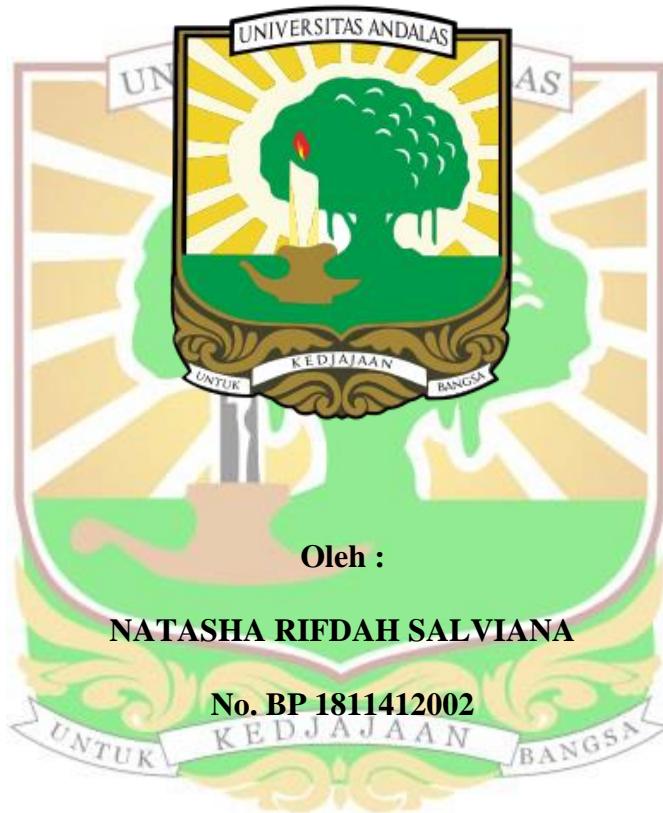


SKRIPSI

HUBUNGAN TINGKAT STRES TERHADAP KEBIASAAN BRUXISM PADA MAHASISWA PREKLINIK FAKULTAS KEDOKTERAN GIGI UNIVERSITAS ANDALAS



**FAKULTAS KEDOKTERAN GIGI
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**Hubungan Tingkat Stres Terhadap Kebiasaan *Bruxism* pada Mahasiswa
Preklinik Fakultas Kedokteran Gigi Universitas Andalas**

Oleh: Natasha Rifdah Salviana

ABSTRAK

Latar Belakang: Stres adalah reaksi terhadap perubahan kondisi yang membutuhkan adaptasi tubuh. Mahasiswa memiliki tingkat stres yang tinggi daripada masyarakat umum. Stres yang tidak dapat dikendalikan akan memberikan respon negatif bagi fisik, salah satunya dapat menimbulkan kebiasaan *bruxism*. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres terhadap kebiasaan *bruxism* pada mahasiswa preklinik Fakultas Kedokteran Gigi Universitas Andalas. **Metode Penelitian:** Jenis penelitian yang digunakan adalah analitik observasional dengan pendekatan *cross-sectional study*. Sampel penelitian dipilih 84 orang dengan menggunakan teknik *proportionate stratified random sampling*. Pengukuran tingkat stres dilakukan menggunakan kuesioner *Modified Dental Environment Stress*, sedangkan penegakkan diagnosis *bruxism* menggunakan kuesioner *self reported awake and sleep bruxism* adaptasi dari *Quisionnaire for Detection of Bruxism* oleh *American Academy of Sleep Medicine (2005)*. **Hasil Penelitian:** Hasil penelitian menunjukkan bahwa responden tidak mengalami stres sebanyak 5 orang (6%), stres ringan 42 orang (50%), stres sedang sebanyak 33 orang (39,3%), dan stres berat sebanyak 4 orang (4,8%). Sebanyak 50 orang (59,5%) responden memiliki kebiasaan *bruxism*. Hasil uji statistik *Chi-square* didapatkan nilai $p=0,014$ ($p<0,05$) yang berarti terdapat hubungan bermakna antara stres dengan kebiasaan *bruxism*. **Kesimpulan:** Terdapat hubungan antara tingkat stres dan kebiasaan *bruxism* pada mahasiswa preklinik Fakultas Kedokteran Gigi Universitas Andalas.

Kata Kunci: Tingkat Stres, *Bruxism*, *Modified Dental Environment stress*, Mahasiswa.

The Relationship Between Stress Levels with Bruxism Habits in Undergraduate Students of the Faculty of Dentistry Andalas University

By: Natasha Rifdah Salviana

ABSTRACT

Background: Stress is a reaction to changing conditions that require adaptation of the body. College students have higher stress levels than the general population. Uncontrolled stress will give negative responses to the physical that can trigger the habit of bruxism. **Objective:** The study aims to determine the relationship between stress levels with bruxism habits in undergraduate students of the Faculty of Dentistry Andalas University. **Research Methods:** This study was an observational analytic with a cross-sectional study. 84 people were selected using proportionate stratified random sampling technique to be the respondent sample. The measurement of stress levels was carried out using Modified Dental Environment Stress questionnaire, while the diagnosis of bruxism habits was made using Self-Reported Awake and Sleep Bruxism questionnaire adapted from the Questionnaire for Detection of Bruxism by the American Academy of Sleep Medicine (2005). **Results:** The results showed that 5 respondents (6%) didn't have stress, 42 respondents (50%) had mild stress, 33 respondents (39,3%) had moderate stress, and 4 respondents (4,8%) had severe stress. The prevalence of bruxism was 59,5%. Statistical chi-square test result obtained $p=0,014$ ($p<0,005$) which means there was a significant relationship between stress levels and bruxism. **Conclusion:** There is a relationship between stress levels with bruxism habits in undergraduate students of The Faculty of Dentistry Andalas University.

Keywords: Stress Levels, Bruxism, modified Dental Environment Stress, Undergraduate Students.