

ABSTRAK

Latar Belakang: Sebuah meta analisa menyebutkan bahwa prevalensi depresi pada mahasiswa kedokteran di amerika utara 26,8% - 30,3%. Di Indonesia, prevalensi ini sebesar 37,75%. Dalam penelitian di Nepal, ditemukan bahwa prevalensi *burnout* akademik pada mahasiswa kedokteran sebesar 48,8%. Di Indonesia, prevalensi ini sebesar 40,9% intensitas rendah, 30,1% sedang, dan 29,1% tinggi. Pentingnya penelitian mengenai depresi dan *burnout* akademik pada mahasiswa kedokteran, kejadian depresi akan meningkatkan risiko *burnout* akademik

Tujuan: Penelitian ini bertujuan untuk mencari hubungan depresi dengan *burnout* akademik pada mahasiswa kedokteran

Metode: Penelitian ini merupakan penelitian observasional analitik dengan desain penelitian cross-sectional. Subjek penelitian sebanyak 96 orang yang merupakan mahasiswa Angkatan 2020/2021 Program Studi Kedokteran Fakultas Kedokteran Universitas Diponegoro. Subjek didapatkan menggunakan metode simple random sampling. Tingkat depresi diukur menggunakan kuesioner Beck Depression Inventory-II (BDI-II) dan tingkat *burnout* akademik diukur menggunakan kuesioner Maslach Burnout Inventory-Student Survey (MBI-SS). Analisis data dilakukan uji korelasi Spearman dan Lambda dengan aplikasi SPSS.

Hasil: Data demografi mahasiswa ditemukan 79,2% perempuan dan 20,8% laki – laki. 68,8% tinggal sendiri, 27,1% tinggal bersama orang tua dan 4,2% tinggal bersama saudara. Terdapat hubungan depresi dengan *burnout* akademik dengan nilai $p = 0,001$ dan $r = 0,337$. 75 mahasiswa (78,1%) tidak mengalami depresi, 8 mahasiswa (8,3%) mengalami depresi ringan, 11 mahasiswa (11,5%) mengalami depresi sedang, dan 2 mahasiswa (2,1%) mengalami depresi berat. 37 mahasiswa (38,5%) mengalami *burnout* akademik rendah, 28 mahasiswa (29,2%) mengalami *burnout* akademik sedang dan 31 mahasiswa (32,3%) mengalami *burnout* akademik tinggi.

Kesimpulan: Terdapat hubungan depresi dengan *burnout* akademik

Kata Kunci: depresi; *burnout* akademik; mahasiswa kedokteran

ABSTRACT

Background: A meta-analysis states that the prevalence of depression in medical students in North America is 26.8% - 30.3%. In Indonesia, this prevalence is 37.75%. In research in Nepal, it was found that the prevalence of academic burnout among medical students was 48.8%. In Indonesia, this prevalence is 40.9% low intensity, 30.1% moderate, and 29.1% high. The importance of research regarding depression and academic burnout in medical students is because the incidence of depression will increase the risk of academic burnout

Objective: This study aims to find the relationship between depression and academic burnout in medical students

Method: This research is an analytical observational study with a cross-sectional research design. The subjects were 96 people who were students of the 2020/2021 class of the Medical Study Program, Faculty of Medicine, Diponegoro University. Subjects were obtained using a simple random sampling method. The level of depression was measured using the Beck Depression Inventory-II (BDI-II) questionnaire and the level of academic burnout was measured using the Maslach Burnout Inventory-Student Survey (MBI-SS) questionnaire. Data analysis was carried out using the Spearman and Lambda correlation test using the SPSS application.

Results: Student demographic data found 79.2% female and 20.8% male. 68.8% live alone, 27.1% live with their parents and 4.2% live with relatives. There is a relationship between depression and academic burnout with a value of $p = 0.001$ and $r = 0.337$. 75 students (78.1%) did not experience depression, 8 students (8.3%) experienced mild depression, 11 students (11.5%) experienced moderate depression, and 2 students (2.1%) experienced severe depression. 37 students (38.5%) experienced low academic burnout, 28 students (29.2%) experienced moderate academic burnout and 31 students (32.3%) experienced high academic burnout.

Conclusion: There is a relationship between depression and academic burnout

Keywords: depression; academic burnout; medical student