

FAKULTAS KEDOKTERAN

UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA
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HUBUNGAN STRES AKADEMIK DAN KECEMASAN TERHADAP DISPEPSIA FUNGSIONAL PADA PEMERIKSAAN AKTIVITAS SISTEM SARAF OTONOM

RINCIAN HALAMAN (xviii + 110 halaman, 10 tabel, 19 gambar, 13 lampiran)

ABSTRAK

Tujuan

Untuk mengetahui hubungan stres akademik dan kecemasan terhadap dispepsia fungsional pada pemeriksaan aktivitas sistem saraf otonom pada mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta.

Metode

Penelitian ini menggunakan metode analisis observasional dengan pendekatan *cross sectional*. Besar sampel sebanyak 33 responden yang ditentukan menggunakan teknik *simple random sampling* pada mahasiswa aktif tingkat 3 dan 4. Penelitian ini menggunakan kuesioner PASS untuk mengukur stres akademik, kuesioner HARS untuk mengetahui gejala kecemasan, kuesioner kriteria ROME-IV untuk menilai dispepsia fungsional, dan pemeriksaan menggunakan alat HRV untuk mengetahui aktivitas sistem saraf otonom.

Hasil

Sebanyak 12 responden (36,4%) mengalami stres akademik tinggi, 15 responden (45,5%) mengalami kecemasan berat-sangat berat, dan 24 responden (72,7%) mengalami dispepsia fungsional. Analisis data menggunakan uji *Kolmogorov-smirnov* sebagai alternatif uji *Chi-square* dan analisis bivariat menunjukkan terdapat hubungan stres akademik terhadap dispepsia fungsional pada pemeriksaan aktivitas sistem saraf otonom ($p\text{-value} = 0,026$). Selain itu, terdapat hubungan antara kecemasan terhadap dispepsia fungsional pada pemeriksaan aktivitas sistem saraf otonom ($p\text{-value} = 0,033$)

Kesimpulan

Berdasarkan hasil penelitian didapatkan terdapat hubungan yang signifikan secara statistik antara stres akademik dan kecemasan terhadap dispepsia fungsional pada pemeriksaan aktivitas sistem saraf otonom pada mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta.

Daftar Pustaka : 69 (2013-2023)

Kata Kunci : Aktivitas sistem saraf otonom, dispepsia fungsional, kecemasan, stres akademik

**FACULTY OF MEDICINE
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA
Undergraduate Thesis, January 2024**

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**THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND ANXIETY TOWARD
FUNCTIONAL DYSPEPSIA IN THE EXAMINATION OF AUTONOMIC NERVOUS
SYSTEM ACTIVITY**

PAGE DETAIL (xviii + 110 pages, 10 tables, 19 pictures, 13 appendices)

ABSTRACT

Objective

To investigate the relationship between academic stress and anxiety toward functional dyspepsia through the examination of autonomic nervous system activity in medical students at the Faculty of Medicine, Universitas Pembangunan Nasional "Veteran" Jakarta.

Method

The research was an observational analysis method with a cross-sectional design. The sample consisted of 33 respondents determined through a simple random sampling technique among active third- and fourth-year students. This research used the PASS questionnaire to measure academic stress, the HARS questionnaire to identify anxiety symptoms, the ROME-IV criteria questionnaire to assess functional dyspepsia, and examinations using an HRV analyzer to determine autonomic nervous system activity.

Result

Twelve respondents had severe academic stress (36.4%), 15 respondents had severe to very severe anxiety (45.5%), and 24 respondents indicated functional dyspepsia (72,7%). Data analysis used kolmogorov-smirnov test as an alternative chi square test, and the results revealed a significant relationship between academic stress and functional dyspepsia in the examination of autonomic nervous system activity (p-value = 0.026). Also, analysis of the relationship between anxiety and functional dyspepsia in the examination of autonomic nervous system activity showed a significant result (p-value = 0.033).

Conclusion

According to the research, there was a statistically significant relationship between academic stress and anxiety toward functional dyspepsia in the examination of autonomic nervous system activity on medical students at the University of Pembangunan Nasional “Veteran” Jakarta

Reference : 69 (2013-2023)

Keywords : Academic stress, anxiety, autonomic nervous system activity, functional dyspepsia