



Grouping of Problems of Medical Internship Students in Indonesia

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Abstract. The medical education program in Indonesia stipulates that the educational system and it implemented implementation of the curriculum via covering the preclinical stage and scientific degrees with the length of the curriculum on the preclinical level accomplished at the least seven semesters and the clinical stage completed four semesters. associated with this, it isn't smooth to attain the qualification and competency requirements set within the scientific training manner. numerous problems and boundaries can be encountered by using scientific college students in the preclinical and medical processes. diverse issues faced by medical education students and clinical internship students were formulated with the aid of numerous researchers. [1] compiled several issues faced by way of 3000 clinical college students and scientific residents from 5 different universities. those troubles are arranged to perceive non-public elements and environmental factors in learning that cause burnout in clinical students. further, the problems which have been obtained can abate the productiveness or academic overall performance of scientific students. The purpose of this survey is to identify the problems faced by medical students in Indonesia. The connection with the troubles that turn out to be indicators within the survey turned into received from the research of [1]. The approach used in this research is to apply the web survey method. The survey received responses from 354 clinical internship students from 20 exceptional universities in Indonesia. The effects of this survey display that from the 29 issues inside the pre-medical and scientific levels, it was observed that the maximum not unusual issues passed off in the scientific section. these problems also are labeled in the form of limitations or challenges confronted with the aid of clinical college students who come from personal (internal) and environmental (external) factors.

Keywords: Medical internship, Medical student problem

1 Introduction

Medical education program as a part of better training has obtained unique interest from the Indonesian government, mainly since the issuance of policy No.20 / 2013 on scientific schooling. medical education aims to provide professional and equipped docs to fulfill the needs of the Indonesian people in a simply way. similarly, clinical training also pursuits to enhance the improvement of science and generation inside the subject

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of medicine. After 5 years of imposing coverage No.20 / 2013 until the cease of 2018, Indonesia has 86 colleges of drugs unfold at some point of Indonesia. within the technology of the commercial revolution four.0, medical education had new demanding situations in imposing three new literacies, specifically statistics, generation and humanity to produce Indonesian doctors who have been able to adapt and be able to meet country wide and international needs [2]. medical education in Indonesia stipulates that inside the instructional system and curriculum implementation is accomplished through masking the educational stage (preclinical section) and the expert stage (scientific or internship section) with the length of the curriculum at the instructional stage accomplished as a minimum seven semesters and the professional stage is accomplished 4 semesters [3].

associated with this, it isn't clean to attain the qualification and competency necessities set in the clinical education process. various difficulties and barriers may be encountered through clinical college students both in the academic procedure and inside the internship segment. [4] located that peer competition changed into the pinnacle difficulty confronted through medical college students within the first year. similarly, problems faced with the aid of clinical students for the duration of the instructional manner encompass peer-to-peer competition, English language abilities, very difficult classes, loss of available information and resources for mastering substances, an boom in the quantity of instructional demands, loss of time for own family or social lifestyles , and strain or tension during education.numerous other troubles confronted through clinical schooling college students as well as clinical internship college students had been formulated with the aid of several researchers. those problems were received from the effects of a survey of medical students who have been taking clinical instructional training or within the scientific profession education. [1] compiled numerous problems faced via 3000 medical students and clinical residents from five unique universities. those issues are arranged to identify private elements and environmental elements in gaining knowledge of that reason burnout in scientific college students. Burnout in medical students can hamper the instructional system and the scholar's academic manner. further, the troubles that have been received can hamper the productivity or instructional performance of medical college students.The factors above are the supply of burnout in 50% of medical students. [5] (table 1) found that within the exercise of the scientific schooling profession scientific college students face challenges from sharing assets, each from non-public and getting to know or social environments. those factors can motive burnout that can hamper the medical profession education procedure.

According from [6], there are expert outcomes of burnout among beginners consisting of lower empathy, dishonest, dishonesty concerning patient care, issues dealing with struggle interest, fewer altruistic values, beside the point prescribing behaviours, much less in all likelihood to record impaired colleagues, affect speciality preference, scientific errors, and decrease in-training ratings. besides that, there are private consequences of burnout amongst beginners like suicidal ideation, alcohol abuse or dependence, more feel of stigma regarding mental fitness troubles, multiplied motor vehicle accidents, relationship distress, and mind of losing out. [7] argued that problems that arise inside the system of professional education can restrict college students' educational overall performance or even cause delays in take a look at and examine cessation.

