

**FACULTY OF MEDICINE AND HEALTH SCIENCES
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**“THE DEGREE OF STRESS FOR NEW STUDENTS OF THE FACULTY OF
MEDICINE AND HEALTH SCIENCES, MUHAMMADIYAH UNIVERSITY OF
MAKASSAR, BATCH 2020 IN TERMS OF THEIR LEVEL OF ADJUSTMENT TO
ACADEMIC DEMANDS”**

(xv + 85 Pages + 9 Tables + 4 Pictures + 3 Attachments)

ABSTRACT

Background : 74.2 percent of first-year medical students experienced stress. In developing new relationships, self-adjustment is very important and needed by the first-year students.

Objective : This study aims to determine the relationship between the stress level of medical and health science students at the Muhammadiyah University Makassar, class of 2020 with adjustments to academic demands.

Methods : This is an observational analytic study with a cross sectional design (. The population in this study were all new students of the Faculty of Medicine and Health Sciences, Muhammadiyah University Makassar, batch 2020. The sample in this study was 54 people.

Results : Most students aged 18 years experienced a high degree of stress (65.4%) and poor adjustment (65.7%). The majority of students who were female experienced a high degree of stress (77.8%) and had poor self-adjustment (70.1%). There were 57 (70.4%) students who had poor self-adjustment experienced a high degree of stress. Based on the chi-square test with α 0.05, a significant relationship was found between the level of adjustment and the degree of stress with p value = 0.001 ($p < 0.05$).

Conclusions : Most students who are 18 years old and female sex experience a high degree of stress, and poor adjustment. There is a significant relationship between the level of adjustment and the degree of stress.

Keywords: *Degree of Stress, Self-Adjustment, Medical Students*