and a considerable number experienced Tension-Type Headache. However, the analysis showed no significant relationship between stress level and the occurrence of TTH ($p > 0.05$). Conclusion:* *Stress level was not significantly associated with the occurrence of TTH among thesis students. Nevertheless, the principles of balance and stress management in accordance with Islamic teachings remain important for maintaining health during the academic process.*

Keywords: *Stress, Perceived Stress Scale, Tension-Type Headache, Thesis Students, Islamic Perspective.*