ABSTRAK

Nama : Ummu Salamah

Program Studi : Kedokteran Gigi

Judul : Hubungan Stres dengan *Temporomandibular Disorder* Pada Mahasiswa Profesi Fakultas Kedokteran Gigi Universitas YARSI

Latar Belakang: Mahasiswa profesi kedokteran gigi rentan mengalami stres akibat tuntutan akademik dan klinik, yang dapat memengaruhi kesehatan fisik, termasuk terjadinya *Temporomandibular Disorder* (TMD). *Dental Environment Stress* (DES) digunakan untuk menilai tingkat stres dalam lingkungan pendidikan kedokteran gigi. Dalam Islam, kesehatan fisik dan mental dipandang sebagai amanah yang harus dijaga. **Tujuan:** Mengetahui hubungan tingkat stres dengan kejadian TMD pada mahasiswa profesi Fakultas Kedokteran Gigi Universitas YARSI serta tinjauannya menurut Islam. **Bahan dan Metode:** Penelitian ini merupakan penelitian observasional analitik dengan desain *cross-sectional* yang melibatkan 84 mahasiswa profesi kedokteran gigi. Tingkat stres diukur menggunakan kuesioner DES, sedangkan kejadian TMD dinilai melalui pemeriksaan klinis. Data dianalisis menggunakan uji Chi-square dan *Prevalence Ratio* (PR). **Hasil:** Sebagian besar responden berada pada kategori stres sedang-tinggi. Manifestasi TMD yang paling sering ditemukan adalah bunyi klik pada sendi temporomandibula serta kesulitan membuka mulut. Meskipun proporsi stres sedang-tinggi lebih besar pada kelompok mahasiswa dengan TMD, hubungan tersebut tidak bermakna secara statistik (p = 0,283; PR = 1,11; 95% CI 0,91–1,34). **Kesimpulan:** Tidak terdapat hubungan bermakna antara tingkat stres dengan kejadian TMD. Stres dipandang sebagai ujian kehidupan yang harus dikelola secara seimbang agar tidak menimbulkan dampak buruk terhadap kesehatan fisik dan mental, serta menjaga tubuh sebagai amanah dari Allah SWT.

Kata kunci: *Dental Environment Stress*, Stres, *Temporomandibular Disorder*.

ABSTRACT

Name : Ummu Salamah
Study Program : *Dentistry*
Title : *The Relationship between Stress and Temporomandibular Disorders among Dental Coass Students at the Faculty of Dentistry, YARSI University.*

Background: *Dental professional students are prone to stress due to academic and clinical demands, which may affect physical health, including the occurrence of Temporomandibular Disorder (TMD). Dental Environment Stress (DES) is used to assess stress levels within the dental education environment. In Islam, physical and mental health are regarded as a trust that must be preserved.* ***Objective:*** *To determine the relationship between stress levels and TMD among dental professional students at the Faculty of Dentistry, YARSI University, and to review it from an Islamic perspective.* ***Materials and Methods:*** *This observational analytic study with a cross-sectional design involved 84 dental professional students. Stress levels were measured using the DES questionnaire, while TMD was assessed through clinical examination. Data were analyzed using the Chi-square test and Prevalence Ratio (PR).* ***Results:*** *Most respondents were categorized as having moderate-high stress. The most common manifestations of TMD were clicking sounds in the temporomandibular joint and difficulty in mouth opening. Although the proportion of moderate-high stress was higher among students with TMD, the association was not statistically significant (p = 0.283; PR = 1.11; 95% CI 0.91-1.34).* ***Conclusion:*** *There was no statistically significant relationship between stress levels and the occurrence of TMD. Stress is viewed as a life challenge that should be managed in a balanced manner to prevent negative effects on physical and mental health, while maintaining the body's health as a trust from Allah SWT.*

Keywords: *Dental Environment Stress, Stress, Temporomandibular Disorder*