

ABSTRACT

THE RELATIONSHIP BETWEEN STRESS LEVELS AND IRRITATIVE CONSUMPTION FREQUENCY WITH DYSPEPSIA SYNDROME IN STUDENTS OF THE FACULTY OF MEDICINE, UNIVERSITY OF LAMPUNG CLASS OF 2021-2023

Oleh

PUTRI KAMILA WAHIDAH

Background: Dyspepsia syndrome is a collection of symptoms consisting of discomfort in the epigastrium, burning in the epigastrium, nausea, vomiting, bloating, easy fullness, and repeated belching. The purpose of this study was to determine the relationship between stress levels and frequency of irritative consumption with dyspepsia syndrome in PSPD FK Unila students.

Methods: This study used a cross-sectional design and was conducted at FK Unila in November 2024. The population is FK Unila PSPD students 2021-2023 generation. Data collection using proportional random sampling technique as many as 274 people. The questionnaire used for dyspepsia syndrome was taken from ROMA IV Criteria, stress level using PSS-10 and frequency of irritative consumption using FFQ. Data were analyzed univariately and bivariately using the chi-square test.

Results: The results showed that there was an association between stress level ($p=0.026$) and frequency of spicy food consumption ($p=0.013$) with dyspepsia syndrome and there was no association between frequency of consumption of acidic foods ($p=0.655$), coffee ($p=0.931$), and soft drinks (0.354) with dyspepsia syndrome.

Conclusion: There is an association between stress level and frequency of spicy food consumption with dyspepsia syndrome. There is no association between the frequency of consumption of acidic foods, coffee, and soft drinks with dyspepsia syndrome.

Keywords: Dyspepsia, Irritative Consumption, Stress

ABSTRAK

HUBUNGAN TINGKAT STRES DAN FREKUENSI KONSUMSI IRRITATIF TERHADAP SINDROM DISPEPSIA PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG ANGGKATAN 2021-2023

Oleh

PUTRI KAMILA WAHIDAH

Latar Belakang: Sindrom dispepsia adalah kumpulan gejala yang terdiri dari rasa tidak nyaman di epigastrium, rasa panas terbakar di epigastrium, mual, muntah, kembung, mudah kenyang, dan sendawa berulang. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara tingkat stres dan frekuensi konsumsi iritatif dengan sindrom dispepsia pada mahasiswa PSPD FK Unila.

Metode: Penelitian ini menggunakan desain *cross-sectional* dan dilakukan di FK Unila pada bulan November 2024. Populasi adalah mahasiswa PSPD FK Unila angkatan 2021-2023. Pengambilan data menggunakan teknik *proportional random sampling* sebanyak 274 orang. Kuesioner yang digunakan untuk sindrom dispepsia diambil dari Kriteria ROMA IV, tingkat stres menggunakan PSS-10 dan frekuensi konsumsi iritatif menggunakan FFQ. Data dianalisis secara univariat dan bivariat menggunakan uji *chi-square*.

Hasil: Hasil menunjukkan terdapat hubungan antara tingkat stres ($p=0,026$) dan frekuensi konsumsi makanan pedas ($p=0,013$) dengan sindrom dispepsia dan tidak terdapat hubungan antara frekuensi konsumsi makanan asam ($p=0,665$), kopi ($p=0,931$), dan minuman bersoda ($0,354$) dengan sindrom dispepsia.

Kesimpulan: Terdapat hubungan antara tingkat stres dan frekuensi konsumsi makanan pedas dengan sindrom dispepsia. Tidak terdapat hubungan antara frekuensi konsumsi makanan asam, kopi, dan minuman bersoda dengan sindrom dispepsia

Kata kunci: Dispepsia, Konsumsi Iritatif, Stres