

ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND INCIDENCE OF FUNCTIONAL DYSPESIA AMONG MEDICAL STUDENTS OF THE 2022 CLASS AT UNIVERSITY OF LAMPUNG

By

WIDYA FATHANIAH ANJAYA

Background: Academic stress is a pressure arising from the demands of the educational environment and tends to be more common among medical students. This condition can trigger the symptoms of functional dyspepsia. This study aimed to determine the relationship between academic stress and functional dyspepsia among medical students of the 2022 class.

Methods: This study used a cross-sectional approach with 115 respondents. The instruments used included the Perceived Sources of Academic Stress (PAS) questionnaire to measure academic stress and a functional dyspepsia questionnaire developed based on the Rome IV Criteria. Bivariate analysis was performed using the Spearman Rank test.

Result: The majority of students experience high academic stress and functional dyspepsia, especially in the early adulthood age group, women, and those living with their parents. High levels of academic stress were reflected in high stress scores on the academic expectations and burden aspects, and moderate stress scores on the academic self-perception aspect. Bivariate analysis showed a significant relationship between academic stress and functional dyspepsia ($p < 0.000$; $r = 0.722$), with a strong and positive correlation indicating that the higher level of academic stress, the more positive of functional dyspepsia incidence.

Conclusion: There is a relationship between academic stress and the functional dyspepsia incidence among medical students of the 2022 class at university of lampung. These findings can serve as a basis for evaluating ways to strengthen accessible psychological support services and mental health training.

Keyword: academic stress, functional dyspepsia, brain-gut axis, psychological

ABSTRAK

HUBUNGAN ANTARA STRES AKADEMIK DENGAN KEJADIAN DISPEPSIA FUNGSIONAL PADA MAHASISWA ANGKATAN 2022 PROGRAM STUDI PENDIDIKAN DOKTER UNIVERSITAS LAMPUNG

Oleh

WIDYA FATHANIAH ANJAYA

Latar belakang: Stres akademik merupakan tekanan yang timbul akibat tuntutan di lingkungan pendidikan dan cenderung lebih rentan dialami oleh mahasiswa kedokteran. Kondisi ini dapat memicu timbulnya gejala dispepsia fungsional. Penelitian ini bertujuan untuk mengetahui adanya hubungan antara stres akademik dan dispepsia fungsional pada mahasiswa kedokteran angkatan 2022.

Metode Penelitian: Penelitian ini menggunakan pendekatan *cross-sectional* pada 115 responden. Instrumen yang digunakan mencakup kuesioner *Perceived Sources of Academic Stress* (PAS) untuk mengukur stres akademik, serta kuesioner dispepsia fungsional yang disusun berdasarkan Kriteria Roma IV. Analisis bivariat dilakukan melalui uji *Spearman Rank*.

Hasil Penelitian: Mayoritas mahasiswa mengalami stres akademik tinggi dan dispepsia fungsional, terutama pada kelompok usia dewasa awal, perempuan, serta yang tinggal bersama orang tua. Tingginya tingkat stres akademik tercermin dari skor stres yang tinggi pada aspek ekspektasi dan beban akademik, serta skor stres sedang pada aspek persepsi diri akademik. Analisis bivariat menunjukkan adanya hubungan yang signifikan antara stres akademik dan dispepsia fungsional ($p < 0,000$; $r = 0,722$), dengan korelasi kuat dan positif yang menunjukkan bahwa semakin tinggi tingkat stres akademik, semakin positif kejadian dispepsia fungsional.

Simpulan: Terdapat hubungan antara stres akademik dengan dispepsia fungsional pada mahasiswa angkatan 2022 Program Studi Pendidikan Dokter Universitas Lampung. Temuan ini dapat menjadi dasar evaluasi untuk memperkuat layanan pendampingan psikologis dan pelatihan kesehatan mental yang mudah diakses.

Kata kunci: stres akademik, dispepsia fungsional, *brain-gut axis*, psikologis.