

The Relationship Between Anxiety Levels and Family Support and UKMPPD Results At The Faculty of Medicine, University of Muhammadiyah Semarang

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Abstract.

The Medical Profession Program Student Competency Test (UKMPPD) is a test and assessment on a national scale for students of the medical profession program, which emphasizes attitudes, knowledge, and skills as a basis for practicing medicine. Based on data from the UKMPPD National Committee and Institutional Feedback, the UKMPPD results at Muhammadiyah University Semarang, the percentage of UKMPPD pass in February 2021 and November 2021 were 75% and 81.25%, respectively. In general, the level of anxiety experienced while undergoing medical education has a negative impact, namely students having difficulty undergoing competency assessment and can reduce their level of confidence when they are about to face exams. In addition to anxiety, it was also identified that influenced the UKMPPD results, including family support. This study aims to analyze the relationship between anxiety levels and family support with UKMPPD outcomes. This study used a quantitative method in the form of analytic observational with a cross sectional approach. This study used the Hamilton Rating Scale for Anxiety questionnaire and the family support questionnaire. The sample in this study were medical professional education students at the Faculty of Medicine, University of Muhammadiyah Semarang who took part in UKMPPD for the November 2022 period. Sampling used a total sampling technique. The results of the univariate analysis with a total of 32 respondents, namely the majority had high family support (71.9%), a mild level of anxiety (50.0%), the majority were female (86.8%), and the majority of respondents graduated UKMPPD (87.5%). The results of the chi square analysis of the anxiety level variable had a value of $p = 0.008$ ($p < 0.05$), and the family support variable was $p = 0.557$ ($p > 0.05$). There is a significant relationship between the level of anxiety with UKMPPD results. Family support has no significant relationship with UKMPPD results.

Keywords : Anxiety level; Family support and UKMPPD.

I. INTRODUCTION

One of the Exit Exams that is High Stake and must be passed by a doctor as a process for certifying new graduates of the Faculty of Medicine is the Indonesian Doctor Competency Test (UKDI). In 2014 the UKDI system in Indonesia underwent changes, so it was renamed UKMPPD.[1] The Student Competency Test for the Medical Profession Program (UKMPPD) is a national-scale exam for students of the medical profession program, which emphasizes attitudes, knowledge, and skills as the basis for medical practice. UKMPPD graduation is one of the quality parameters of the Faculty of Medicine at a university. In the 2018 period, the graduation results of UKMPPD nationally only reached 68.42%. Based on data from the National Committee of UKMPPD and Institutional Feedback from UKMPPD results of the University of Muhammadiyah Semarang, the percentage of UKMPPD graduation in February 2020 and August 2020 was 50% and 80% respectively, and in February 2021 and November 2021 respectively were 75% and 81.25%.[2] This means that the graduation of UKMPPD at the University of Muhammadiyah Semarang has not reached 100%. In general, students' learning environment is negatively affected by the level of anxiety they experience while pursuing medical education.

This anxiety will make it difficult for students to undergo competency assessments and can lower their confidence level when they are about to face the exam. This is the same as Mustofa's (2019) research at

Malahayati University, the majority of medical professional education students who will face UKMPPD experience anxiety.[3] However, research by Limen (2018) at Sam Ratulangi University reported that anxiety levels were not related to UKMPPD scores.[4] In addition to anxiety, it was also identified that affected the results of UKMPPD, including family support. This idea is based on the Hati research (2021) at Malahayati University, there is a relationship between family support and the learning motivation of UKMPPD participants.[5] The family will provide information, assessment, instruments and emotional support to each family member.[6]

II. METHODS

Is an in the form of analytical observation of *the cross sectional method*. This research was carried out in November 2022 at the Faculty of Medicine, University of Muhammadiyah Semarang. The population of this study is medical professional students of the Faculty of Medicine, University of Muhammadiyah Semarang, who carried out UKMPPD in the November 2022 period. This sample was taken with a *total sampling* technique of 32 samples. The inclusion criteria in this study are willing to be a respondent and participate in UKMPPD for the first time. Meanwhile, the exclusion criteria are only participating in CBT or OSCE, living alone or only having 1 nuclear family, and having a history of mental illness. This study used the *Hamilton Rating Scale for Anxiety* Questionnaire for anxiety variables, and the family support questionnaire for family support variables. This study uses I and chi square *bivariate analysis*. This research has received ethical the Faculty of Unimus with No. 011/EC/KEPK-FK/UNIMUS/2023.

III. RESULT AND DISCUSSION

A. Univariate Analysis

Table 1. Univariate Analysis

Variable	Frequency	%
Family support		
Tall	23	71,9
Keep	9	28,1
Low	0	0,0
Anxiety Level		
Light	16	50,0
Keep	13	40,6
Heavy	2	6,3
It's very heavy	1	3,1
Gender		
Man	5	13,2
Woman	33	86,8
Result		
Pass	28	87,5
Didn't pass	4	12,5

Most of the family support of respondents in the high category was 23 people (71.9%). The majority of the anxiety levels in the respondents were in the mild category, which was 166 people (50.0%). The majority of respondents have passed UKMPPD as many as 28 people (87.5%).

