Abstract

The Relationship Between Academic Stress Levels, Coffee Consumption, And Sleep Quality with Gerd Symptoms Among Students of The Faculty of Health Sciences Universitas Jenderal Soedirman

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Background: Gastroesophageal reflux disease (GERD) is a common gastrointestinal disorder influenced by factors such as academic stress, coffee consumption, and sleep quality. Its global prevalence ranges from 13% to 30% and continues to rise with modern lifestyle changes. University students are particularly vulnerable due to academic pressures and lifestyle habits that may increase the risk of gastric reflux.

Methods: This study employed a cross-sectional design involving 149 students from the Faculty of Health Sciences, Universitas Jenderal Soedirman, cohort of 2022, selected through random sampling with proportional stratification. Data were collected online using the PAS (academic stress), FFQ (coffee consumption), PSQI (sleep quality), and GERD-Q (GERD symptoms). Descriptive analysis and Spearman's correlation test were conducted to examine the relationships between variables.

Result: The respondents had a median age of 21 years (range 20–23), with 71.8% being female and a relatively balanced distribution across study programs. Most students experienced moderate academic stress (66.4%) and moderate coffee consumption (51.7%), while the majority reported poor sleep quality (93.3%). GERD symptoms were identified in 11.4% of participants. Bivariate analysis demonstrated no statistically significant correlations between academic stress ($r = -0.101$; $p = 0.221$), coffee consumption ($r = 0.085$; $p = 0.304$), or sleep quality ($r = 0.045$; $p = 0.583$) and GERD symptoms.

Conclusion: Although academic stress, coffee consumption, and poor sleep quality were prevalent among students, none showed a significant association with GERD symptoms. This suggests that GERD may be influenced by more complex factors, including overall dietary patterns, duration of exposure to risk factors, and individual physiological characteristics.

Keywords: Academics Stress, Coffee Consumption, Sleep Quality, Gastroesophageal Reflux Disease, University Students.

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Latar Belakang: Penyakit refluks gastroesofagus (GERD) adalah gangguan saluran pencernaan yang umum dan dipengaruhi oleh faktor-faktor seperti stres akademik, konsumsi kopi, dan kualitas tidur. Prevalensinya secara global berkisar antara 13% hingga 30% dan terus meningkat seiring perubahan gaya hidup modern. Mahasiswa perguruan tinggi sangat rentan karena tekanan akademik dan kebiasaan gaya hidup yang dapat meningkatkan risiko terjadinya refluks lambung.

Metode: Penelitian ini menggunakan desain *cross-sectional* yang melibatkan 149 mahasiswa Fakultas Ilmu Kesehatan, Universitas Jenderal Soedirman, angkatan 2022, yang dipilih melalui teknik *random sampling* dengan stratifikasi proporsional. Data dikumpulkan secara daring menggunakan instrumen PAS (stres akademik), FFQ (konsumsi kopi), PSQI (kualitas tidur), dan GERD-Q (gejala GERD). Analisis deskriptif dan uji korelasi Spearman dilakukan untuk menguji hubungan antar variabel.

Hasil: Responden memiliki median usia 21 tahun (rentang 20–23 tahun), dengan 71,8% berjenis kelamin perempuan dan distribusi program studi yang relatif seimbang. Sebagian besar mahasiswa mengalami stres akademik tingkat sedang (66,4%) dan konsumsi kopi tingkat sedang (51,7%), sementara mayoritas melaporkan kualitas tidur yang buruk (93,3%). Gejala GERD teridentifikasi pada 11,4% partisipan. Analisis bivariat menunjukkan tidak terdapat korelasi yang signifikan secara statistik antara stres akademik ($r = -0,101$; $p = 0,221$), konsumsi kopi ($r = 0,085$; $p = 0,304$), maupun kualitas tidur ($r = 0,045$; $p = 0,583$) dengan gejala GERD.

Kesimpulan: Meskipun stres akademik, konsumsi kopi, dan kualitas tidur yang buruk banyak ditemukan pada mahasiswa, tidak satupun menunjukkan hubungan yang signifikan dengan gejala GERD. Hal ini menunjukkan bahwa GERD kemungkinan dipengaruhi oleh faktor yang lebih kompleks, termasuk pola makan secara keseluruhan, durasi paparan terhadap faktor risiko, serta karakteristik fisiologis individu.

Kata Kunci: Stres Akademik, Konsumsi Kopi, Kualitas Tidur, Penyakit Refluks Gastroesofagus, Mahasiswa Perguruan Tinggi.

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