

CHAPTER V CONCLUSION

A. Conclusion

Based on the findings from this study on students of the Faculty of Health Sciences at Jenderal Soedirman University, several conclusions can be drawn:

1. The majority of respondents were aged 20–23 years, with a median age of 21, representing early adulthood. Most were female and came from five study programs within the Faculty of Health Sciences—Nursing, Nutrition, Pharmacy, Public Health, and Physical Education—with a relatively balanced distribution. Most respondents experienced moderate academic stress, coffee consumption was generally at a moderate to high frequency, and the majority of students had poor sleep quality. Meanwhile, most respondents exhibited low GERD symptoms, with a small proportion showing high symptoms.
2. The analysis showed no significant relationship between academic stress, coffee consumption, or sleep quality and GERD symptoms among students. This indicates that although academic stress, coffee intake, and poor sleep are common, these factors do not directly contribute to the occurrence of GERD symptoms in the respondents.

B. Research Recommendation

Based on the result of this research, several suggestions can be made as follows.

1. For educational institutions

The result of this research is expected to provide health information and education for students regarding the importance of sleep quality, stress management, and healthy consumption patterns for support students digestive health.

2. For students

Students are encouraged to adopt healthy lifestyle behaviour's by managing academic stress, consuming coffee wisely, a maintaining good sleep quality to reduce the risk of GERD symptoms.

3. For further research

It is recommended that future research employ a more comprehensive study design with a larger sample size, incorporate additional risk variables and objective measurements, and explore protective factors such as stress management and healthy sleep patterns to reduce the risk of GERD symptoms among students.

