

## **SKRIPSI**

# **PENGETAHUAN MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER DI INDONESIA TERHADAP DIFFERENCES OF SEX DEVELOPMENT (DSD)**



**ANNISA UMARDIYAH**

**04011282025127**

**FAKULTAS KEDOKTERAN**

**UNIVERSITAS SRIWIJAYA**

**2023**

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**Diajukan untuk memenuhi salah satu syarat memperoleh gelar**

**Sarjana Kedokteran (S. Ked)**



Oleh:

**ANNISA UMARDIYAH**

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## HALAMAN PENGESAHAN

# PENGETAHUAN MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER DI INDONESIA TERHADAP DIFFERENCES OF SEX DEVELOPMENT (DSD)

## LAPORAN AKHIR SKRIPSI

Diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana  
Kedokteran di Universitas Sriwijaya

Oleh:

**Annisa Umardiyah**

**04011282025127**

Palembang, 24 November 2023

Fakultas Kedokteran Universitas Sriwijaya

Pembimbing I

dr. Ziske Maritska, M.Si, Med  
NIP. 198403262010122004

Pembimbing II

dr. Nita Parisa, M.Bmd  
NIP. 198812132014042001

Pengaji I

dr. Bintang Arroyantri Prananjava, Sp. KJ  
NIP. 198705022014042002

Pengaji II

dr. Eka Febri Zulissetiana, M.Bmd  
NIP. 198802192010122001

Koordinator Program Studi  
Pendidikan Dokter

dr. Susilawati, M.Kes  
NIP 19780227 201012 2 001

Mengetahui  
Wakil Dekan I

Prof. Dr. dr. Irfannuddin, Sp.KO., M.Pd.Ked  
NIP 19730613 199903 1 001



## HALAMAN PERSETUJUAN

Karya tulis ilmiah berupa laporan akhir skripsi dengan judul "Pengetahuan Mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap Differences of Sex Development (DSD)" telah dipertahankan di hadapan Tim Pengaji Karya Tulis Ilmiah Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Sriwijaya pada tanggal 24 November 2023.

Palembang, 24 November 2023

Tim Pengaji Karya Ilmiah berupa laporan akhir skripsi

Pembimbing I

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NIP 19730613 199903 1 001

Koordinator Program Studi  
Pendidikan Dokter



dr. Susilawati, M.Kes.  
NIP 19780227 201012 2 001

## HALAMAN PERNYATAAN INTEGRITAS

Yang bertanda tangan di bawah ini :

Nama : Annisa Umardiyah

NIM : 04011282025127

Judul : Pengetahuan Mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap *Differences of Sex Development* (DSD)

Menyatakan bahwa Skripsi saya merupakan hasil karya sendiri didampingi tim pembimbing dan bukan hasil penjiplakan/plagiat. Apabila ditemukan unsur penjiplakan/plagiat dalam Skripsi ini, maka saya bersedia menerima sanksi akademik dari Universitas Sriwijaya sesuai aturan yang berlaku.

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Palembang, 17 November 2023



Annisa Umardiyah

# ABSTRAK

## PENGETAHUAN MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER DI INDONESIA TERHADAP DIFFERENCES OF SEX DEVELOPMENT (DSD)

(Annisa Umardiyah, 24 November 2023, 112 halaman)

Fakultas Kedokteran Universitas Sriwijaya

**Latar Belakang:** *Differences of Sex Development* (DSD) merujuk kepada individu yang memiliki perbedaan dalam karakteristik seksual biologis mereka yang tidak umum dan tidak dapat dengan jelas dikategorikan sebagai laki-laki atau perempuan. Pengetahuan tidak adekuat yang dimiliki seorang calon dokter dapat menyebabkan komplikasi kesehatan dan dampak negatif pada kualitas hidup pasien. Penelitian ini bertujuan untuk mengidentifikasi pengetahuan mahasiswa program studi pendidikan dokter di Indonesia terhadap *Differences of Sex Development* (DSD).

