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Judul : Faktor-Faktor Yang Berhubungan Dengan Resiliensi Mahasiswa Tingkat Akhir di Fakultas Kesehatan Universitas MH Thamrin

ABSTRAK

Latar Belakang: Resiliensi adalah reaksi adaptasi terhadap tantangan, trauma, tragedi, ancaman, atau stres. Resiliensi mahasiswa dalam menyelesaikan skripsi dipengaruhi oleh faktor internal, seperti usia, jenis kelamin, program studi, *self efficacy*, dan *self esteem*, serta faktor eksternal berupa dukungan sosial. Tujuan penelitian untuk mengetahui faktor-faktor yang berhubungan dengan resiliensi mahasiswa tingkat akhir Program Strata 1 di Fakultas Kesehatan Universitas MH Thamrin.

Metode: Penelitian menggunakan pendekatan *cross sectional*. Sampel penelitian terdiri dari 139 mahasiswa tingkat akhir dengan metode *simple random sampling*. Data dikumpulkan menggunakan kuesioner resiliensi, *self efficacy*, *self esteem*, dan dukungan sosial.

Hasil: Dari 139 responden menunjukkan bahwa rata-rata usia yaitu 22,34 tahun (95% CI= 22,17-22,50), berjenis kelamin perempuan (72,7%), *self efficacy* tinggi (54,0%), *self esteem* tinggi (51,1%), dukungan sosial tinggi (51,1%), dan resiliensi tinggi (50,4%). Hasil analisis bivariat menunjukkan ada hubungan antara usia ($p=0,005$), jenis kelamin ($PR=1,8$; 95% CI=1,1-2,9), program studi ($p=0,002$), *self efficacy* ($PR=3,5$; 95% CI=2,3-5,5), *self esteem* ($PR=1,5$ 95% CI=1,1-2,1), dan dukungan sosial ($PR=1,7$; 95% CI=1,2-2,4) dengan resiliensi mahasiswa tingkat akhir.

Kesimpulan: Bahwa usia, jenis kelamin, program studi, *self efficacy*, *self esteem*, dan dukungan sosial dengan resiliensi mahasiswa tingkat akhir Program Strata 1 di Fakultas Kesehatan Universitas MH Thamrin. Mahasiswa tingkat akhir perlu meningkatkan resiliensi untuk dapat beradaptasi dengan lebih baik terhadap perubahan dalam kehidupan.

Kata Kunci: Resiliensi, *self efficacy*, *self esteem*, dukungan sosial, mahasiswa

Daftar Pustaka: 71 buah (2012-2024)

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ABSTRACT

Background: Resilience is an adaptive reaction to challenges, trauma, tragedy, threats, or stress. The resilience of students in completing their thesis is influenced by internal factors such as age, gender, study program, self efficacy, and self esteem, as well as external factors such as social support. The purpose of this study is to identify the factors associated with the resilience of final-year undergraduate students in the Faculty of Health Sciences at MH Thamrin University.

Methods: This study used a cross sectional approach. The sample consisted of 139 final year students selected through simple random sampling. Data were collected using questionnaires on resilience, self-efficacy, self-esteem, and social support.

Results: Among the 139 respondents, the average age was 22.34 years (95% CI 22.17-22.50), the majority were female (72.7%), with high self-efficacy (54.0%), high self-esteem (51.1%), high social support (51.1%), and high resilience (50.4%). Bivariate analysis showed a significant relationship between age ($p=0.005$), gender ($PR=1.8$; 95% CI=1.1-2.9), study program ($p=0.002$), self-efficacy ($PR=3.5$; 95% CI=2.3-5.5), self-esteem ($PR=1.5$; 95% CI=1.1-2.1), and social support ($PR=1.7$; 95% CI=1.2-2.4) with the resilience of final-year students.

Conclusion: That age, gender, study program, self-efficacy, self-esteem, and social support are associated with the resilience of final-year undergraduate students in the Faculty of Health Sciences at MH Thamrin University. Final-year students need to enhance their resilience to better adapt to changes in life.

Keywords: Resilience, self efficacy, self esteem, social support, students

References: 71 references (2012-2024)