



## Profile of Personality and Psychopathology Dimensions of Indonesian Medical Students Who Failed in Medical Doctor Competency Exams (UKMPPD)

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### ABSTRACT

**Introduction:** Medical doctor competency exams (UKMPPD) in Indonesia is a final test that should be followed by medical student before being declared worthy of a medical doctor's degree. This exam is certainly intended with good intentions, in order to improve the standards and quality of graduates of Indonesian doctors. However, each policy turns out to have two opposite sides of the situation, on the one hand it is profitable but on the other it often creates new problems. Students' fear of the competency test often causes new psychological problems for students. No doubt the failure of the competency exam causes students to experience prolonged disappointment and sadness, which in turn will cause depression. This research is the first research that aim to present a description of personality and psychopathology dimension data from UKMPPD participants who failed the test. **Method:** This study was an exploratory descriptive study by presenting narratives of personality and psychopathology dimensions of unsuccessful UKMPPD participants. This research was conducted at the Faculty of Medicine, Universitas Sriwijaya Palembang, Indonesia. Each participant was assessed personality and psychopathology dimensions using MMPI-2 (Minnesota Multiaxial Personality Inventory-2). The results of analysis with MMPI-2 present data in the form of clinical psychic conditions, the work capacity, interpersonal relationships, the work abilities and the ability to change the self potential of the research subjects. **Result:** The research subjects were UKMPPD participants who did not successfully pass the first exam. From 7 research subjects, there were 2 subjects who successfully passed the second exam (28.5%) and there were 3 people who successfully passed after the third exam (43%). Meanwhile, 2 research subjects have not successfully passed the UKMPPD exam until the fifth exam (28.5%). The results are quite surprising that of the 7 participants who failed to pass the UKMPPD exam, all of them felt depression. **Conclusion:** Medical students who experienced UKMPPD failures have an inability to develop their own potential which result in depression due to failure of the exam

### 1. Introduction

According to the Law on Medical Practice of the Republic of Indonesia No. 29 of 2004 which requires an examination of the competencies of students of medical profession education before being declared worthy of a doctor's degree. This exam requires that every student of medical profession education in Indonesia must pass the cognitive, affective and psychomotor examinations, in the form of a multiple

choice question 150 question exam and the Objective Structure Clinical Examination (OSCE) exam. Every student who is able to pass a certain passing grade, is declared to pass the exam and is entitled to a doctor's degree.

This exam is certainly intended with good intentions, in order to improve the standards and quality of graduates of Indonesian doctors. However,

each policy turns out to have two opposite sides of the situation, on the one hand it is profitable but on the other it often creates new problems. So it is with Medical Doctor Competency Examination (UKMPPD), this policy can on the one hand be able to improve the quality of Indonesian doctors, but on the other hand it creates new problems, especially for students who fail to pass this exam. Students who fail this exam, sometimes call medical education very cruel and very discriminating. Their effort and hard work of 5-6 years, only assessed with a test that is only a few hours.

Students' fear of the competency test often causes new psychological problems for students. No doubt the failure of the competency exam causes students to experience prolonged disappointment and sadness, which in turn will cause depression.<sup>1,2</sup> Definitely, this has become a serious problem and a new impact of the UKMPPD exam. Psychic approach certainly needs to be considered by educators and policy makers. Furthermore, it is necessary to pay attention to the personality and psychopathology dimensions of prospective medical education students, so that students with personality dimensions that tend to be easily stressed and cannot stand the pressure, need to be considered if they wish to continue their study in Medical Education.

This research is the first research that aim to present a description of personality and psychopathology dimension data from UKMPPD participants who failed the test. This study explained the personality and psychopathology dimensions of unsuccessful UKMPPD participants. It is expected to be able to provide an overview and become a reference for medical teacher and policy makers related to UKMPPD.

## **2. Methods**

This study was an exploratory descriptive study by presenting narratives of personality and psychopathology dimensions of unsuccessful UKMPPD participants. Research subjects were UKMPPD participants who failed to pass the first time exams (retaker) and had agreed to become research subjects. This research was conducted at the Faculty of Medicine, Universitas Sriwijaya Palembang, Indonesia. This study was approved by the Ethics Research Committee of the Faculty of Medicine at the University of Sriwijaya Indonesia (No. 254 / kptfkunsri-rsmh / 2019).

Each participant was assessed personality and psychopathology dimensions using MMPI- 2 (Minnesota Multiaxial Personality Inventory-2).<sup>3,4</sup> The results of analysis with MMPI-2 present data in the form of clinical psychic conditions, the work capacity, interpersonal relationships, the work abilities and the ability to change the self potential of the research subjects.

The research data is presented in tabulations with a table and narrated systematically and structurally related to the dimensions of personality and psychopathology of research subjects.

## **3. Results**

Table 1 shows that all study subjects had relatively the same age in the age range of 20-30 years. All study subjects did not have problems with learning achievement marked by the ability of all subjects to complete primary school to senior high school within 12 years, and all subjects had a cumulative achievement index of more than 3.0 of 4.0 in the undergraduate medical education program. There was no problem with the intelligence abilities of the research subjects. All research subjects have normal intelligence.