**Metode:** Penelitian ini merupakan penelitian deskriptif observasional dengan desain studi *cross-sectional*. Sampel merupakan mahasiswa program studi pendidikan dokter di Indonesia yang memenuhi kriteria inklusi dan diambil dengan menggunakan teknik *cluster sampling*. Instrumen pada penelitian ini adalah Kuesioner Pengetahuan terhadap *Differences of Sex Development* (DSD).

**Hasil:** Hasil penelitian menunjukkan mahasiswa yang memiliki pengetahuan adekuat (78,8%). Persentase pengetahuan adekuat pada usia  $\leq 20$  tahun (75,9%),  $>20$  tahun (80,1%). Lalu pada perempuan (80,9%), pada laki-laki (74,7%). Selanjutnya pre-klinik (76%), klinik (83,3%). IPK  $\geq 3,00$  (79,1%), IPK  $<3,00$  (75,6%). Asal universitas negeri (79,5%), swasta (77,9%). Akreditasi unggul (79,1%), baik sekali (77,3%), baik (78,7%). Wilayah satu (80,2%), wilayah dua (78,7%), wilayah tiga (79,8%), wilayah empat (76,8%). Tanpa riwayat keluarga (78,7%). Dengan riwayat interaksi (80%), tanpa riwayat interaksi (78,7%).

**Kesimpulan:** Mahasiswa program studi pendidikan dokter di Indonesia memiliki pengetahuan adekuat terhadap *Differences of Sex Development* (DSD).

**Kata Kunci:** Differences of Sex Development (DSD), Pengetahuan, Kualitas Hidup

**ABSTRACT**

**KNOWLEDGE TOWARDS DIFFERENCES OF SEX  
DEVELOPMENT (DSD) AMONG MEDICAL STUDENTS IN  
INDONESIA**

(Annisa Umardiyah, 24 November 2023, 112 pages)

Faculty of Medicine Sriwijaya University

**Background:** Differences of Sex Development (DSD) refers to individuals with differences in their biological sexual characteristics that are not common and cannot be categorized as male or female. Inadequate knowledge and negative attitudes that a prospective doctor has can lead to further health complications, delays in needed treatment, and a negative impact on the patient's quality of life.

**Methods:** This study is a descriptive observational study with a cross-sectional design. The samples are medical students in Indonesia that apply inclusion criteria by taking samples using the cluster sampling technique. The instrument in this study is the Knowledge towards Differences of Sex Development (DSD) Questionnaire.

**Results:** The results showed that students had adequate knowledge (78,8%). Percentage of adequate knowledge and positive attitude at the age of  $\leq 20$  years (75,9%),  $> 20$  years (80,1%). Then in women (80,9%), in men (74,7%). Then pre-clinical (76%), clinical (83,3%). Grades  $\geq 3,00$  (79,1%), grades  $< 3,00$  (75,6%). From public universities (99,5%)(79,5%), private (77,9%). Excellent accreditation (79,1%), very good (77,3%), and good (78,7%). Region one (80,2%), region two (78,7%), region three (79,8%), region four (76,8%). Without a family history (78,7%). With a history of interaction (80%), without a history of interaction (78,7%).

**Conclusion:** Medical students in Indonesia have adequate knowledge towards Differences of Sex Development (DSD).

**Keywords:** Differences of Sex Development (DSD), Knowledge, Quality of Life

# **RINGKASAN**

## **PENGETAHUAN MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER DI INDONESIA TERHADAP DIFFERENCES OF SEX DEVELOPMENT (DSD)**

Karya tulis ilmiah berupa skripsi, 24 November 2023

Annisa Umaridiyah, dibimbing oleh dr. Ziske Maritska, M.Si, Med and dr. Nita Parisa, M.Bmd

