

**HUBUNGAN TINGKAT KECEMASAN SEBELUM MENGHADAPI OSCE
DENGAN KUALITAS TIDUR PADA MAHASISWA KEDOKTERAN
UNIVERSITAS DIPONEGORO**

(Studi pada Mahasiswa Program Studi Kedokteran Universitas Diponegoro)

Ester Puspitasari¹, Alifiati Fitrikasari², Hang Gunawan Asikin², Natalia Dewi Wardani²

¹Program Studi Kedokteran, Fakultas Kedokteran, Universitas Diponegoro

²Bagian Ilmu Kedokteran Jiwa Fakultas Kedokteran, Universitas Diponegoro

ABSTRAK

Latar belakang : Pendidikan kedokteran adalah salah satu program studi yang membutuhkan tingkat komitmen dan stres yang tinggi. Mahasiswa kedokteran harus menghadapi ujian salah satunya OSCE (*Objective Structured Clinical Examination*). Mahasiswa kedokteran sering merasa cemas karena beban tugas, tanggung jawab, serta ekspektasi yang tinggi terhadap diri mereka sendiri untuk berhasil dalam ujian ini. Hal ini yang seringkali meningkatkan kecemasan hingga sulit tidur. Penelitian-penelitian sebelumnya menemukan adanya hubungan yang bermakna antara kecemasan dan kualitas tidur, tetapi penelitian serupa belum pernah dilakukan pada mahasiswa Program Studi Kedokteran Universitas Diponegoro.

Tujuan : Mengetahui hubungan tingkat kecemasan sebelum menghadapi OSCE dengan kualitas tidur pada mahasiswa kedokteran Universitas Diponegoro.

Metode : Penelitian observasional analitik dengan rancangan *cross sectional*. Subyek penelitian sebanyak 133 mahasiswa angkatan 2020-2022 Program Studi Fakultas Kedokteran Universitas Diponegoro dengan metode *consecutive sampling*. Variabel bebas adalah tingkat kecemasan yang diukur dengan kuesioner *Zung Self-rating Anxiety Scale (ZSAS)*. Variabel terikat adalah kualitas tidur yang diukur dengan kuesioner *Pittsburgh Sleep Quality Index (PSQI)*, dan variabel perancu adalah usia, jenis kelamin, jenjang semester, faktor genetik, variasi pencahayaan tidur dan kondisi fisik.

Hasil : Dari 133 subyek penelitian, terdapat tingkat cemas ringan 20,3%, cemas sedang 60,2%, cemas berat 18%, panik 1,5%. Terdapat pula indeks kualitas tidur buruk 58,6% dan kualitas tidur baik 41,4%. Pada hubungan tingkat kecemasan terhadap kualitas tidur terdapat hubungan bermakna ($p= 0,003$) dengan arah dan kekuatan hubungannya positif sangat lemah ($r = 0,139$).

Kesimpulan : Terdapat hubungan bermakna antara tingkat kecemasan sebelum menghadapi OSCE terhadap kualitas tidur pada mahasiswa kedokteran Universitas Diponegoro.

Kata Kunci : *Kecemasan, kualitas tidur, mahasiswa kedokteran Universitas Diponegoro*

ABSTRACT

Background : Medical education is among the academic programs demanding an exceptionally high level of commitment and stress. Students pursuing medicine are required to undergo various examinations, one of which is the OSCE (Objective Structured Clinical Examination). The extensive workload, substantial responsibilities, and the lofty expectations they set for themselves to excel in this examination frequently lead to heightened anxiety. Consequently, this heightened anxiety often impairs their ability to get a good night's sleep. Previous research has demonstrated a noteworthy correlation between anxiety levels and the quality of sleep. However, it's worth noting that similar studies have not yet been conducted on students enrolled in the Medical Program at Diponegoro University.

Purpose : This study aim to assess the relationship between pre-osce anxiety levels and sleep quality among medical students at diponegoro university.

Method : An analytical observational study with a cross-sectional design was conducted. The study involved 133 students from batch 2020-2022 of the Medical Program at Diponegoro University, selected using the consecutive sampling method. The independent variable was the level of anxiety, which was assessed using the Zung Self-rating Anxiety Scale (ZSAS) questionnaire. The dependent variable was sleep quality, measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Covariates included age, gender, semester level, genetic factors, variations in sleep lighting, and physical conditions.

Results: Out of 133 participants in the study, 20.3% had mild anxiety, 60.2% had moderate anxiety, 18% had severe anxiety, and 1.5% had panic attacks. Additionally, 58.6% of people reported having poor sleep, compared to 41,4% of people who reported having good sleep. In the relationship between anxiety levels and sleep quality, there is a significant relationship ($p = 0.003$) with the direction and strength of the relationship being very weak and positive ($r = 0.139$).

Conclusion : There was a significant relationship between the level of anxiety and the sleep quality of medical students at Diponegoro University.

Keywords: *Anxiety, sleep quality, Diponegoro University medical students*