

## ABSTRAK

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### **HUBUNGAN TINGKAT STRES DENGAN KEJADIAN KONSTIPASI FUNGSIONAL PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN ANGGATAN 2020-2022**

(xiv + 53 halaman: 5 tabel, 3 bagan, 6 lampiran)

**Latar Belakang:** Beberapa penelitian menunjukkan bahwa mahasiswa kedokteran mengalami level stres yang lebih tinggi dibandingkan mahasiswa program studi lain. Stres ini akan mempengaruhi kerentanan terhadap gangguan gastrointestinal fungsional termasuk konstipasi fungsional. Berdasarkan penelitian-penelitian sebelumnya terdapat kesenjangan pada hasil penelitian hubungan tingkat stres dengan kejadian konstipasi fungsional, maka dari itu peneliti tertarik untuk membuktikan hubungan antara tingkat stres dengan kejadian konstipasi fungsional pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Angkatan 2020-2022.

**Tujuan:** Mengetahui hubungan antara tingkat stres dengan kejadian konstipasi fungsional pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Angkatan 2020-2022.

**Hipotesis:** Terdapat hubungan antara tingkat stres dengan kejadian konstipasi fungsional pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Angkatan 2020-2022.

**Metode Penelitian:** Penelitian ini menggunakan metode analitik komparatif kategorik tidak berpasangan dengan desain *cross-sectional*. Responden penelitian ini adalah 109 mahasiswa/i dari angkatan 2020-2022, data dari responden diambil dari kuesioner *Perceived Stress Scale* dan *Constipation Scoring System*. Penelitian ini menggunakan uji statistik *chi square*.

**Hasil Penelitian:** Berdasarkan 109 responden yang terpilih menjadi subyek penelitian didapatkan jumlah mahasiswa yang mengalami konstipasi sejumlah 66 (60,6%) mahasiswa. Dari uji statistik *chi square* ditemukan bahwa nilai p sebesar 0,273 dimana  $p > 0,05$  yang artinya tidak ada hubungan signifikan antara tingkat stres dengan kejadian konstipasi fungsional pada mahasiswa FK UPH Angkatan 2020-2022.

**Kesimpulan:** Tidak terdapat hubungan yang signifikan antara tingkat stres dengan kejadian konstipasi fungsional pada mahasiswa FK UPH Angkatan 2020-2022.

**Kata Kunci:** Konstipasi fungsional, Tingkat stress, *Perceived Stress Scale*, *Constipation Scoring System*

**Referensi:** 35 (2012-2022)

## **ABSTRACT**

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### **RELATIONSHIP BETWEEN STRESS LEVELS AND FUNCTIONAL CONSTIPATION IN STUDENTS OF THE FACULTY OF MEDICINE, UNIVERSITY OF PELITA HARAPAN BATCH 2020-2022**

(xiv + 48 pages: 5 table, 63 charts, 6 attachments)

**Background:** Several studies have revealed that medical students experience high levels of stress compared with students of other study programs. This stress will affect the susceptibility to developing a functional gastrointestinal disorder, including functional constipation. In previous studies, it was found that there were differences in the results of the relationship between stress levels and functional constipation, therefore the researcher was interested in proving the relationship between stress levels and functional constipation in students of the Faculty of Medicine, University of Pelita Harapan batch 2020-2022.

**Objective:** To determine the relationship between stress levels and functional constipation in students of the Faculty of Medicine, University of Pelita Harapan batch 2020-2022.

**Hypothesis:** There is a relationship between stress levels and functional constipation in students of the Faculty of Medicine, University of Pelita Harapan batch 2020-2022.

**Research Methods:** This study used an unpaired categorical comparative analytic method with a cross-sectional design. The respondents for this research were 109 students from batch 2020-2022, the data from the respondents were taken from Perceived Stress Scale and Constipation Scoring System questionnaires. This study uses the chi square statistical analysis.

**Research Results:** Based on the 154 respondents who were selected as research subjects, it was found 66 (60.6%) students are suffered from constipation. From the chi square statistical test it was found the  $p$  value was 0.273 where  $p > 0.05$  which means that there is no significant relationship between stress levels and functional constipation in students of the Faculty of Medicine, University of Pelita Harapan batch 2020-2022.

**Conclusion:** There is no significant relationship between stress levels and functional constipation in students of the Faculty of Medicine, University of Pelita Harapan batch 2020-2022.

**Keywords:** Constipation Scoring System, Functional constipation, Perceived Stress Scale, Stress Scale

**References:** 35 (2012-2022)