

**FAKTOR-FAKTOR YANG MEMPENGARUHI GANGGUAN MENTAL
EMOSIONAL PADA MAHASISWA KEDOKTERAN DI FK UPN VETERAN
JAKARTA TAHUN 2020**

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Abstrak

Kecemasan, depresi, dan gejala somatis merupakan area gangguan mental emosional. Mahasiswa mengalami gangguan emosional dengan prevalensi yang lebih tinggi dibanding populasi umum. Penelitian ini memiliki tujuan agar dapat mengetahui faktor-faktor yang mempengaruhi gangguan mental emosional pada mahasiswa kedokteran di FK UPN Veteran Jakarta Tahun 2020. Penelitian ini menggunakan studi *cross-sectional* pada mahasiswa di UPN Veteran Jakarta pada tahun 2020 tahun mauk 2017-2019. Sampel diambil menggunakan *proportional stratified sampling*. Kuesioner terdiri atas data diri, APGAR keluarga, *adverse childhood experiences (ACE)*, dan *self-reporting questionnaire (SRQ-20)*. Hasil penelitian dari 138 responden menunjukkan prevalensi gangguan mental emosional dan pengalaman buruk masa kecil sebesar 36,2% dan sebesar 55,1% mahasiswa berasal dari keluarga dengan disfungsi. Pada analisis multivariat, faktor yang signifikan mempengaruhi gangguan mental emosional meliputi jenis kelamin (OR=12,059, 95%CI), pengalaman buruk masa kecil (OR=3,080, 95%CI), fungsi keluarga (OR=2,733, 95%CI), dan struktur keluarga (OR=0,290, 95%CI). Jenis kelamin, pengalaman buruk masa kecil, disfungsi keluarga, dan struktur keluarga selain nuklear dapat meningkatkan risiko gangguan mental emosional.

Kata Kunci: Gangguan mental emosional, Pengalaman buruk masa kecil, dan Fungsi keluarga

**FACTORS ASSOCIATED WITH MENTAL DISTRESS AMONG STUDENTS OF
UNIVERSITAS PEMBANGUNAN VETERAN JAKARTA FACULTY OF MEDICINE**

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Abstract

Mental distress is a public health problem which refers to common mental disorders such as anxiety, depression, and somatic symptoms. It is reported that university students tend to have higher levels of mental distress compared to the general population, especially medical students because they experience high levels of stress compared to other majors. This study aimed to determine the prevalence of mental distress and its associated factors. A cross-sectional study was conducted among preclinical medical students at UPN Veteran Jakarta in June 2020. This study used proportional stratified sampling to complete questionnaires including demographic characteristics, adverse childhood experiences (ACE), family APGAR, and self-reporting questionnaire (SRQ-20). Among 138 participants, 36,2% had at least 1 or more ACEs, 55,1% of students came from a family with dysfunction, and 36,2% experienced mental distress. In multivariable regression model, factors significantly associated with mental distress are gender (OR=12,059, 95%CI), adverse childhood experiences (OR=3,080, 95%CI), family function (OR=2,733, 95%CI), and family structure (OR=0,290, 95%CI). Women, the presence of adverse childhood experiences, family with dysfunction, and non-intact family structure are more likely to have mental distress. This study recommends counselling and awareness to build a healthy family environment.

Keywords: Mental distress, Adverse childhood experiences, and Family function