

## ABSTRACT

### THE CORRELATION OF WORK-RELATED STRESS AND REGULARY HABIT OF EATING TO DYSPEPSIA SYNDROME IN PATIENT HOSPICE NURSE AT RSUD ABDUL MOELOEK BANDAR LAMPUNG

By

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**Background:** Dyspepsia syndrome is caused by many factors, among of them are regulary habit of eating and work-related stress. Nurse is a group of workers which have excessive work load so that affect the regulary habit of eating and lead work-related stress. This research aim is to analyze the correlation of work-related stress and regulary habit of eating to dyspepsia syndrome in patient hospice nurse at RSUD Abdul Moeloek.

**Methods:** This research is a cross-sectional analytic method with purposive technic sampling. This research took place in RSUD Abdul Moeloek Bandar Lampung since Oktober to November 2016 with 144 samples of nurses. Data taken by questionnaire is analyzed using Chi-Square test.

**Results:** The analysis showed that 36,8% respondents have work-related stress, 14,6% respondents have irregulary habit of eating, 34% respondents suffered from dyspepsia syndrome and there are a correlation between dyspepsia syndrome with work-related stress ( $p=0,002$ ; OR:3,257) and regulary habit of eating ( $p=0,03$ ; OR: 3,099).

**Conclusion:** There are a correlation of work-related stress and regulary habit of eating to dyspepsia syndrome in patient hospice nurse at RSUD Abdul Moeloek Bandar Lampung.

**Keywords:** work-related stress, regularity of eating, dyspepsia syndrome, nurse

## ABSTRAK

### HUBUNGAN STRES KERJA DAN KETERATURAN MAKAN DENGAN KEJADIAN SINDROM DISPEPSIA PADA PERAWAT INSTALASI RAWAT INAP RSUD ABDUL MOELOEK BANDAR LAMPUNG

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**Latar Belakang:** Sindrom dispepsia dapat disebabkan oleh banyak faktor, diantaranya keteraturan makan dan psikologi (stres kerja). Perawat termasuk kelompok kerja dengan tuntutan kerja dan kepadatan aktivitas cukup tinggi sehingga dapat mempengaruhi keteraturan makan dan stres kerja. Penelitian ini bertujuan untuk mengetahui hubungan antara stres kerja dan keteraturan makan dengan kejadian sindrom dispepsia pada perawat Instalasi Rawat Inap RSUD Abdul Moeloek.

**Metode Penelitian:** Penelitian ini merupakan penelitian analitik *cross-sectional*. Penelitian ini dilakukan di RSUD Abdul Moeloek Bandar Lampung sejak Oktober hingga November 2016 dengan total responden 144 orang perawat yang diambil dengan teknik *purposive sampling*. Data dikumpulkan dengan menggunakan kuesioner yang kemudian dilakukan uji analisis menggunakan uji *Chi-Square*.

**Hasil Penelitian:** Hasil analisis menunjukkan bahwa 36,8% responden mengalami stres kerja, 14,6% responden tidak memiliki keteraturan makan, 34% responden menderita sindrom dispepsia serta terdapat hubungan antara sindrom dispepsia dengan stres kerja ( $p=0,002$ ; OR:3,257) dan keteraturan makan ( $p=0,03$ ; OR: 3,099).

**Simpulan Penelitian:** Terdapat hubungan antara stres kerja dan keteraturan makan dengan kejadian sindrom dispepsia pada perawat Instalasi Rawat Inap RSUD Abdul Moeloek Bandar Lampung.

**Kata Kunci:** stres kerja, keteraturan makan, sindrom dispepsia, perawat