

STATEMENT OF ORIGINALITY

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Declare that this research is the result of my thesis proposal work in this thesis proposal there is no work that has been submitted to obtain a degree in a university, and to the best of my knowledge there are also no works or opinions that have been written or published by other people, except those that are written referred to in this manuscript and mentioned in the bibliography.

Purwokerto, January 24, 2025

A handwritten signature in black ink is written over a yellow revenue stamp. The stamp features the Garuda Pancasila emblem and the text '20.000', 'TOL', 'METERAI TEMPEL', and a serial number '977EEAMX105755226'.

Hilwa Salsabila

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UNDERGRADUATE THESIS
IDENTIFICATION OF GASTRITIS RISK FACTORS FOR THE
INCIDENCE OF GASTRITIS IN PROFESSIONAL
NURSING STUDENTS AT UNIVERSITAS
JENDERAL SOEDIRMAN

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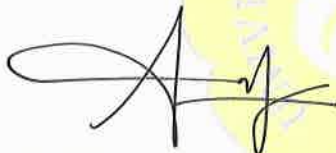
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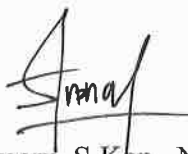
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PREFACE

Praise and gratitude to Allah SWT for His grace and guidance so that the author can complete the thesis entitled “Identification of Gastritis Risk Factors for The Incidence of Gastritis in Professional Nursing Students at Universitas Jenderal Soedirman.” This thesis has been completed as one of the requirements to complete the Bachelor / Strata 1 (S1) Program at the Nursing Study Program, Faculty of Health Sciences, Universitas Jenderal Soedirman.

With all the limitations and shortcomings in preparing this thesis, the author has received much support, information, advice, guidance, and prayers from various parties. The author also realizes that many parties have helped in this process, directly and indirectly. Therefore, on this occasion, the author would like to express his deepest gratitude to:

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The author realizes that this thesis is still far from perfection, so criticism and suggestions for improving it are very much expected. Hopefully, this thesis can benefit the development of science.

Purwokerto, January 24, 2025

Hilwa Salsabila

I1J021032

ABSTRAK

IDENTIFIKASI FAKTOR RISIKO GASTRITIS TERHADAP KEJADIAN GASTRITIS PADA MAHASISWA PROFESI NERS UNIVERSITAS JENDERAL SOEDIRMAN

Hilwa Salsabila, Agis Taufik, Annas Sumeru

Latar belakang: Gastritis merupakan peradangan pada lapisan mukosa lambung yang sering dialami oleh mahasiswa, terutama akibat pola hidup yang tidak sehat, seperti kebiasaan makan yang buruk, tingkat stres yang tinggi, dan kualitas tidur yang rendah. Di kalangan mahasiswa keperawatan, gastritis sering terjadi dan dipengaruhi oleh berbagai faktor risiko, seperti riwayat keluarga dengan gastritis, pola makan, tingkat stres, dan kualitas tidur.

Metode: Penelitian ini menggunakan pendekatan deskriptif korelasional dengan desain cross-sectional. Sebanyak 30 mahasiswa keperawatan Universitas Jenderal Soedirman dipilih sebagai sampel. Pengumpulan data dilakukan melalui kuesioner terstruktur dan dianalisis menggunakan uji statistik chi-square.

Hasil: Sebagian besar responden adalah perempuan (93,3%) dengan usia rata-rata 22 tahun. Analisis statistik menunjukkan hubungan yang signifikan antara riwayat gastritis dalam keluarga ($p = 0,030$), kebiasaan makan ($p = 0,002$), dan tingkat stres ($p = 0,011$) dengan kejadian gastritis. Namun, tidak ditemukan hubungan signifikan secara statistik antara kualitas tidur dan kejadian gastritis ($p > 0,05$).

Kesimpulan: Penelitian ini mengidentifikasi riwayat gastritis dalam keluarga, kebiasaan makan yang tidak sehat, dan tingkat stres yang tinggi sebagai faktor risiko yang signifikan terhadap gastritis di kalangan mahasiswa keperawatan. Temuan ini menekankan pentingnya penerapan pola makan yang sehat dan pengelolaan stres yang baik untuk mengurangi risiko gastritis. Walaupun kualitas tidur tidak menunjukkan hubungan yang signifikan secara statistik dengan kejadian gastritis, menjaga kualitas tidur yang baik tetap krusial untuk kesehatan secara keseluruhan, karena dapat mendukung sistem imun dan pengelolaan stres.

