

ABSTRAK

HUBUNGAN TINGKAT STRES AKADEMIK DENGAN KEJADIAN SINDROM DISPEPSIA FUNGSIONAL PADA KOMUNITAS MAHASISWA TINGKAT AKHIR DI FAKULTAS KEDOKTERAN UNIVERSITAS PENDIDIKAN GANESHA

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Latar Belakang: Mahasiswa tingkat akhir rentan mengalami stres akademik akibat tuntutan akademik yang kompleks. Stres akademik yang berlangsung dalam jangka waktu lama dapat mempengaruhi fungsi saluran pencernaan melalui mekanisme *brain gut axis* dan memicu terjadinya sindrom dispepsia fungsional. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres akademik dengan kejadian sindrom dispepsia fungsional pada mahasiswa tingkat akhir Fakultas Kedokteran Universitas Pendidikan Ganesha. **Metode:** Penelitian ini menggunakan desain *cross-sectional* dengan pendekatan kuantitatif. Sampel penelitian berjumlah 97 mahasiswa tingkat akhir yang dipilih menggunakan teknik *simple random sampling*. Pengumpulan data dilakukan menggunakan kuesioner *Educational Stress Scale for Adolescents* (ESSA) dan *Nepean Dyspepsia Index Short Form* (NDI-SF). Analisis data menggunakan uji korelasi *Spearman's rho*. **Hasil:** Mayoritas responden mengalami tingkat stres akademik tinggi, yaitu sebanyak 58 orang (59,8%), diikuti stres sedang sebanyak 21 orang (21,6%) dan stres rendah sebanyak 18 orang (18,6%). Kejadian sindrom dispepsia fungsional menunjukkan bahwa sebanyak 33 responden (34%) mengalami dispepsia sangat berat, 11 responden (11,3%) mengalami dispepsia berat, 3 responden (3,1%) mengalami dispepsia sedang, dan 10 responden (10,3%) mengalami dispepsia ringan, sedangkan 40 responden (41,2%) berada pada kategori normal. Hasil analisis data menunjukkan terdapat hubungan positif yang signifikan antara tingkat stres akademik dengan kejadian sindrom dispepsia fungsional ($p = 0,472$; $p = 0,000$). **Kesimpulan:** Semakin tinggi tingkat stres akademik, semakin besar kecenderungan terjadinya sindrom dispepsia fungsional dengan tingkat keparahan yang lebih berat pada mahasiswa tingkat akhir Fakultas Kedokteran Universitas Pendidikan Ganesha. Dari kesimpulan tersebut, penulis menyarankan peningkatan pendampingan dan konseling akademik oleh institusi, pengelolaan stres yang lebih baik oleh mahasiswa, serta pengembangan penelitian lanjutan dengan mempertimbangkan faktor lain yang berpengaruh terhadap sindrom dispepsia fungsional.

Kata Kunci: Mahasiswa tingkat akhir, stres akademik, sindrom dispepsia fungsional.

ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC STRESS LEVELS AND THE INCIDENCE OF FUNCTIONAL DYSPEPSIA SYNDROME IN THE COMMUNITY OF FINAL YEAR STUDENTS AT THE FACULTY OF MEDICINE GANESHA UNIVERSITY OF EDUCATION

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Background: Final year students are vulnerable to academic stress due to complex academic demands. Long term academic stress can affect the function of the digestive tract through the brain gut axis mechanism and trigger functional dyspepsia syndrome. **Objective:** This study aims to determine the relationship between academic stress levels and the incidence of functional dyspepsia syndrome in final year students of the Faculty of Medicine, Ganesha University of Education. **Method:** This study used a cross sectional design with a quantitative approach. The study sample consisted of 97 final year students selected using a simple random sampling technique. Data collection was carried out using the Educational Stress Scale for Adolescents (ESSA) and Nepean Dyspepsia Index Short Form (NDI-SF) questionnaires. Data analysis used the Spearman's rho correlation test. **Results:** The majority of respondents experienced high levels of academic stress, namely 58 people (59.8%), followed by moderate stress by 21 people (21.6%) and low stress by 18 people (18.6%). The incidence of functional dyspepsia syndrome showed that 33 respondents (34%) experienced very severe dyspepsia, 11 respondents (11.3%) experienced severe dyspepsia, 3 respondents (3.1%) experienced moderate dyspepsia, and 10 respondents (10.3%) experienced mild dyspepsia. Meanwhile, 40 respondents (41.2%) were in the normal category. The data analysis showed a significant positive relationship between academic stress levels and the incidence of functional dyspepsia syndrome ($p = 0.472$; $p = 0.000$). **Conclusion:** The higher the level of academic stress, the greater the likelihood of developing functional dyspepsia syndrome with greater severity among final-year students of the Faculty of Medicine, Ganesha University of Education. Based on these conclusions, the authors recommend increased academic mentoring and counseling by the institution, better stress management by students, and the development of further research that considers other factors influencing functional dyspepsia syndrome.

Keywords: Final-year students, academic stress, functional dyspepsia syndrome.