

**PERBANDINGAN EFEK MENDENGARKAN MUSIK DAN MEM-
BACA ARTIKEL TERHADAP PENURUNAN TINGKAT STRES
PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS
PEMBANGUNAN VETERAN JAKARTA**

Yaumil Ryan Taruna Angkasa

Abstrak

Prevalensi stres pada mahasiswa kedokteran berkisar 48,4%. Seseorang yang mengalami situasi atau kondisi yang menimbulkan stres akan berusaha untuk mengatasinya misalnya mendengarkan musik atau membaca artikel yang disukai. Mendengarkan musik ini dan membaca dinilai dapat menimbulkan efek relaksasi bagi tubuh. Penelitian dilakukan untuk mengetahui perbandingan efek mendengarkan musik dan membaca artikel terhadap penurunan tingkat stres pada mahasiswa fakultas kedokteran. Penelitian menggunakan *Randomize Control Group Pre-Test Post-Test Design*. Subjek penelitian ini adalah mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta yang memenuhi kriteria penelitian. Pengambilan sampel dilakukan dengan teknik *simple random sampling*. Sebanyak 86 subjek berpartisipasi dalam penelitian, tingkat stres diukur menggunakan kuesioner *Perceived Stress Scale-10* (PSS-10). Musik yang digunakan adalah Adante Sostenuto From The Violin Sonata In C Major, K. 296, dan Adantino from the Concerto for Flute and Harp in C Major, K. 299 karya Mozart. Artikel dipilih sendiri oleh subjek sesuai hobinya. Intervensi mendengarkan musik atau membaca diberikan selama 25 menit. Hasil uji Wilcoxon menunjukkan bahwa terdapat pengaruh mendengarkan musik terhadap tingkat stres ($p = 0,000$) tetapi tidak ditemukan pengaruh membaca artikel terhadap tingkat stres ($p = 0,083$).

Kata Kunci: Tingkat stres, Efek musik, Efek membaca artikel

COMPARISON OF THE EFFECTS OF LISTENING TO MUSIC AND READING ARTICLES ON THE REDUCTION OF STRESS LEVEL IN FACULTY OF MEDICINE STUDENTS OF VETERAN DEVELOPMENT UNIVERSITY OF JAKARTA

Yaumil Ryan Taruna Angkasa

Abstract

The prevalence of stress among medical students is around 48.4%. Someone who experiences situations or conditions that cause stress will try to overcome them, such as listening to music or reading articles that they like. Listening to this music and reading is considered to have a relaxing effect on the body. The study was conducted to determine the comparison of listening to music and reading articles on reducing stress levels in medical faculty students. This study used a Randomize Control Group Pre-Test Post-Test Design. The subjects of this study were students of the Faculty of Medicine, Jakarta Veteran National Development University, who met the research criteria. Sampling was done by simple random sampling technique. A total of 86 subjects participated in the study, the level of stress was measured using the Perceived Stress Scale-10 (PSS-10) questionnaire. The music used is Adante Sostenuto From The Violin Sonata In C Major, K. 296, and Adantino from the Concerto for Flute and Harp in C Major, K. 299 by Mozart. The subject hand-picks articles according to their hobbies. A listening or reading intervention was given for 25 minutes. The Wil-Coxon test results showed that there was an effect of listening to music on stress levels ($p = 0.000$), but there was no effect of reading articles on stress levels ($p = 0.083$).

Keywords: Stress level, Music effect, Article reading effect