

ABSTRAK

Judul : Hubungan Tingkat Stres, Kualitas Tidur Dan Karakteristik Peserta Osce Terhadap Ph Saliva Mahasiswa/I Fakultas Kedokteran Universitas Prima Indonesia Saat Osce
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Objective Structured Clinical Examination (OSCE) merupakan salah satu bentuk evaluasi akademik yang dapat menimbulkan stres dan gangguan kualitas tidur pada mahasiswa kedokteran. Kondisi tersebut diduga memengaruhi pH saliva sebagai biomarker fisiologis non-invasif. Penelitian ini bertujuan menganalisis hubungan tingkat stres, kualitas tidur, dan karakteristik peserta OSCE terhadap pH saliva mahasiswa/i Fakultas Kedokteran Universitas Prima Indonesia saat OSCE.

Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross-sectional. Sampel penelitian berjumlah 218 mahasiswa yang dipilih menggunakan teknik stratified random sampling. Tingkat stres diukur menggunakan DASS-21, kualitas tidur menggunakan PSQI, dan pH saliva diukur menggunakan kertas indikator pH saliva. Analisis data dilakukan menggunakan uji Spearman, Mann-Whitney, dan Kruskal-Wallis dengan tingkat kepercayaan 95% ($\alpha=0,05$).

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pH saliva netral (74,8%), kualitas tidur buruk (85,8%), dan mengalami stres pada berbagai tingkat (59,2%). Terdapat hubungan yang signifikan antara tingkat stres dengan pH saliva ($p=0,006$) serta status tempat tinggal dengan pH saliva ($p=0,022$). Sementara itu, kualitas tidur, jenis kelamin, usia, dan tingkat semester tidak menunjukkan hubungan yang signifikan dengan pH saliva.

Disimpulkan bahwa tingkat stres dan status tempat tinggal berhubungan dengan pH saliva mahasiswa saat OSCE. Penelitian selanjutnya disarankan mempertimbangkan faktor lain yang dapat memengaruhi pH saliva, seperti pola makan, status hidrasi, dan kondisi kesehatan rongga mulut.

Kata Kunci: stres, kualitas tidur, pH saliva, OSCE, mahasiswa kedokteran.

ABSTRACT

Title : *Relationship Between Stress Level, Sleep Quality And Characteristics Of Osce Participants With The Saliva Ph Of Students Of The Faculty Of Medicine, Prima Indonesia University During The Osce*

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The Objective Structured Clinical Examination (OSCE) is an academic assessment method that may induce stress and sleep disturbances among medical students. These conditions are presumed to affect salivary pH, a non-invasive physiological biomarker. This study aimed to analyze the relationship between stress levels, sleep quality, and OSCE participant characteristics and salivary pH among students of the Faculty of Medicine, Universitas Prima Indonesia during the OSCE.

This study employed an observational analytic design with a cross-sectional approach. A total of 218 students were selected using stratified random sampling. Stress levels were measured using the Depression Anxiety Stress Scales-21 (DASS-21), sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and salivary pH was measured using salivary pH indicator strips. Data were analyzed using Spearman, Mann–Whitney, and Kruskal–Wallis tests with a 95% confidence level ($\alpha = 0.05$).

The results showed that most respondents had neutral salivary pH (74.8%), poor sleep quality (85.8%), and experienced varying levels of stress (59.2%). A significant relationship was found between stress level and salivary pH ($p = 0.006$), as well as between living status and salivary pH ($p = 0.022$). However, sleep quality, gender, age, and semester level were not significantly associated with salivary pH.

In conclusion, stress level and living status were associated with salivary pH among students during the OSCE. Future studies are recommended to consider other factors that may influence salivary pH, such as dietary habits, hydration status, and oral health conditions.

Keywords: *stress, sleep quality, salivary pH, OSCE, medical students.*