Kata kunci: Pola Makan, Gastritis, Mahasiswa Profesi Ners, Kualitas Tidur, Stres

ABSTRACT

IDENTIFICATION OF GASTRITIS RISK FACTORS FOR THE INCIDENCE OF GASTRITIS IN PROFESSIONAL NURSING STUDENTS AT UNIVERSITAS JENDERAL SOEDIRMAN

Hilwa Salsabila, Agis Taufik, Annas Sumeru

Background: Gastritis is an inflammation of the gastric mucosa that is often experienced by university students, especially due to unhealthy lifestyles, such as poor eating habits, high stress levels, and low sleep quality. Among nursing students, gastritis is common and influenced by various risk factors, such as family history of gastritis, diet, stress levels, and sleep quality.

Methods: This study used a descriptive correlational approach with a cross-sectional design. A total of 30 nursing students of Jenderal Soedirman University were selected as samples. Data were collected through a structured questionnaire and analyzed using the chi-square statistical test.

Results: Most of the respondents were female (93.3%) with an average age of 22 years. Statistical analysis showed a significant association between family history of gastritis ($p = 0.030$), dietary habits ($p = 0.002$), and stress level ($p = 0.011$) with gastritis incidence. However, no statistically significant association was found between sleep quality and gastritis incidence ($p > 0.05$).

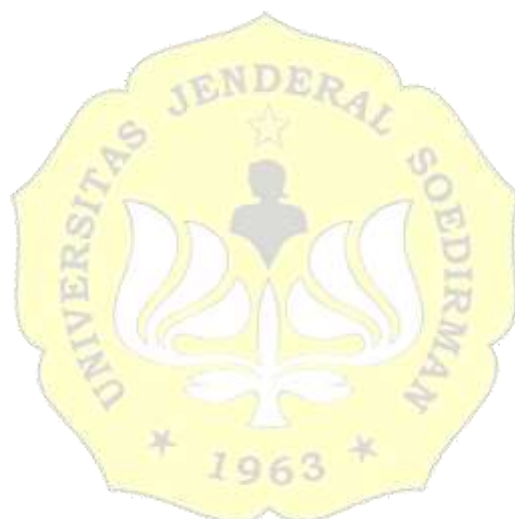
Conclusion: This study identified family history of gastritis, unhealthy eating habits, and high stress levels as significant risk factors for gastritis among nursing students. These findings emphasize the importance of adopting a healthy diet and good stress management to reduce the risk of gastritis. Although sleep quality did not show a statistically significant association with the incidence of gastritis, maintaining good sleep quality is still crucial for overall health, as it supports the immune system and stress management.

Keywords: Diet, Gastritis, Professional Nursing Students, Sleep Quality, Stress

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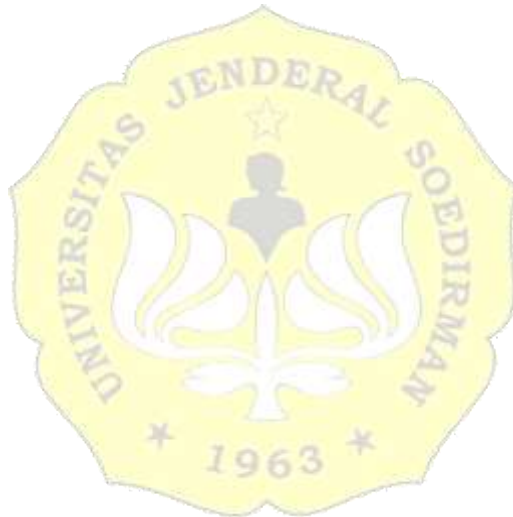


TABLE OF ABBREVIATIONS

H. PYLORI	: Helicobacter Pylori
PSQI	: Pittsburgh Sleep Quality Index
PSS	: Perceived Stress Scale
WHO	: World Health Organization

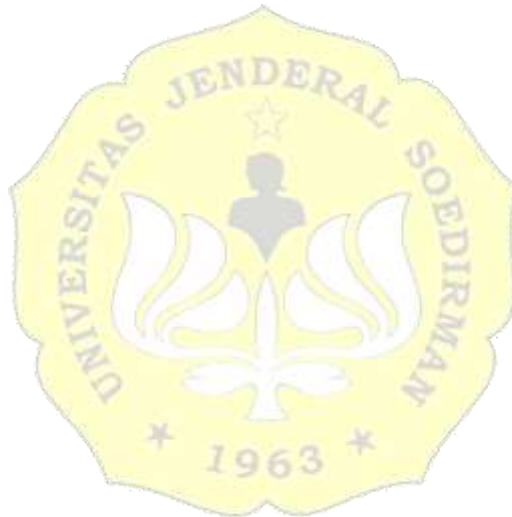


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