

Hubungan Konsumsi Kopi Dan Tingkat Stres Dengan Sindrom Dispepsia Fungsional Pada Mahasiswa Tingkat Akhir

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ABSTRAK

Latar Belakang : Banyaknya faktor yang dapat menyebabkan dispepsia fungsional, namun penelitian yang mempertimbangkan interaksi antara konsumsi kopi dan tingkat stres terhadap dispepsia fungsional pada mahasiswa masih terbatas.

Tujuan : Menganalisis hubungan antara konsumsi kopi dan tingkat stress dengan sindrom dispepsia fungsional pada mahasiswa tingkat akhir.

Metode : Penelitian menggunakan desain *cross sectional* dengan 99 subjek mahasiswa tingkat akhir Fakultas Kedokteran Universitas Diponegoro Semarang yang dipilih melalui teknik *purposive sampling*. Tingkat konsumsi kopi diukur menggunakan kuesioner konsumsi kopi. Tingkat stress diukur menggunakan kuesioner *Perceived Stres Scale* (PSS-10). Pola makan diukur menggunakan kuesioner pola makan. Sindrom dispepsia fungsional diukur menggunakan kuesioner ROME IV. Analisis statistik menggunakan uji *chi-square* dan regresi logistik.

Hasil : Terdapat 75,8 % subjek mengalami dispepsia fungsional, 50,5% dan 68,7% subjek memiliki tingkat konsumsi kopi dan tingkat stress sedang. Setelah dikontrol oleh faktor perancu pola makan, konsumsi kopi tidak signifikan berhubungan dengan sindrom dispepsia fungsional pada mahasiswa tingkat akhir ($p > 0,05$). Sementara tingkat stress secara signifikan berhubungan dengan sindrom dispepsia fungsional ($p = 0,008$; AOR=4,33; 95%CI:1,45-12,89). Mahasiswa dengan tingkat stress yang lebih tinggi memiliki kemungkinan 4,33 kali lebih besar untuk mengalami dispepsia fungsional dibandingkan dengan yang stress ringan.

Simpulan : Konsumsi kopi tidak berhubungan signifikan dengan sindrom dispepsia fungsional, sementara tingkat stress berhubungan signifikan.

Kata Kunci: dispepsia fungsional, konsumsi kopi, tingkat stres, pola makan, mahasiswa

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The Relationship Between Coffee Consumption and Stress Levels with Functional Dyspepsia Syndrome in Final-Year Students

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ABSTRACT

Background: Functional dyspepsia is influenced by numerous factors. However, research specifically examining the interaction between coffee consumption and stress levels on functional dyspepsia among university students remains limited.

Objective: To analyze the relationship between coffee consumption, stress levels, and functional dyspepsia syndrome in final-year university students.

Methods: This cross-sectional study involved 99 final-year students from the Faculty of Medicine, Diponegoro University, Semarang, selected through purposive sampling. Coffee consumption levels were measured using a coffee consumption questionnaire. Stress levels were assessed using the Perceived Stress Scale (PSS-10) questionnaire. Dietary patterns were evaluated using a dietary pattern questionnaire. Functional dyspepsia syndrome was determined using the ROME IV questionnaire. Statistical analysis was performed using chi-square tests and logistic regression.

Results: Functional dyspepsia was prevalent in 75,8% of the subjects, with 50,5% exhibiting moderate coffee consumption and 68,7% reporting moderate stress levels. After controlling for dietary patterns as a confounding factor, coffee consumption was not significantly associated with functional dyspepsia syndrome among final-year students ($p>0,05$). Conversely, stress levels showed a statistically significant association with functional dyspepsia syndrome ($p=0,008$; AOR = 4,33; 95% CI: 1,45-12,89). Students with higher stress levels were 4,33 times more likely to experience functional dyspepsia compared to those with mild stress.

Conclusion: Coffee consumption is not significantly associated with functional dyspepsia, while stress levels are significantly related to functional dyspepsia syndrome.

Keywords: functional dyspepsia, coffee consumption, stress levels, eating patterns, students

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