Program Studi Pendidikan Dokter, Fakultas Kedokteran, Universitas Sriwijaya

xx + 112 halaman, 17 tabel, 2 gambar, 9 lampiran

*Differences of Sex Development* (DSD) adalah istilah yang digunakan untuk merujuk kepada individu yang memiliki perbedaan dalam karakteristik seksual biologis mereka yang tidak umum dan tidak dapat dengan jelas dikategorikan sebagai laki-laki atau perempuan. Pengetahuan yang adekuat terkait *Differences of Sex Development* sangat perlu dimiliki oleh mahasiswa kedokteran. Kualitas hidup pasien DSD amat dipengaruhi dari penegakkan diagnosis dini dan juga penentuan tatalaksana yang tepat. Penelitian ini bertujuan untuk mengidentifikasi pengetahuan mahasiswa program studi pendidikan dokter di Indonesia terhadap *Differences of Sex Development* (DSD).

Penelitian ini merupakan penelitian deskriptif observasional dengan desain studi *cross-sectional*. Sampel merupakan mahasiswa program studi pendidikan dokter di Indonesia yang menerapkan kriteria inklusi dan diambil dengan teknik cluster sampling. Instrumen pada penelitian ini adalah Kuesioner Pengetahuan terhadap *Differences of Sex Development* (DSD).

Hasil penelitian ini memperlihatkan persentase mahasiswa dengan pengetahuan adekuat sejumlah (78,7%). Berdasarkan usia, pengetahuan adekuat tertinggi pada usia >20 tahun (80,1%). Lalu berdasarkan jenis kelamin, pada perempuan mendapatkan hasil tertinggi (80,9%). Selanjutnya berdasarkan tingkat studi, tertinggi pada klinik (83,3%). Lalu, berdasarkan IPK, yaitu tertinggi pada IPK  $\geq 3,00$  (79,1%). Berdasarkan tipe universitas, yaitu pada mahasiswa yang berasal dari universitas negeri (79,5%). Berdasarkan akreditasi program studi, tertinggi pada prodi dengan akreditasi unggul (79,1%). Lalu berdasarkan wilayah kerja ISMKI, persentase tertinggi adalah wilayah satu (80,2%), dan wilayah tiga (79,8%).

Untuk adanya riwayat keluarga hanya didapatkan pada kelompok tanpa riwayat keluarga (78,7%). Berdasarkan riwayat interaksi, persentase tertinggi didapatkan pada kelompok dengan riwayat interaksi (80%).

Tidak ada perbedaan yang jauh antar masing-masing kategori. Sebagian besar mahasiswa kedokteran di Indonesia memiliki pengetahuan adekuat terhadap *Differences of Sex Development* (DSD).

**Kata Kunci:** Differences of Sex Development (DSD), Pengetahuan, Kualitas Hidup

## **SUMMARY**

### **KNOWLEDGE TOWARDS DIFFERENCES OFSEX DEVELOPMENT (DSD) AMONG MEDICAL STUDENTS IN INDONESIA**

Scientific Paper in the form of Skripsi, November 24, 20223

Annisa Umardiyah: supervised by dr. Ziske Maritska, M.Si, Med and dr. Nita Parisa, M.Bmd

Medical Science Department, Faculty of Medicine, Sriwijaya University

xx + 112 pages, 17 tables, 2 pictures, 9 attachments

Differences of Sex Development (DSD) is a term used to refer to individuals with differences in their biological sexual characteristics that are not common and cannot be categorized as male or female. Adequate knowledge regarding DSD is very necessary for medical students to have. The quality of life of DSD patients is greatly influenced by early diagnosis and the determination of appropriate management.

This study is a descriptive observational study with a cross-sectional study design. The sample is a medical school in Indonesia that applies inclusion criteria and is taken using a cluster sampling technique. The instrument in this study was the Knowledge towards Differences of Sex Development (DSD) Questionnaire.

