

## **Hubungan Tingkat Kebugaran Jasmani dengan Tingkat Stres pada Mahasiswa Perempuan Fakultas Kedokteran Universitas Diponegoro**

Izdihar Salsabila Haq<sup>1</sup>, Natalia Dewi Wardani<sup>2</sup>, Yuswo Supatmo<sup>3</sup>, Sumardi Widodo<sup>3</sup>

<sup>1</sup>Program Studi Kedokteran, Fakultas Kedokteran, Universitas Diponegoro

<sup>2</sup>Departemen Psikiatri, Fakultas Kedokteran, Universitas Diponegoro

<sup>3</sup>Departemen Fisiologi, Fakultas Kedokteran, Universitas Diponegoro

Jalan Prof. Mr. Sunario, Tembalang, Semarang 50275, Telephone: 02476928010

*Corresponding author:* Email: [Izdiharsalsabilahaq02@gmail.com](mailto:Izdiharsalsabilahaq02@gmail.com)

### **ABSTRAK**

**Latar belakang:** Mahasiswa kedokteran merupakan kelompok dengan tingkat stres tinggi akibat tuntutan akademik yang berat. Perempuan memiliki kerentanan lebih besar terhadap stres. Kebugaran jasmani berperan dalam regulasi respons stres melalui mekanisme neuroendokrin. **Tujuan:** Mengetahui hubungan kebugaran jasmani dengan tingkat stres pada mahasiswa perempuan Fakultas Kedokteran. **Metode:** Jenis penelitian observasional analitik dengan desain *cross sectional*. Penelitian dilakukan kepada mahasiswa perempuan Program Studi Kedokteran Angkatan 2022 Universitas Diponegoro. Sebanyak 33 mahasiswa yang termasuk kriteria inklusi diminta untuk mengisi lembar *informed consent* sebelum mengisi kuesioner. Tingkat kebugaran jasmani diukur menggunakan *Harvard Step Test* sedangkan tingkat stres diukur menggunakan PSS-10 (*Perceived Stress Scale-10*). Uji statistik yang digunakan adalah uji non parametrik yaitu uji Spearman's rho. **Hasil:** Sebanyak 39,4% responden mengalami stres ringan, 36,4% stres sedang, dan 24,2% stres berat. Tingkat kebugaran jasmani didominasi kategori sangat baik (39,4%) dan baik (27,3%). Terdapat hubungan signifikan antara kebugaran jasmani dan tingkat stres ( $r = 0,433$ ;  $p = 0,012$ ). **Kesimpulan:** Terdapat hubungan signifikan antara tingkat kebugaran jasmani dan tingkat stres pada mahasiswa perempuan Fakultas Kedokteran Angkatan 2022 Universitas Diponegoro.

**Kata Kunci:** kebugaran jasmani, stres, mahasiswa kedokteran, perempuan.

## ABSTRACT

**Background:** The growing popularity of short-form videos has led to a significant increase in their usage, contributing to broader shift in digital behavior. This behavioral change may have negative emotional consequences such as an increased experience of anxiety especially among college students.

**Aim:** To understand the relationship between physical fitness levels and stress levels among female medical students in the Faculty of Medicine Universitas Diponegoro.

**Methods:** This study used an observational analytical cross-sectional design that involved 33 female medical students in the Faculty of Medicine Universitas Diponegoro, class of 2022 who met the inclusion criteria. The respondent was asked to fill the informed consent form before proceeding to the questionnaire. Stress levels was assessed using the Perceived Stress Scale-10 (PSS-10) while the physical fitness was assessed using the Harvard Step Test. The Relationship between variables was analyzed using Spearman Rank Correlation.

**Results:** A total of 39.4% of respondents experienced mild stress, 36.4% moderate stress, and 24.2% severe stress. Physical fitness levels were predominantly categorized as very good (39.4%) and good (27.3%). There were a significant relationship between physical fitness level and stress level with a p-value 0,012 ( $p < 0,05$ ) and correlation coefficient of 0.433 that showed a moderate relationship.

**Conclusions:** There is a significant relationship between physical fitness level and stress level.

**Keywords:** Physical fitness, stress, medical student, woman.