

***The Relationship Between Food and Beverage Consumption
Irritability and Academic Stress with
The Occurrence of Dyspepsia Syndrome***

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ABSTRACT

Dyspepsia syndrome is a digestive disorder of the stomach that occurs due to thinning or damage to the gastric mucosa, causing irritation and increased gastric acid production. Factors that can trigger dyspepsia syndrome include irregular eating patterns, consumption of spicy foods, acidic foods, irritating beverages, and unhealthy dietary habits. The prevalence of dyspepsia syndrome in East Java Province, Indonesia, reaches 30– 50%. This study aims to determine the relationship between the consumption of irritating foods and beverages and academic stress with the incidence of dyspepsia syndrome among students majoring in Health at the Jember State Polytechnic.

This study is a quantitative study using a cross-sectional design. The population in this study was 343, with a sample size of 78 students using the Proportionate Stratified Simple Random Sampling technique. Data collection was conducted through interviews using the Dyspeptic Symptoms Questionnaire (PADYQ), the Perceived Academic Stress Scale PASS-18 questionnaire, and the Food Frequency Questionnaire (FFQ). The results showed a significant relationship between the consumption of irritating foods and beverages and the incidence of dyspepsia syndrome ($p=0,004$) with an Odds Ratio (OR) of 12,750, indicating that students who frequently consume irritating foods and beverages are 12,75 times greater chance of experiencing dyspepsia syndrome compared to students who rarely consume irritating foods and beverages. Meanwhile, there was no significant relationship between academic stress and the incidence of dyspepsia syndrome ($p=1,000$) with an Odds Ratio (OR) value of 0,933 among students majoring in Health at the Jember State Polytechnic.

Keywords: *Dyspepsia, Irritating Foods and Beverages, Student, Academic Stress*