The results of this study showed the percentage of students with adequate knowledge (78,7%). Based on age, adequate knowledge and positive attitude were highest at the age of >20 years (80,1%). Then based on gender, women got the highest result (80,9%). Furthermore, based on the level of study, the highest was at clinical (83,3%). Then based on grades, is highest on grades  $\geq 3,00$  (79,1%), Based on the type of university, students from state universities (79,5%). Based on the accreditation of medical schools, the highest were medical schools with excellent accreditation (79,1%). Then based on the working area of ISMKI, the highest percentages were in region one (80,2%) and region three (79,8%). For the presence of a family history, the result was only found in the group without a family history (78,7%). Then, with the history of interaction, the highest percentage was found in the groups with a history of interaction (80%).

There is a little difference between each category. Most medical students in Indonesia have adequate knowledge towards Differences of Sex Development (DSD).

**Keywords:** Differences of Sex Development (DSD), Knowledge, Quality of Life

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Palembang, 17 November 2023



Annisa Umardiyah

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## **DAFTAR SINGKATAN**

AIS	: Androgen Insensitivity Syndrome
AMH	: Anti-Mullerian Hormon
CAH	: Congenital Adrenal Hyperplasia
Daring	: Dalam jaringan
DCCR	: <i>Danish Cytogenetic Central Registry</i>
DSD	: <i>Differences of Sex Development</i>
GPE	: General Physical Examination
HAK	: Hiperplasia Adrenal Kongenital
NIH	: <i>National Institute of Health</i>

# BAB 1

## PENDAHULUAN

### 1.1 Latar Belakang

Salah satu pemeriksaan awal yang dilakukan pada bayi baru lahir adalah pemeriksaan jenis kelamin. Akan tetapi, pemeriksaan yang tampaknya sederhana ini dapat menjadi suatu tantangan tersendiri bagi tenaga kesehatan jika ditemukan anomali pada genitalia eksterna yang menimbulkan keraguan dan kerancuan.<sup>1</sup> Kerancuan organ kelamin dapat dicurigai apabila organ penis terlihat lebih kecil atau klitoris lebih besar.<sup>2</sup> Kerancuan alat genitalia eksterna ini pada zaman dahulu sering dikenal dengan istilah *intersex*, *ambiguous genitalia*, dan *sex reversal*.<sup>3</sup> Akan tetapi sejak tahun 2005, istilah tersebut digantikan menjadi *Differences of Sex Development* atau DSD.<sup>4</sup>

Menurut *National Institute of Health* (NIH), *Differences of Sex Development* (DSD) adalah istilah yang digunakan untuk merujuk kepada individu yang memiliki perbedaan dalam karakteristik seksual biologis mereka yang tidak umum dan tidak dapat dengan jelas dikategorikan sebagai laki-laki atau perempuan.<sup>5</sup> Perkiraan frekuensi kasus *Differences of Sex Development* (DSD) berada dalam kisaran 1:4500 hingga 1:5500 kelahiran.<sup>6</sup> Kondisi *Differences of Sex Development* (DSD) ini memiliki beberapa tipe, yaitu 46,XY, 46,XX, dan *sex chromosome* DSD.<sup>7</sup>

Di samping masalah kesehatan yang dapat mempengaruhi berbagai sistem organ selain sistem reproduksi, pasien DSD sering mengalami stigma dan diskriminasi dari masyarakat sekitarnya.<sup>8</sup> Terdapat penelitian di Turki yang menyatakan bahwa kondisi DSD pada pasien bayi dapat menimbulkan berbagai masalah, seperti gangguan identitas perkembangan seksual dan masalah psikososial.<sup>9</sup> Tenaga kesehatan perlu memberikan informasi yang komprehensif dan melakukan diskusi yang terbuka tentang dampak dari terapi pada DSD terhadap kesuburan dan kualitas hidup pasien.<sup>10</sup> Hal ini bertujuan untuk memilih perawatan yang paling tepat sesuai dengan kebutuhan pasien.<sup>11</sup>

