

## ABSTRACT

### THE RELATIONSHIP OF PHYSICAL ACTIVITY WITH ACADEMIC STRESS LEVELS IN LAMPUNG UNIVERSITY FACULTY OF MEDICINE STUDENTS

By

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**Background :** Academic stress level was stress caused by the academic process and is often found in the medical student population. Physical activity was something that is commonly done by all students. Previous research has shown that physical activity can influence human stress levels. The aim of this research was to determine the relationship between physical activity and academic stress levels in students at the Faculty of Medicine, University of Lampung.

**Research Method:** This research was an observational analytical research with a cross sectional approach. The research tool used physical activity questionnaires and academic stress levels, namely the International Physical Activity Questionnaire and the Medical Student Stress Questionnaire. Samples were taken using a total sampling technique with a total sample of 147 students from the class of 2020 at the Faculty of Medicine, University of Lampung. The research was conducted in January 2024. Data analysis was carried out using the chi-square test with the kruskal-wallis alternative test.

**Research Results:** Results from a study of 147 participants, in univariate analysis it was found that light physical activity was 70 people (47.6%), moderate was 58 people (39.5%), and heavy physical activity was 19 people (12.9%). There were 6 people (4.1%) with mild stress, 59 people with moderate stress (40.1%), 67 people with severe stress (45.6%) and 15 people with very severe stress (10.2%). In the bivariate analysis, it was obtained ( $p$  value = 0.902), which means there is no relationship between physical activity and academic stress levels.

**Conclusion:** There was no significant relationship between physical activity and the level of academic stress of students at the Faculty of Medicine, University of Lampung.

**Keywords:** physical activity, medical students, academic stress level.

## ABSTRAK

### HUBUNGAN AKTIVITAS FISIK DENGAN TINGKAT STRES AKADEMIK PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

Oleh

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**Latar Belakang :** Tingkat Stres Akademik merupakan stres yang diakibatkan oleh proses akademik dan banyak dijumpai pada populasi mahasiswa kedokteran. Aktivitas fisik merupakan hal yang umum dilakukan oleh seluruh mahasiswa. Penelitian sebelumnya telah menunjukkan bahwa aktivitas fisik bisa mempengaruhi tingkat stres manusia. Tujuan dari penelitian ini adalah untuk mengetahui hubungan aktivitas fisik dengan tingkat stres akademik pada mahasiswa Fakultas Kedokteran Universitas Lampung.

**Metode Penelitian :** Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional*. Alat penelitian menggunakan kuisioner aktivitas fisik dan tingkat stres akademik yaitu *International Physical Activity Questionnaire* dan *Medical Student Stress Questionnaire*. Sampel diambil dengan teknik total sampling dengan jumlah sampel sebanyak 147 orang mahasiswa angkatan 2020 pada Fakultas Kedokteran Universitas Lampung. Penelitian dilakukan pada bulan Januari 2024. Analisis data dilakukan dengan uji *chi-square* dengan uji alternatif *kruskal-wallis*.

**Hasil Penelitian :** Hasil dari Penelitian 147 peserta, pada analisis univariat didapatkan aktivitas fisik ringan sebanyak 70 orang (47,6%), sedang sebanyak 58 orang (39,5), dan berat sebanyak 19 orang (12,9%). Stres ringan sebanyak 6 orang (4,1%), stres sedang sebanyak 59 orang (40,1%), stres berat sebanyak 67 orang (45,6%) dan stres sangat berat sebanyak 15 orang (10,2%). Pada analisis bivariat di dapatkan (*p value* =0,902) yang berarti tidak ada hubungan aktivitas fisik dengan tingkat stres akademik.

**Kesimpulan :** Tidak ada hubungan yang bermakna aktivitas fisik dengan tingkat stres akademik mahasiswa Fakultas Kedokteran Universitas Lampung.

**Kata kunci:** aktivitas fisik, mahasiswa kedokteran, tingkat stres akademik.