

ABSTRAK

HUBUNGAN TINGKAT STRES AKADEMIK DENGAN KONSUMSI KOPI KEKINIAN PADA MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa keperawatan menghadapi tekanan akademik tinggi dari tugas, ujian, dan praktik klinis yang dapat memicu stres akademik. Untuk mengatasi stres dan meningkatkan fokus, banyak mahasiswa mengonsumsi kopi kekinian yang mengandung kafein sebagai stimulan. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres akademik dengan konsumsi kopi kekinian pada mahasiswa keperawatan Universitas Jenderal Soedirman

Metodologi: Penelitian kuantitatif dengan pendekatan *cross-sectional* pada 240 mahasiswa keperawatan yang dipilih dengan teknik *stratified random sampling*. Data diperoleh melalui kuesioner *Student-Life Stress Inventory* (SLSI) dan kuesioner kebiasaan minum kopi kekinian berbentuk *Google Form*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji statistik *non parametric sommers'd*

Hasil Penelitian: Responden berusia 18-22 tahun dengan mayoritas responden berjenis kelamin perempuan sebanyak 209 responden (87,1%). Responden terbanyak berasal dari angkatan 2023 sebanyak 85 responden (35,4%), serta mayoritas responden memiliki besaran uang saku perbulan >Rp500.000,00 sebanyak 189 responden (78,8 %). Mayoritas memiliki tingkat stres akademik sedang 180 responden (75,0%) dan konsumsi kopi kekinian sedang 121 responden (50,4%). Hasil uji menunjukkan hubungan signifikan antara tingkat stres akademik dengan konsumsi kopi kekinian dengan nilai *p-value* = 0,021, serta nilai koefisien sebesar 0,162 menunjukkan hubungan bersifat positif dengan kekuatan yang lemah.

Kesimpulan: Mahasiswa keperawatan memiliki tingkat stres akademik tidak terlalu tinggi, namun tetap memengaruhi perilaku konsumsi kopi kekinian.

Kata Kunci: Konsumsi kopi kekinian, mahasiswa keperawatan, tingkat stres akademik

ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC STRESS LEVELS AND CURRENT COFFEE CONSUMPTION AMONG NURSING STUDENTS AT GENERAL SOEDIRMAN UNIVERSITY

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Background: Nursing students face high academic pressure assignments, exams, and clinical practice, which can trigger academic stress. To cope with stress and improve focus, many students consume trendy coffee containing caffeine as a stimulant. This study aims to determine the relationship between academic stress levels and trendy coffee consumption among nursing students at Jenderal Soedirman University.

Methodology: This quantitative study used a cross-sectional approach in 240 nursing students selected using a stratified random sampling technique. Data were obtained through the Student-Life Stress Inventory (SLSI) questionnaire and a trendy coffee drinking habits questionnaire in the form of a Google Form. Data analysis was performed using univariate and bivariate methods using the non-parametric Sommers'd statistical test.

Research Results: Respondents were aged 18-22 years, with the majority being female (209 respondents (87.1%). The largest number of respondents were from the class of 2023 (85 respondents) and the majority of respondents (189 respondents (78.8%) had a monthly allowance of more than Rp500,000. The majority of respondents (180 respondents) had moderate levels of academic stress, and 121 respondents (50.4%) had moderate consumption of contemporary coffee. The test results showed a significant relationship between academic stress levels and contemporary coffee consumption, with a p-value of 0.021, and a coefficient value of 0.162 indicating a positive relationship with weak strength.

Conclusion: Nursing students have a lower level of academic stress, but it still influences their current coffee consumption behavior

Keywords: Contemporary coffee consumption, nursing students, academic stress level