Pengetahuan yang adekuat terkait *Differences of Sex Development* sangat perlu dimiliki oleh mahasiswa kedokteran. Kualitas hidup pasien DSD amat dipengaruhi dari penegakkan diagnosis dini dan juga penentuan tatalaksana yang tepat. Seorang dokter atau tenaga kesehatan perlu untuk memiliki kemampuan adekuat yang sudah sewajarnya dipupuk dan dibina sejak masa pendidikan. Jika tenaga kesehatan memberikan hasil diagnosis yang tidak akurat atau terapi yang tidak tepat, pasien dengan DSD mungkin akan menerima perawatan yang tidak sesuai dengan kebutuhan mereka. Hal ini dapat menyebabkan komplikasi kesehatan lebih lanjut dan dampak negatif pada kualitas hidup pasien, contohnya ketika seorang anak mengalami keluhan genitalia ambigu dan didiagnosis dengan Hiperplasia Adrenal Kongenital (HAK) yang dapat mengakibatkan beberapa komplikasi seperti krisis adrenal.<sup>12</sup> Sebagai contoh lain, penundaan dalam mendiagnosis Sindrom Klinefelter dapat mengakibatkan pasien kehilangan kesempatan untuk melakukan intervensi yang tepat terhadap hipogonadisme, gangguan kognitif, dan faktor-faktor psikososial.<sup>13</sup>

Mahasiswa kedokteran yang merupakan salah satu garda terdepan dalam pelayanan kesehatan diharapkan akan dapat memberikan perawatan yang lebih baik, komprehensif, dan berempati kepada pasien DSD dengan dibekali oleh pemahaman dan pengetahuan yang lebih baik tentang DSD. Hal ini akan berdampak positif pada kualitas hidup pasien dan memastikan bahwa setiap individu menerima perawatan kesehatan yang memenuhi kebutuhan dan hak-haknya. Hingga kini, belum ada studi yang meneliti mengenai pengetahuan mahasiswa kedokteran di Indonesia terhadap *Differences of Sex Development* (DSD). Dengan mempertimbangkan beberapa dampak yang dapat ditimbulkan dari fenomena di atas, studi ini merupakan sebuah studi yang berupaya untuk mengeksplorasi dan mengidentifikasi mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap *Differences of Sex Development* (DSD).

## 1.2 Rumusan Masalah

Bagaimana pengetahuan mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap *Differences of Sex Development* (DSD)?

## 1.3 Tujuan Penelitian

### 1.3.1 Tujuan Umum

Mengidentifikasi pengetahuan mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap *Differences of Sex Development* (DSD).

### 1.3.2 Tujuan Khusus

1. Mengetahui profil sosiodemografi mahasiswa Program Studi Pendidikan Dokter di Indonesia dengan pengetahuan mengenai *Differences of Sex Development* (DSD).
2. Mengetahui distribusi frekuensi pengetahuan mahasiswa mengenai *Differences of Sex Development* (DSD) berdasarkan sosiodemografi mahasiswa Program Studi Pendidikan Dokter di Indonesia.

## 1.4 Manfaat Penelitian

### 1.4.1 Manfaat Teoritis

1. Hasil penelitian ini diharapkan dapat dijadikan gambaran untuk penelitian lebih lanjut mengenai pengetahuan mahasiswa Program Studi Pendidikan Dokter di Indonesia terhadap *Differences of Sex Development* (DSD).
2. Hasil penelitian ini diharapkan dapat dijadikan landasan serta memberikan sumbangan data dan pemahaman yang dapat digunakan oleh peneliti lain dalam mengembangkan pengetahuan dan memperluas pemahaman tentang *Differences of Sex Development* (DSD).

### 1.4.2 Manfaat Praktis

Hasil penelitian ini diharapkan dapat membantu mengidentifikasi tingkat pengetahuan mahasiswa Program Studi Pendidikan Dokter di Indonesia mengenai *Differences of Sex Development* (DSD), kekurangan pengetahuan, serta kesenjangan yang perlu diatasi dalam kurikulum pendidikan medis.

### **1.4.3 Manfaat bagi Pasien**

Hasil penelitian ini diharapkan dapat berdampak pada peningkatan kualitas pelayanan kesehatan yang lebih sensitif, terinformasi, dan holistik bagi pasien *Differences of Sex Development* (DSD).

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