

# Peran Resiliensi sebagai Mediator antara Kebersyukuran dan Stres pada Mahasiswa Pendidikan Profesi Kedokteran yang Menjalani Praktik selama Pandemi Covid-19

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## **Abstract**

*The current Covid-19 pandemic has determined and added the load of lecture and increased the risk of stress towards the students of Medical Professional Education. There is a need for an effort to prevent and decrease the stress of these students by reviewing the protective factors of the stress. Gratitude and resilience are known to be the factors to prevent the stress. **Objective:** This study aimed to test the roles of resilience as the mediator between gratitude and stress among the students of medical professional education during Covid-19 pandemic. **Method:** 264 students of medical professional education (68 males and 196 females) undergoing the practice during Covid-19 pandemic were involved in this research by filling in the Psychological Measures of Islamic Gratitude (PMIG), Connor-Davidson Resilience Scale-10 (CR-RISC-10), and Depression Anxiety Stress Scale (DASS)-Stress Scale online. **Results:** the analysis of mediation conducted showed that resilience overall acted as a partial mediator to the students of medical professional education ( $E = -0.168$ ,  $p < 0.001$ , 95% CI = [-0.233, -0.102]) and female students of medical professional education ( $E = -0.144$ ,  $p < 0.001$ , 95% CI = [-0.217, -0.070]). However, resilience acted as a full mediator for the male students ( $E = -0.231$ ,  $p < 0.05$ , 95% CI = [-0.386, -0.076]). This research also showed that the stress level of students in medical professional education decreased based on sex and the location of the implementation of medical professional education. The results of this research had an implication related to the improvement of mental health of the students undergoing the practice during Covid-19 pandemic.*

**Keywords:** *Gratitude, Resilience, Stress, Students of Medical Professional Education, Covid-19*

## **Abstrak**

Pandemi Covid-19 yang terjadi saat ini turut mempengaruhi, menambah beban perkuliahan, dan meningkatkan risiko terjadinya stres pada mahasiswa pendidikan profesi kedokteran (koas). Perlu adanya upaya untuk mencegah dan menurunkan stres pada mahasiswa koas dengan meninjau faktor-faktor protektif dari stres. Kebersyukuran dan resiliensi diketahui menjadi faktor pencegah terjadinya stres. **Tujuan:** Penelitian ini bertujuan untuk menguji peran resiliensi sebagai mediator antara kebersyukuran dan stres pada mahasiswa koas di masa pandemi Covid-19. **Metode:** Sebanyak 264 mahasiswa koas (68 laki-laki, 196 perempuan) yang menjalani praktik di masa pandemi Covid-19 terlibat dalam penelitian ini dengan mengisi *Psychological Measures of Islamic Gratitude* (PMIG), *Connor-Davidson Resilience Scale-10* (CR-RISC-10), dan *Depression Anxiety Stress Scale* (DASS)-*Stress Scale* secara daring. **Hasil:** Analisis mediasi yang dilakukan menunjukkan bahwa resiliensi berperan sebagai mediator parsial pada mahasiswa koas secara umum ( $E = -0.168$ ,  $p < 0.001$ , 95% CI = [-0.233, -0.102]) dan mahasiswa koas berjenis kelamin perempuan ( $E = -0.144$ ,  $p < 0.001$ , 95% CI = [-0.217, -0.070]), akan tetapi berperan sebagai mediator penuh pada mahasiswa koas berjenis kelamin laki-laki ( $E = -0.231$ ,  $p < 0.05$ , 95% CI =

[-0.386, -0.076]). Penelitian ini juga menunjukkan bahwa tingkat stres pada mahasiswa koas turut dipengaruhi oleh jenis kelamin dan lokasi pelaksanaan koas. Hasil penelitian ini memiliki implikasi terkait peningkatan kesehatan mental mahasiswa koas di masa pandemi Covid-19.

**Kata kunci:** Kebersyukuran, Resiliensi, Stres, Mahasiswa Pendidikan Profesi Kedokteran, Covid-19