B. Bivariate Analysis

Table 2. Chi Square Fisher's Exact Test of Family Support Relationship with UKMPPD Results

Family Support	UKMPPD Results		Total	p
	Pass	Didn't pass		
Tall	21 (91,3%)	2 (8,7%)	23 (100%)	0,557
Keep	7 (77,8%)	2 (22,2%)	9 (100%)	

Based on table 4.2, the majority of respondents with high family support who graduated from UKMPPD were 21 people (91.3%). Meanwhile, the majority of respondents with medium family support who graduated from UKMPPD were 7 people (77.8%). In this variable, Fisher's *Exact* is used because of the value of $E < 5$. A value of $p = 0.557$ ($p > 0.05$) means that family support has no relationship with UKMPPD graduation.

Table 3. Pearson Chi Square Test The Relationship Between Anxiety Levels and UKMPPD Results

Anxiety Level	UKMPPD Results		Total	p
	Pass	Didn't pass		
Light	16 (100%)	0 (0%)	16 (100%)	0,008
Keep	11 (84,6%)	2 (15,4%)	13 (100%)	
Heavy	1 (50,0%)	1 (50,0%)	2 (100%)	
It's very heavy	0 (0%)	1 (100%)	1 (100%)	

Based on table 4.3, all respondents with mild anxiety levels passed UKMPPD, namely 16 people (100%). Most of the respondents who experienced moderate levels of anxiety who passed UKMPPD were 11 people (84.6%). Respondents with severe anxiety levels who passed and did not pass UKMPPD in the same number were 1 person (50%). Meanwhile, all respondents with a very severe level of anxiety did not pass the UKMPPD, which was 1 person (100%). In this variable, *Pearson chi square* is used because the table shape is more than 2x2, namely 4x2. A p value of 0.008 ($p < 0.05$) means that the level of anxiety has a significant relationship with the graduation of UKMPPD.

Discussion

From analysis, the majority of respondents with high family support who graduated from UKMPPD were 21 people (91.3%). Meanwhile, the majority of respondents with medium family support who graduated from UKMPPD were 7 people (77.8%). From the results of the bivariate analysis, it was found that family support had no relationship with UKMPPD graduation p value 0.557 ($p > 0.05$). This research with Gunawan 2018, analysis Spearman's Rho was obtained as a result of family support ($p = 0.674$) exist between family support result faced by students at the Faculty of Medicine, Gorontalo State University because family support is considered not the only determining factor for success in the UKMPPD exam.⁷ Meanwhile, the results of this study are contrary to Ningrum 2020, there is a relationship between family support and exam results. When the people close to the student can support them in coping with the anxiety of facing the test, such family support is often appreciated.

Students' anxiety about exams tends to be low when they feel calm and secure while undergoing exams with parental support. Students who receive a lot of family support from their families will feel loved and cared for so that it will increase their self-esteem. A person with strong self-esteem often exudes confidence and believes that they can handle any scenario and get the job done.[8] This result is also different from Syarafuddin 2018, that students with person positive can learning outcomes, exist parents result student [9].

From analysis, all respondents with mild anxiety levels passed UKMPPD, namely 16 people (100%). Meanwhile, all respondents with a very severe level of anxiety did not pass the UKMPPD, namely 1 person (100%). From the bivariate analysis, it was found that the level of anxiety had a relationship with the graduation of UKMPPD with a value of p 0.008 ($p < 0.05$). Ini with Meylita Zahra, et al. 2019, 90% of students feel that UKMPPD is a condition with many and anxiety. There is a relationship between anxiety result UKMPPD in University of Lampung Medicine.[10] [16] The results of this study are also in line with Silvi 2020, there is a relationship between anxiety and UKMPPD results in FK students of Sriwijaya University (p -value = 0.021). 35 respondents were known to experience excessive anxiety and more were experienced by 24 first-taker students and 11 retakers.[11] [17] Meanwhile, this is in contrast to Nisrina 2020, None between with UKMPPD at Medicine, Islamic University of Malang. half of respondents experience and the rest anxiety. Most UKMPPD 2019 value pass (NBL) is 66.[12] In addition, this result is also different from Limen 2018 at the Faculty of Medicine, Sam Ratulangi University, there is no relationship between anxiety with UKMPPD August 2018 at the Faculty of Medicine, Sam Ratulangi University. The majority of respondents are worried. As well as most of the UKMPPD scores August 2018 value pass the exam.[4][13].

IV. CONCLUSION

There was a relationship between anxiety levels and UKMPPD outcomes, while family support was not related.

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