

**HUBUNGAN STRES AKADEMIK DAN NON AKADEMIK
DENGAN PERILAKU *SELF-HARM* PADA MAHASISWA
PREKLINIK FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS**



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Skripsi

**Diajukan ke Fakultas Kedokteran Universitas Andalas sebagai
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Gelar Sarjana Kedokteran**

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ABSTRACT

THE ASSOCIATION BETWEEN ACADEMIC AND NON-ACADEMIC STRESS AND SELF-HARM BEHAVIOR AMONG PRECLINICAL MEDICAL STUDENTS AT THE FACULTY OF MEDICINE OF ANDALAS UNIVERSITY

By

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Medical students (25.1%) experience higher levels of stress compared to students in other fields (19.7%). This study aims to assess whether stress levels originating from academic and non-academic factors are associated with the tendency toward self-harm behavior among medical students.

This study is a study with cross-sectional design. The sample consisted of 288 preclinical students from the Faculty of Medicine, Universitas Andalas (cohorts of 2022, 2023, and 2024), selected using proportionate stratified random sampling. The study was conducted from February 2025 to February 2026 at the Faculty of Medicine, Universitas Andalas. Data were collected using the Medical Student Stressor Questionnaire (MSSQ) and the Indonesian version of the Self-Harm Inventory (SHI). Data analysis was performed using univariate, bivariate (Chi-square test), and multivariate (regression analysis).

Academic stress was predominantly in the moderate category (53.8%); mild stress among students from outside West Sumatra (56.5%) and living in boarding houses (87%); moderate stress among aged 20–21 years (63.9%); severe stress among females (76.4%); and very severe stress found in cohort of 2024 (66.7%). Non-academic stress was also predominantly moderate (53.1%); mild stress among aged 20–21 years (70.9%), living in boarding houses (74.5%), and cohort of 2023 (47.3%); severe stress among females (76.9%) and from West Sumatra (56.4%). Self-harm behavior found among aged 20–21 years (65.9%), females (68.3%), from outside West Sumatra (53.7%), living in boarding houses (70.7%), and cohort of 2023 (36.6%). The most common form of self-harm was self-directed psychological harm through negative self-thinking (16.5%). Chi-square test showed a significant association between academic stress ($p = 0.000$) and non-academic stress ($p = 0.001$) and self-harm behavior. High academic stress increased the risk of self-harm behavior by 2.6 times.

The conclusion of this study indicates that higher levels of academic stress are associated with an increased tendency toward self-harm behavior.

Keywords: *medical students, academic stress, non-academic stress, self-harm.*

ABSTRAK

HUBUNGAN STRES AKADEMIK DAN NON AKADEMIK DENGAN PERILAKU *SELF-HARM* PADA MAHASISWA PREKLINIK FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS

Oleh

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Mahasiswa kedokteran (25,1%) mengalami stres yang lebih tinggi dibandingkan mahasiswa jurusan lain (19,7%). Penelitian ini bertujuan menilai apakah tingkat stres yang berasal dari faktor akademik dan non-akademik berhubungan dengan kecenderungan perilaku *self-harm* pada mahasiswa kedokteran.

Penelitian ini merupakan penelitian analitik dengan desain *cross-sectional*. Sampel berjumlah 288 mahasiswa preklinik FK UNAND angkatan 2022, 2023, dan 2024 yang dipilih dengan teknik *proportionate stratified random sampling*. Penelitian dilakukan pada Februari 2025 hingga Februari 2026 di FK UNAND. Data diambil menggunakan kuesioner *Medical Student Stressor Questionnaire* (MSSQ) dan *Self-Harm Inventory* (SHI) versi Bahasa Indonesia. Analisis data dilakukan secara univariat, bivariat (uji *Chi-Square*) dan multivariat (uji regresi).

Stres akademik didominasi kategori sedang (53,8%); ringan pada daerah asal luar Sumatra Barat (56,5%) dan indekos (87%); sedang pada usia 20-21 tahun (63,9%); berat pada perempuan (76,4%); sangat berat pada angkatan 2024 (66,7%). Stres non akademik didominasi kategori sedang (53,1%); ringan pada usia 20-21 tahun (70,9%), indekos (74,5%) dan angkatan 2023 (47,3%); berat pada perempuan (76,9%) dan daerah asal Sumatra Barat (56,4%). Perilaku *self-harm* terdapat pada usia 20-21 tahun (65,9%), perempuan (68,3%), daerah asal luar Sumatra Barat (53,7%), indekos (70,7%), dan angkatan 2023 (36,6%). Bentuk perilaku *self-harm* yang terbanyak dilakukan adalah menyiksa diri melalui pemikiran yang tidak memihak diri sendiri (16,5%). Uji *Chi-Square* menunjukkan adanya hubungan antara stres akademik ($p = 0,000$) dan non-akademik ($p = 0,001$) dengan perilaku *self-harm*. Stres akademik yang tinggi berisiko 2,6 kali mengalami perilaku *self-harm*.

Kesimpulan penelitian ini menunjukkan bahwa semakin tinggi tingkat stres akademik, maka semakin meningkat pula kecenderungan perilaku *self-harm*.

Kata kunci : mahasiswa kedokteran, stres akademik, stres non-akademik, *self-harm*