

MAHASISWA PREKLINIK FAKULTAS KEDOKTERAN GIGI MENGALAMI STRES TINGKAT SEDANG DAN HYPOSALIVASI

Imelda Budi Suryani *, Rochman Mujayanto **, Erna Dwi Agustin **

* Mahasiswa Fakultas Kedokteran Gigi Universitas Islam Sultan Agung Semarang

** Dosen Fakultas Kedokteran Gigi Universitas Islam Sultan Agung Semarang

Corresponding authors: **Imelda Budi Suryani**, Mahasiswa Fakultas Kedokteran Gigi Universitas Islam Sultan Agung, Jln. Kaligawe KM 4 Semarang 50012 ph. (024) 6583584 fax. (024) 6594366. imeldabudisuryani@std.unissula.ac.id

ABSTRAK

Pendahuluan : Stres merupakan respon tubuh seseorang ketika mengalami beban pekerjaan yang mempengaruhi gangguan fungsional tubuh. Stres mahasiswa terjadi karena tuntutan eksternal dan tuntutan internal. Stres menyebabkan penurunan aliran saliva dan xerostomia

Tujuan : Mengetahui hubungan stres terhadap volume saliva pada mahasiswa preklinik Fakultas Kedokteran Gigi.:

Metode & Hasil Penelitian : Penelitian analitik yang dilakukan pada mahasiswa preklinik Fakultas Islam Sultan Agung Semarang sebanyak 70 mahasiswa. Tingkat stres dihitung menggunakan kuesioner Miller & Smith, kemudian dilakukan penghitungan volume saliva menggunakan gelas ukur. Hubungan stres terhadap volume saliva dianalisis dengan uji spearman. Hasil penelitian menunjukkan terdapat hubungan stres terhadap volume saliva yang bermakna ($p < 0,05$)

Diskusi :

Kesimpulan : Stres mempengaruhi volume saliva pada mahasiswa preklinik Fakultas Kedokteran Gigi.

Kata kunci: Stres, Volume Saliva, Mahasiswa Preklinik.

ABSTRACT

Stress is a human's body response whenever experiencing working load that impacted on functional human's body disruption. There are two demands that influence student's level of stress, external claims and based on themselves claims. External claims are originally from examinations, assignments, assessments and commitments of study. Meanwhile based on themselves claims are from their own capability to interpret what lectures they're faced on. Stress can decrease the salivary flow rate and leads to xerostomia. The purpose of this study is to acknowledge the correlation between stress and volume of saliva from preclinical students of Dentistry of Sultan Agung's University.

This analitical study was conducted on 70 preclinical students of dentistry of Sultan Agung's University. The stress level was measured using Miller & Smith questionnaire, and after collecting, the saliva was measured on measuring cups. The correlation between stress and volume of saliva were analyzed by using the Spearman's Rank Correlation Test.

Statistically significant associations were revealed on this study ($p < 0,05$)

Conclusion: stress can influences the volume of saliva of preclinical students of dentistry of Sultan Agung's University.

Keywords: *Stress, Volume of Saliva, Preclinical Students*