Table 1. Baseline Subject Characteristics

No.	Variable	Number of Subject
1.	Ages of Subject : • 20-30 years old	7
2.	Education History : • Completion Primary School-Senior High School in 12 Years • IPK S1 > 3,00 (Max 4,00)	7 7
3.	Intelegency Test Results : • Average Normal	7

The research subjects were UKMPPD participants who did not successfully pass the first exam. From 7 research subjects, there were 2 subjects who successfully passed the second exam (28.5%) and there were 3 people who successfully passed after the third exam (43%). Meanwhile, 2 research subjects have not successfully passed the UKMPPD exam until the fifth exam (28.5%).

The results are quite surprising that of the 7 participants who failed to pass the UKMPPD exam, all of them felt depression. Generally, participants who did not pass the UKMPPD will experience sadness and disappointment which sometimes goes deeper, which will lead to depressive disorder, both mild and major depressive disorder.

Table 2. Dimensions of Personality and Psychopathology of Participants

Participant Code	Exam Failure Frequency	Clinical Resume of MMPI-2	Dimension of Personality
S	1x	Mild Depression, Hopeless Feeling, Mild Stress	Work Capacity: Good, Interpersonal Retionship: moderate, work ability: good, individual's ability to change self potential :good
M	5x	Moderate Depression, chaotic emotion, Unable to overcome the situation, unhappy, unsatisfied. Moderate Stress	Work capacity : bad, interpersonal relationship: moderate, work ability : moderate, individual ability to change self potential : bad
G	1x	Mild Depression	Work capacity: good, interpersonal relationship : moderate, work ability moderate, individual ability to change self potential: moderate
L	5x	General anxiety disorder, very tense, uncomfortable, fatigue, sleep disorder, hypochondriasis, concentrationand memory disturbance Moderate Stress	Work capacity: moderate, interpersonal relationship : moderate, work ability moderate, individual ability to change self potential: bad, Client has a behaviour problem that will lead to obstacle in daily life : moderate
R	2x	Client tends to conflict with applicable regulations and donot approve of these rules (antisocial); Mild Depression	Work capacity: good, interpersonal relationship : moderate, work ability good, individual ability to change self potential: good, Client has a behaviour problem that will lead to obstacle in daily life : severe
K	2x	Mild Depression	Work capacity: good, interpersonal relationship : moderate, work ability :good, individual ability to change self potential: good
MR	2x	Clients tend to lack trust in others (paranoid personalitytraits) Mild Depression	Work capacity: good, interpersonal relationship : moderate, work ability :good, individual ability to change self potential:good

On this study, there was a personality dimension that stole attention. That was individual ability to change and develop their potential. Two participants in this research have failed in UKMPPD exam for 5 times. Also, all of them have the potential ability to change their lacking potential. Unable to change one's potential causes individuals cannot learn from failure. Failure is seen as the final verdict, which worsen their confidences. They were not able to rise up and correct all the obstacles, limitations and mistakes that have been done in previous exams.

#### 4. Discussion

Personality is described as a unique way of thinking, feeling, and behavior. Personality includes moods, attitudes, and opinions and is most clearly expressed in interactions with others. The personality traits of an individual will determine how he faces the situation including in dealing with situations that are stressful or traumatic. MMPI-2 test is used to find various dimensions of a person's personality and psychopathology that appear in stress-prone individuals.<sup>4</sup> Failure in the UKMPPD exam for some Indonesian medical students is a very tense situation, and even tends to shame for himself and his family. Especially in the cultural environment of Indonesia which tends to be highly socially curious, resulting in a situation which is everyday situation is very traumatic. The failure of the UKMPPD exam, became a stressor for most of student whose eventually lead to depression. Depression is a mental disorder characterized by a loss of interest (anhedonia), depressive affects and feelings of lack of enthusiasm and also suicidal ideation.<sup>5-9</sup> This state of depression if left unchecked will cause an imbalance of neurotransmitters which in turn will aggravate depression until the individual falls into a condition called "learning helplessness". Learning helplessness is a situation where an individual believes that he is indeed weak and unable to face exams because of continuous failures.<sup>10</sup>

In this study, it was also found that most of the subjects who failed the exam were individuals who

were less able to develop their potential or were less adaptable to the situation they were facing. Individuals who are difficult to adapt will tend to avoid stressful situations (denial) and tend to blame the other person or things for causing their failure. In addition it was also found individuals with paranoid and antisocial personality traits in the MMPI results.<sup>11</sup> Individuals with paranoid personality will tend to distrust the surrounding who then internalize into distrust of themselves. Individuals with antisocial personality traits will tend to break the rules, so they do not want to follow applicable regulations, including examinations.<sup>12-14</sup> This can be difficult for them because it will be a significant obstacle in everyday life.

Also of great interest of this study, all participants experienced symptoms of mental disorders in the form of anxiety disorders and mild to moderate depression. Therefore in addition to the preparation of knowledge and improvement of learning methods, it is necessary to consider the assistance and psychotherapies by psychiatrists in facing UKMPPD exams, so they can improve their performance in facing and completing examinations.

#### 5. Conclusion

Medical students who experience UKMPPD failures have an inability to develop their own potential which results in depression due to failure of the exam.

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