

Association Between Living With Parents And Not Living With Parents With Psychological Stress In Preclinical Medical Students In University Of Pelita Harapan

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Abstract

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Introduction: Stress is a response to stressor that came from the body (internal or external). According to several studies, medical student very evident to experience of stress, which compared to student from other major. In previous studies the level of stress among medical student was 45% – 72%. And lack data that connect stress with domisil in medical student, and one of the reasons for this research. Objective To find an association between domisil and psychological stress in medical students. Material and Methods This research is categorical comparative analytic, with cross sectional as the design study and needed 264 respondent that consis of preclinic medical student of Pelita Harapan University. Taken by questionnaire from GHQ – 12 for the data. Data will be analyzed using Chi – Square in SPSS version 23.

Results: This result showed 43 (41%) students who experiencing psychologic stress and 62 students (59%) students who not experiencing psychologic stress in students who live with their parents. There's also 104 (65.4%) students who experiencing psychologic stress and 55 (34.6%) students who not experiencing psychologic stress in students who don't live with their parents. This research has a significant result with p-value <0.001 that support the hypothesis.

Conclusions: There is an associaton between domisil and psychological stress in preclinic medical student at Pelita Harapan

Introduction

Medical education is the most difficult form of education and has the longest education period compared to all other education majors. Medical education demands a lot of pressure that causes medical student to work harder to meet the demands in completing the education. This constant pressure makes medical students have a high level of stress, which affects the lifestyle of medical students in general.^[1] In Kaplan and Saddock, stress itself can manifest in various forms, depending on each individual concerned, and how each individual can respond to the stressors.^[2] In the previous research, it was found that the prevalence of stressed students in the world reached 38-70%, while in Asia it reached 39-60% and in Indonesia it was 36-72%. Other studies conducted on medical students who experience stress reaches 45-72%.^[3] Lifestyle changes in students in the university environment is one that greatly impacts stress.

One of them is a place to stay in which living with parents or not is an important determinant. That is due to changing learning patterns, the environment, and the need to adjust to the lecture environment such as a very tight schedule. Psychosocial stress factors experienced by students who do not live with parents tend to increase due to the adjustment to the new environment and the existence of a new lifestyle as well, and those who live with parents can get full support. [4] Boarding houses are an alternative place to live for students who come from out of town, and many types of housing for students to live in, such as apartments, rental homes, and dormitories. Based on the description above, the researcher wants to do this research to find out whether there is a relationship between a place to live with parents and not with parents with psychological stress.

Material and Methods: This research is categorical comparative analytic, with

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Results

There are 264 participants who fulfilled the inclusion and exclusion criterias for this study. Demographic data is shown in table 1.

Table 1. Distribution of Demographic Data

	Category	Frequency (n)	Percentage (%)
Sex	Male	97	36,7
	Female	167	63,3
Batch	2016	170	64,4
	2017	75	28,4
	2018	19	7,2

There are 97 (36,7%) male students and 167 (63,3%) female students and there are 170 (64,4%) students from batch 2016, 75

(28,4%) students from batch 2017 and 19 (7,2%) students from batch 2018 that are included in this study.

Table 2. Association Between Places of Stay and Psychological Stress

Variable	Psychological Stress	No Psychological Stress	Total	PR (95% CI)	p - value
Living With Parengs	43 (41%)	62 (59%)	105 (100%)	2,726 (1,640 – 4,531)	<0,001
Not Living With Parents	104 (65,4%)	55 (34,6%)	159 (100%)		
Total	147 (55,7%)	117 (44,3%)	264 (100%)		

Result *Chi Square* with SPSS v.23 shows that there is an association between places of stay and psychological stress as can be seen from table 2. There are 147 subjects that suffer from psychological stress in which there are 43 (41%) students who live with their parents and 104 (65,4%) students who don't live with their parents. There are also 117 participants who don't suffer from psychological stress and 62

(59%) students that live with parents and 55 (34,6%) students that don't live with parents. After analysis with *Chi Square*, with PR value of 2,726 with 95% CI 1,640 – 4,531 which means students who don't live with parents are 2,7 times more stressed compared with students who stay with parents with p-value of <0,001 , which concludes that there is an association between places of stay and psychological stress.

Table 3. Summary of Results of Statistical Analysis of Independent and Dependent Variable Using Multivariate Study, Confounding Factors that affect Psychological Stress.

Independent Variabel	B	S.E.	P – Value/ sig.	Wald	PR	95% CI	Remarks
Sex	0,065	0,061	0,8	0,061	1,067	(0,635 – 1,794)	No association
Batch	0,005	0,205	0,9	0,001	0,995	(0,665 – 1,488)	No association
Places of stay	0,999	0,260	<0,001	14,733	0,368	(0,221 – 0,613)	Association

Table 3 shows that PR / *prevelance ratio* for places of stay is 0,367 which means students who live with parents are 0,367 times not stressed compared with students

who don't live with parents. In this covariat, sex and batch have no association with psychological stress.

Discussion

Based on the results of a research conducted at University of Pelita Harapan in the department of Faculty of Medicine in April which included 264 respondents including preclinical students. Chi Square correlation is used for analysis due to the associated variables are nominal and nominal. In this study the results showed p-value <0.001 which showed significant results.

This study shows things that are in line with previous studies, conducted at the University of Muhammadiyah Palembang in 2015, where the results of the study found that students who live with parents are less stressed than students who do not live with parents.^[5] This research differs from research conducted at Andalas University in Padang in 2016, showing that living with parents is more stressful than students who live alone, it could be due to demands from parents.^[6] However, a research conducted in India, states that dwellings do not have a significant stress level, this is due to differences from each individual in dealing with existing stressors. Students who think that a place to live is not bad.^[7]

From these three journals, there are differences in the results of the relationship between psychological stress and the place of stay, because the situation and conditions in Palembang, Padang, India and in Lippo Karawaci are all different. Because in addition to housing, there are still many other factors that influence psychological stress such as internal problems such as, where students who do

not live with parents have to adjust to the new environment and are required to live independently such as managing money, buying food, or managing study time and lack of support from parents. Those who live with parents have many ways to reduce stress, such as receiving direct affection from parents in the forms of encouragement, and does not require much time for adaptation, and this can reduce the pressure.

The results of this research analysis show that students who do not live with parents have a higher stress level than students who live with parents. Confounding factors such as sex and batch have no influence in psychological stress.

Conclusion

From the results of this study, it can be concluded that based on the prevalence ratio / PR that students who do not live with parents are 2,726 times more stressed than students who live with parents. Of the 264 samples, there were 105 students who lived with parents and there were 159 students who lived not with parents. There were 43 (41%) students who experienced psychological stress and 62 (59%) students who did not experience psychological stress in students living with parents. And there are 104 (65.4%) students who experience psychological stress and there are 55 (34.6%) students who do not experience psychological stress in students who do not live with parents. This study has a significant result because the p-value obtained is <0.001 which supports the hypothesis of this study.

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