The results of interviews with three young doctors who were in the clinical phase on May 28, 2019 revealed various difficulties faced from each stage of coal that was undertaken. The results of the interview reinforce the various problems revealed in the survey results of table 2 above. Nevertheless, young doctors still expect to complete studies in a timely and optimal manner. This hope is a motivation for the or medical internship student to keep up their spirits in undergoing each phase in the clinical or medical internship phase.

2 Method

2.1 Participants

This research uses survey method through online survey using google form. Determination of the subject uses random sampling techniques with the consideration that there are 86 universities in Indonesia that run medical program. The subject criteria in this study are:

- a. Students of medical professional education (medical internship)
- b. Has passed the duration of medical internship for at least 12 months
- c. Willing to be a participant on this have a look at in line with the knowledgeable concent form provided
- d. Completing the survey form is given a deadline of ten days after the form is distributed via online.

2.2 Measures

Retrieval of data for problems faced by medical internship students will refer to the problems of medical students [1], [5], [6]. Respondents will be asked to provide a checklist of problems that correspond to the problems faced by medical internship students, both during the preclinical phase, the clinical phase, and in both phases. In addition, a column is provided to write down issues not mentioned in the survey table. The following grouping of problems that have the potential as a stressor and contribute to the burnout of students according to [1], [5], [6].

2.3 Data Analysis

Analysis of the data used in this study is to use statistical data analysis by calculating the frequency answered by respondents. The frequency will later be used in classifying the problems found in accordance with the problems faced by medical internship in Indonesia.

Table 1. Grouping of problem

Medical Students	Both Students and Residents	Residents/ Medical Internship
a. Human dissection	Adjustment	Added responsibility for patient care
b. First death experience	Competition	Research productivity
c. Poor learning environment	Patient and family suffering	Medical licensure requirements
d. Inadequate support from faculty, staff, and peers	Specialty decision making	Job search
e. Education is not a priority for faculty	High stakes assessments	Lack of control
f. Disorganized rotations	Lack of personal time	Excessive administrative tasks
g. Poor supervisions	Financial concern related to student debt	Work compression
h. Cynical residents	Negative personal life events	Excessive workload
i. Limited variety of medical problems encountered		Overnight call frequency
j. Mistreatment		Work-hours Limited autonomy Lack of timely feedback Stressful relationship with superiors Uncertainly about the future Medical error Perception that personal needs are inconsequential to training program
k. Number of grading tiers		

3 Result

Researchers conducted an online survey of medical profession or medical internship students who had taken a minimum of one year medical professional education in Indonesia. Data collection was conducted online using Google Form on 28 March 2019 to 7 April 2019 and received responses from 354 medical professional education students from 20 universities in Indonesia.

Table 2. Participants Demographics

Gender	Male	69 (19,5%)
	Female	285 (80,5%)
Year in Medical Internship	2015	3 (0,005%)
	2016	8 (0,02%)
	2017	175 (49,44%)
	2018	168 (47,46%)
The number of respondents is based on faculty accreditation	A	154 (43,50%)
	B	197 (55,65%)
	C	3 (0,005%)

Following are the problems of medical students in Indonesia from the results of a survey that was conducted.

Table 3. Problems of medical students in Indonesia

Medical Student Problem	a. Research productivity (183)
Resident or Medical Internship Problem	a. First death experience (331)
	b. Human dissection (319)
	c. Disorganized rotations (179)
	d. Poor supervisons (141)
	e. Cynical residents (167)
	f. Limited variety of medical problems encountered (160)
	g. Mistreatment (192)
	h. Adjustment (252)
	i. Patient and family suffering (324)
	j. Specialty decision making (272)
	k. High stakes assessments (256)
	l. Family Support (299)
	m. Added responsibility for patient care (321)
	n. Medical licensure requirements (264)
	o. Excessive administrative tasks (150)
	p. Work compression (243)
	q. Excessive workload (248)
r. Overnight call frequency (297)	
s. Work-hours (293)	
t. Limited autonomy (215)	
u. Lack of timely feedback (173)	
v. Stressful relationship with superiors (187)	
w. Medical error (237)	
Both Medical student and Medical Internship problem	a. Poor learning environment (161)
	b. Inadequate support from faculty, staff, and peers (134)
	c. Number of grading tiers (158)
	d. Competition (219)

	e. Lack of personal time (160)
	f. Financial concern related to student debt (147)
Not a Problem	a. Education is not a priority for faculty (209)
	b. Negative personal life events (132)
	c. Job search (173)
	d. Uncertainty about the future (202)
	e. Perception that personal needs are inconsequential to training program (279)

4 Discussion

From the data (table 3) shows some of the problems felt or faced by medical students. These problems are arranged to identify personal factors and environmental factors in learning that cause burnout in medical students. Burnout in medical students can hamper the educational process and the student's academic process. In addition, the problems that have been obtained can hinder the productivity or academic performance of medical students.

