

ABSTRAK

Salah satu masalah kesehatan yang dapat muncul akibat stres adalah gangguan fungsi gastrotestinal. Stress yang dialami mendorong tubuh untuk mengeluarkan asam lambung secara berlebihan yang ditandai dengan perasaan kembung, mual, dan pedih pada ulu hati (sindrom dyspepsia). Tujuan dari penelitian ini untuk mengetahui hubungan tingkat stress dengan kejadian dyspepsia saat kuliah daring pada mahasiswa semester akhir di STIKes Hutama Abdi Husada Tulungagung. Metode penelitian analitik dengan pendekatan studi Cross sectional. Sampel penelitian yaitu mahasiswa prodi sarjana keperawatan STIKes Hutama Abdi Husada Tulungagung angkatan 2017 sebanyak 70 orang. Teknik pengambilan sampel adalah total sampling. Instrumen pengumpulan data berupa kuesioner melalui google form yang dibagikan kepada mahasiswa untuk menilai hubungan tingkat stress dengan kejadian sindrom dyspepsia. Data dianalisis dengan uji Spermman Rho. Hasil penelitian menunjukkan bahwa 47,1 % responden mengalami stress normal, 48,6 % responden mengalami stres ringan, dan 4,3% responden mengalami stress sedang. Para mahasiswa mengalami sindrom dispepsia sebanyak 51,4 % dan sebanyak 48,6% mahasiswa tidak mengalami dyspepsia. Analisa data menggunakan uji statistic Spearman Rho diketahui bahwa p-value yaitu $0,000 < 0,05$ ($p\text{-value} < \alpha$), sehingga H_0 ditolak dan H_a diterima. Berdasarkan hasil penelitian diatas menunjukkan bahwa ada hubungan antara tingkat stress dengan sindrom dyspepsia saat kuliah daring pada mahasiswa semester akhir di STIKes Hutama Abdi Husada Tulungagung tahun 2021 dengan p-value 0,000. Oleh karena itu, diharapkan pada mahasiswa untuk menghindari stress dan faktor-faktor yang menyebabkan sindrom dyspepsia seperti dengan makan teratur dan tidak makan makanan pedas maupun berkafein.

Kata Kunci : Tingkat Stres, Sindrom Dispepsia, Mahasiswa Tingkat Akhir

ABSTRACT

One of the health problems that can arise due to stress is impaired gastrointestinal function. The stress experienced encourages the body to secrete excessive stomach acid which is characterized by feelings of bloating, nausea, and pain in the pit of the heart (dyspepsia syndrome). The purpose of this study was to determine the relationship between stress levels and the incidence of dyspepsia during online lectures for final semester students at STIKes Hutama Abdi Husada Tulungagung. Analytical research method with cross sectional study approach. The research sample was 70 students of the 2017 STIKes Hutama Abdi Husada Tulungagung nursing undergraduate study program. The sampling technique is total sampling. The data collection instrument was a questionnaire through a google form which was distributed to students to assess the relationship between stress levels and the incidence of dyspepsia syndrome. Data were analyzed by Spearman Rho test. The results showed that 47.1% of respondents experienced normal stress, 48.6% of respondents experienced mild stress, and 4.3% of respondents experienced moderate stress. The students experienced dyspepsia syndrome as much as 51.4% and as many as 48.6% of students did not experience dyspepsia. Analysis of the data using the Spearman Rho statistical test is known that the p-value is $0.000 < 0.05$ ($p\text{-value} <$), so H_0 is rejected and H_a is accepted. Based on the results of the research above, it shows that there is a relationship between stress levels and dyspepsia syndrome during a brave lecture for final semester students at STIKes Hutama Abdi Husada Tulungagung in 2021 with a p value of 0,000. Therefore, it is hoped that students will avoid stress and factors that cause dyspepsia syndrome, such as by eating. regularly and don't eat spicy or caffeinated foods..

Keywords: *Stress Level, Dyspepsia Syndrome, Final Year Students.*