

## HUBUNGAN STRES AKADEMIK DENGAN *RECCURENT APHTOUS STOMATITIS* (RAS) PADA MAHASISWA

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### ABSTRAK

Faktor stres merupakan faktor predisposisi terjadinya *Reccurent Aphotous Stomatitis* (RAS). Berdasarkan studi pendahuluan yang telah dilaksanakan terhadap 20 mahasiswa keperawatan gigi Poltekkes Kemenkes Yogyakarta menjelang Ujian Akhir Semester (UAS) dengan beban belajar dan beban akademik terdapat 60% mahasiswa mempunyai RAS dan 90% mahasiswa pernah mengalami RAS. Tujuan penelitian ini untuk mengetahui hubungan stres akademik dengan RAS pada mahasiswa. Jenis penelitian ini adalah survei analitik dengan pendekatan *cross sectional*. Sampel penelitian sebanyak 63 mahasiswa Jurusan Keperawatan Gigi Poltekkes Kemenkes Yogyakarta angkatan 2017. Tingkat stres akademik diperoleh dengan kuesioner stres akademik dan terjadinya RAS diperoleh dengan pemeriksaan intraoral. Hasil penelitian dianalisis menggunakan uji *Kendall's Tau*. Hasil penelitian yang diperoleh menunjukkan sebagian besar responden memiliki tingkat stres akademik sedang dan tidak menderita RAS (63,5%). Hasil uji analisis statistik menunjukkan stres akademik berhubungan dengan RAS dengan *sig p* sebesar 0,003 ( $p < 0,05$ ).

**Kesimpulan :** Stres akademik berhubungan dengan RAS pada mahasiswa.

**Kata Kunci :** Stres Akademik, *Reccurent Aphotous Stomatitis* (RAS), Mahasiswa

## **CORRELATION BETWEEN ACADEMIC STRESS AND RECCURENT APHTOUS STOMATITIS (RAS) AMONG COLLEGE STUDENTS**

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### **ABSTRACT**

Stress is a predisposing factor for the occurrence of Reccurent Aphthous Stomatitis (RAS). Based on preliminary studies to 20 students of Dental Nursing Departement before end of the semester exam with learning loads and academic stressor there are 60% of students have RAS and 90% students had suffered of RAS. The purpose of this research is to investigate the correlation between academic stress and RAS among college students. The type of this research is an analytical survey with a cross sectional approach. The study sample was 63 students of Dental Nursing Department class of 2017 at the Ministry of Health's Health Polytechnic Yogyakarta. Academic stress levels were obtained by using academic stress questionnaires and the occurrence of RAS was obtained by intraoral examination. The results of the research were analyzed using Kendall's Tau Test. The results show that the majority or 63.5% of respondents had a moderate academic stress level and had no RAS. The results of statistic analysis test also indicates that academic stress has a correlation with RAS with the value of *sig p* = 0,003 ( $p < 0,05$ ). The conclusion of this research show that academic stress has a correlation with RAS among college students.

**Keywords:** Academic Stress, Reccurent Aphotous Stomatitis (RAS), College Students