However, of the many problems in the pre-clinical phase (academic lectures) and the clinical phase (medical internship) it can be seen that the most common problems occur in the medical internship phase. These problems are also categorized in the form of obstacles or challenges faced by the young doctor, both sourced from themselves and from the environment. [7] argues that problems that occur in the process of professional education can hinder students' academic performance and can even cause delays in study and cessation of the study process.

Problems that can be sourced from oneself based on survey results include adjustment during internship, specific decision making in an action, enforcement of diagnoses for a particular case, lack of personal time, and other problems. In addition, problems originating from outside or the learning environment according to the survey results above include, a less conducive learning environment, inadequate support from faculty, staff, peers, less optimal supervision from the counselor or lecturer, less transparent assessment, competition between individuals, and other problems. Problems from this environment are called external factors. Here are the results of grouping the problems faced by medical internship students in Indonesia if grouped into external or internal factors.

Table 4. Result of problems in medical internship student in Indonesia

Personal Factors (internal)
a. First death experience
b. Mistreatment
c. Adjustment
d. Specialty decision making
e. High stakes assessments
f. Lack of personal time
g. Financial concern related to student debt

-
- h. Added responsibility for patient care
 - i. Mistreatment
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Educational Environment Factors (external)

- a. Poor learning environment
 - b. Inadequate support from faculty, staff, and peers
 - c. Disorganized rotations
 - d. Poor supervisions
 - e. Cynical residents
 - f. Limited variety of medical problems encountered
 - g. Number of grading tiers
 - h. Competition
 - i. Patient and family suffering
 - j. Family Support
 - k. Medical licensure requirements
 - l. Excessive administrative tasks
 - m. Work compression
 - n. Excessive workload
 - o. Overnight call frequency
 - p. Work-hours
 - q. Limited autonomy
 - r. Lack of timely feedback
 - s. Stressful relationship with superiors
-

There are new troubles from the findings of the survey that are associated with college students' perceptions of social assist which includes inadequate assist from college, workforce, peers and assist from circle of relatives. that is in step with the consequences of studies [4] determined that peer competition is the pinnacle trouble faced by way of them within the first yr of medical students. some other examine related to scientific students from [8] observed that social aid is wanted to reduce strain and academic failure. The success of schooling in universities calls for the ability to adapt to this environment. students get support from humans around them such as academic advisers and aid from parents. it is predicted that via offering social help and reducing sources of stress inside the instructional surroundings, depression and strain substantially lower. moreover, different effects from the studies of [9] discovered that the lifestyles of powerful social help at paintings allows personnel to be properly organized for the future and to obtain person profession dreams. This social aid additionally permits personnel to make decisions with autonomy (manipulate). eventually, the presence of such assist enables individuals to bear in mind destiny situations related to careers (curiosity) and helps people to overcome obstacles encountered. the many boundaries and demanding situations faced by way of medical professional training students in Indonesia (table.2) in achieving their aim of turning into a physician inside the education technique are idea to be a component in the version of study time of each medical expert education student as said with the aid of [7] preceding. to conquer problems within the method of expert schooling, it takes effort and staying power in present process the complete getting to know procedure inside the pre-scientific and medical phases. The young docs must be enthusiastic and diligent in pursuing the process of expert education.

[10] suggested that efforts are wished by means of residents in undergoing the training process. Many problems in resident education can motive resident docs to become saturated which will reason mental issues. mental problems skilled may be an obstacle to educational overall performance or the paintings performance of resident doctors. therefore continual efforts are wanted through resident medical doctors in present process education.

5 Conclusion

The results of this survey show that from the 29 forms of complexity in the pre-clinical/medical student or clinical phase/medical internship, it was obtained that the data that most occurred in the clinical phase. This problem is also categorized in the form of challenges or challenges issued by medical students who come from personal (internal) and environmental (external) factors. The factors above are a source of burnout in medical students. In the practice of the education profession, students learn challenges from sharing resources, both from the personal as well as the learning or social environment. The factors above can cause fatigue which can hinder the process of education in the medical profession. With the knowledge of the opposition made by medical education students, both in the clinical (medical intenship) and preclinical phases, it is hoped that the campus can be asked to issue burnout to this challenge. One thing that can be done from the campus is that one of them completes psychological guidance services for students who are concerned about the problem so that problems related to students do not hamper the student's academic performance.

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