

GAMBARAN KESEHATAN MENTAL MAHASISWA KEPERAWATAN POLTEKKES KEMENKES YOGYAKARTA YANG MENJALANI PRATIK KLINIK DI RUMAH SAKIT

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INTISARI

Latar Belakang : Praktik atau pembelajaran klinik keperawatan merupakan tahapan dimana peserta didik melaksanakan pembelajaran di tempat praktik seperti Rumah Sakit, Puskesmas, Panti dan lain-lain. Pembelajaran klinik menjadi tahapan yang tidak mudah bagi mahasiswa, karena membutuhkan proses adaptasi dan ditambah dengan stresor-stresor lain. Pada praktik klinik, mahasiswa dituntut untuk mandiri dan cekatan. Mahasiswa juga dibebankan untuk membuat asuhan keperawatan individu maupun kelompok sebagai bukti sudah mengikuti praktik klinik. Tidak sedikit mahasiswa yang tidak mampu menjalankan praktik klinik dengan optimal, hal ini disebabkan karena mahasiswa sudah merasa terbebani, dan cenderung mengabaikan tanggung jawab yang harus di jalani sehingga permasalahan dapat menjadi stressor yang memicu timbulnya stress dan kecemasan pada mahasiswa. Hal ini dapat berpengaruh terhadap kesehatan mental mahasiswa yang akan menjalani praktik klinik keperawatan.

Tujuan : Penelitian ini dilakukan untuk mengetahui gambaran kesehatan mental mahasiswa keperawatan poltekkes Yogyakarta yang menjalani klinik di rumah sakit.

Metode : Penelitian ini bersifat deskriptif survei. Teknik sampling yang digunakan adalah *total sampling* dengan jumlah 40 responden. Data diperoleh dari pengisian kuesioner *SRQ-20*.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa 21 responden (52,5 %) tidak mengalami gangguan kesehatan mental dan 19 responden (47,5%) mengalami gangguan kesehatan mental

Kesimpulan : Berdasarkan hasil penelitian dapat disimpulkan bahwa setengah mahasiswa keperawatan Poltekkes Yogyakarta yang menjalani praktik klinik di rumah sakit mengalami gangguan kesehatan mental.

Kata Kunci

Kesehatan Mental, Praktik Klinik Keperawatan, Mahasiswa Keperawatan

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DESCRIPTION OF MENTAL HEALTH OF YOGYAKARTA HEALTH POLYTECHNIC NURSING STUDENTS ON CLINICAL PRACTICE IN HOSPITAL

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ABSTRACT

Background: Nursing clinical practice or learning is a stage where students carry out learning in practical places such as hospitals, health centers, nursing homes and others. Clinical learning is a stage that is not easy for students, because it requires an adaptation process and is coupled with other stressors. In clinical practice, students are required to be independent and agile. Students are also charged with making individual and group nursing care as evidence that they have followed clinical practice. Not a few students who are not able to carry out clinical practice optimally, this is because students already feel burdened, and tend to ignore the responsibilities that must be carried out so that problems can become stressors that trigger stress and anxiety in students. This can affect the mental health of students who will undergo clinical nursing practice.

Objective: This study was conducted to determine the mental health of Yogyakarta Health Polytechnic nursing students who underwent a clinic in a hospital.

Methods: This research is a descriptive survey. The sampling technique used is *total sampling* with a total of 40 respondents. Data were obtained from filling out the *SRQ-20* questionnaire.

Results: The results showed that 21 respondents (52,5%) did not experience mental health disorders and 19 respondents (47,5%) experienced mental health disorders.

Conclusion: Based on the results of the study, it can be concluded that half of Yogyakarta Health Polytechnic nursing students who underwent clinical practice in hospitals experienced mental health disorders.

Keywords

Mental Health, Nursing Clinical Practice, Nursing Students

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