

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

Based on the results of research and discussion, it can be concluded as follows:

1. Most of the respondents were female (93.3%), aged 22 (60%), and lived in boarding houses (86.7%). This condition illustrates the characteristics of students, who show a larger proportion dominated by women.
2. There is no significant relationship between place of residence and the incidence of gastritis in professional nursing students. This shows that the location of residence, at home or in boarding houses, does not affect the level of risk of gastritis symptoms in respondents of this study.
3. There is a significant relationship between a family history of gastritis and the incidence of gastritis in nursing students. Students with a family history of gastritis are at a higher risk of experiencing a similar condition.
4. There is a significant relationship diet with the incidence of gastritis in nursing students. Poor diet increases the risk of gastric irritation.
5. Severe stress level has a significant association with incidence of gastritis in nursing students. Stress increases the production of the hormone cortisol, which triggers gastric acid secretion and exacerbates gastritis symptoms.
6. Most respondents had poor sleep quality, but no statistically significant association was found between sleep quality and incidence of gastritis. However, the theory supports that poor sleep quality may exacerbate gastritis risk indirectly through increased stress.

B. Research Suggestion

Based on the results of the research and discussion, suggestions for further research are made, namely:

1. Students should maintain a healthy diet, manage stress, and improve sleep quality with a consistent schedule and comfortable environment.
2. It is recommended that institutions hold routine health education, improve campus facilities such as healthy canteens and counseling services, and support further research.
3. For future research, it is recommended to use a larger population size and a sample of professional students from various universities; a longitudinal design is necessary to establish a clear causal relationship, consider additional variables, and develop community interventions to support healthy lifestyles.

