

**FACULTY OF MEDICINE AND HEALTH SCIENCES  
MUHAMMADIYAH UNIVERSITY OF MAKASSAR**

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**“DESCRIPTION OF THE INCIDENCE OF DEPRESSION, ANXIETY AND STRESS AND THEIR RELATIONSHIP TO ACADEMIC ACHIEVEMENT OF STUDENTS FROM THE FACULTY OF MEDICINE IN MUHAMMADIYAH UNIVERSITY OF MAKASSAR CLASS OF 2021”**

**ABSTRACT**

**Background** : WHO (2019) reports that 970 million people worldwide suffer from mental disorders or 1 in 8 people suffer from anxiety and depression. RISKESDAS data (2018) shows that the number of emotional mental disorders in Indonesia is 9.8%, in South Sulawesi province it is 12.83%. Students have the potential to experience depression, anxiety and stress which can cause psychological pressure and thus impact their academic performance.

**Research objective** : To find out the description of the incidence of depression, anxiety and stress and their relationship to the academic achievement of students at the Faculty of Medicine, Muhammadiyah University of Makassar class of 2021.

**Method** : Descriptive Analytical research design using the Cross Sectional method and then carrying out the Chi-square test. The sample for this research 122 samples.

**Results** : The incidence of depression was 32.9%, anxiety was 50% and stress was 29.5%. From the results of statistical tests on the relationship between depression and academic achievement, the value of  $p = 0.066$  ( $p > 0.05$ ), the relationship between anxiety and academic achievement was obtained by the value of  $p = 1.000$  ( $p > 0.05$ ), the relationship between stress and academic achievement was obtained by the value of  $p = 0.756$  ( $p > 0.05$ ).

**Conclusion** : The levels of depression, anxiety and stress that are most commonly are mild depression, moderate anxiety and mild stress and there is no relationship between depression, anxiety and stress on the academic achievement of students at the Faculty of Medicine, Muhammadiyah University of Makassar class of 2021.

**Keywords** : Depression, anxiety, stress, academic achievement

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
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**“GAMBARAN KEJADIAN DEPRESI, KECEMASAN DAN STRES SERTA HUBUNGANNYA TERHADAP PRESTASI AKADEMIK MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS MUHAMMADIYAH MAKASSAR ANGKATAN 2021”**

**ABSTRAK**

**Latar Belakang :** WHO (2019) melaporkan terdapat 970 juta orang diseluruh dunia mengalami gangguan mental atau 1 dari 8 orang dengan gangguan kecemasan dan depresi. Data RISKESDAS (2018) angka gangguan mental emosional di Indonesia sebanyak 9,8%, pada provinsi Sulawesi Selatan sebanyak 12,83%. Mahasiswa berpotensi mengalami depresi, kecemasan dan stres yang menimbulkan tekanan psikologis sehingga berdampak pada prestasi akademik mereka.

**Tujuan Penelitian :** Untuk mengetahui gambaran kejadian depresi, kecemasan dan stres serta hubungannya terhadap prestasi akademik mahasiswa fakultas kedokteran universitas muhammadiyah makassar angkatan 2021.

**Metode :** Desain penelitian *Deskriptif Analitik* dengan metode *Cross Sectional* lalu dilakukan uji *Chi-square*. Sampel penelitian ini berjumlah 122 sampel.

**Hasil :** Didapatkan kejadian depresi sebanyak 32,9%, kecemasan sebanyak 50% dan stres sebanyak 29,5%. Dari hasil uji statistik hubungan depresi terhadap prestasi akademik didapatkan nilai  $p = 0,066$  ( $p > 0,05$ ), hubungan antara kecemasan terhadap prestasi akademik didapatkan nilai  $p = 1,000$  ( $p > 0,05$ ), hubungan antara stres terhadap prestasi akademik didapatkan nilai  $p = 0,756$  ( $p > 0,05$ ).

**Kesimpulan :** Tingkat depresi, kecemasan dan stres yang paling banyak di alami yaitu depresi derajat ringan, kecemasan derajat sedang, dan stres derajat ringan serta tidak terdapat hubungan antara depresi, kecemasan dan stres terhadap prestasi akademik mahasiswa fakultas kedokteran universitas muhammadiyah Makassar angkatan 2021

**Kata Kunci :** Depresi, kecemasan, stres, prestasi akademik