

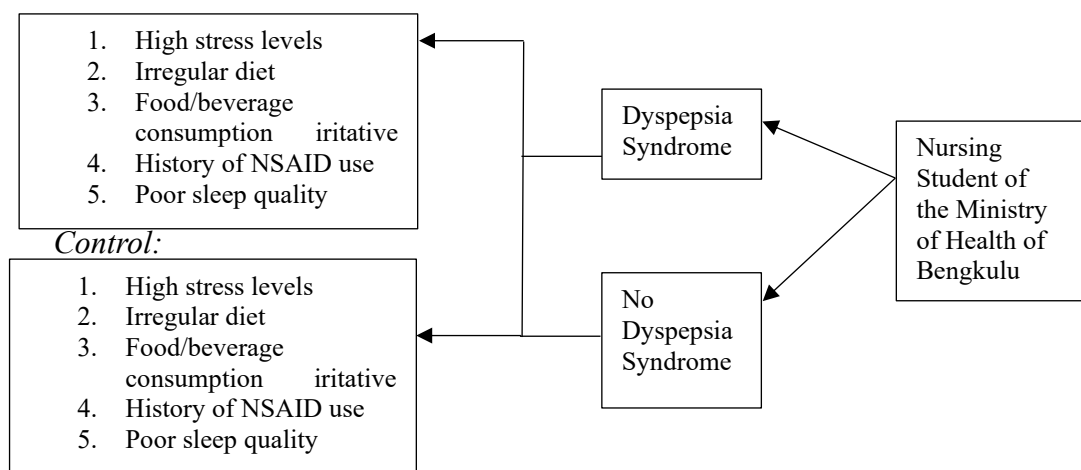
CHAPTER III

CONCEPTUAL FRAMEWORK, RESEARCH VARIABLES, AND OPERATIONAL DEFINITIONS

A. Conceptual Framework

A conceptual framework is the result of a scientific thinking process that serves to explain and visualize the relationships between the variables under study, as well as other variables not studied but with the potential to influence the research outcomes, ensuring that the resulting concepts remain aligned with the research objectives. Through this framework, researchers can systematically demonstrate the direction of the relationships between variables to facilitate answering the research problem (Sugiyono, 2023).

This study aims to analyze the risk factors associated with the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu. The independent variables studied include stress levels, dietary patterns, consumption of irritating foods and beverages, the use of non-steroidal anti-inflammatory drugs (NSAIDs), and sleep quality. Meanwhile, the dependent variable in this study is the incidence of dyspepsia syndrome. Based on this theoretical foundation, the conceptual framework of this research can be illustrated as follows:



Charts 3.1 Concept Framework

B. Research Hypotheses (Ha)

1. There is a relationship between stress levels and the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu.
2. There is a relationship between dietary patterns and the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu.
3. There is a relationship between the consumption of irritating foods and beverages and the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu.
4. There is a relationship between the use of non-steroidal anti-inflammatory drugs (NSAIDs) and the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu.
5. There is a relationship between sleep quality and the incidence of dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu.



C. Operational Definitions

Tabel 1 Definisi Operasional

1	Variable	Operational Definition	Measuring Instruments	How to Measure	Results / Categories	Scale
A Dependent Variable						
1.	Dyspepsia Syndrome	A clinical condition in which the respondent feels at least one of the main symptoms 1. Heartburn 2. Burning sensation in the chest 3. Feeling full after eating 4. Early satiation Symptoms are felt within the last 3 months.	Rome IV <i>Diagnostic Questionnaire</i>	Questionnaire	0 = No dyspepsia 1 = Dyspepsia	Nominal
B Independent Variables						
2.	Stress Level	Respondents' psychological and physical responses to academic and environment	DASS-42 Subscale Questionnaire	Questionnaire	0= No risk (normal-mild) 1= At Risk (Moderate-Very Severe)	Ordinal

		tal pressures				
3.	Diet	The regularity of the respondents' eating behavior, with a frequency of eating 3x/day, the timeliness of meals and eating habits in the morning, noon, and night.	Questionnaire Dietary Habits	Questionnaire	0 = Good, If the mean Total Score is ≥ 7.5 1 = Poor, the total mean score is < 7.5	Ordinal
4.	Consumption of Irritative Food	The frequency of respondents' habits in consuming types of food/drinks that can irritate the stomach (spicy, sour, coconut milk, coffee, soda)	Modified Food Frequency Questionnaire (FFQ)	Questionnaire	0 = No Risk $< 3x$ per week) 1 = At $\geq 3x$ per week)	Ordinal
5.	History of use of OAINS	Respondents' behavioral history in using NSAIDs	Medication History Checklist Sheet	Questionnaire	0 = No Have you ever taken NSAID drugs without a prescription	Nominal

					1 = Yes, have been/are taking <i>NSAID</i> drugs freely	
6.	Sleep Quality	Respondent s' satisfaction rating with their sleep which includes duration, latency, and sleep efficiency in the past month.	Kuesioner pittsburgh Sleep <i>Quality Index</i> (pSQI)	Questionnaire	0 = Good, if the Score ≤ 5 1 = Bad, if the Score > 5	Ordinal
C. Respondent Characteristics						
7.	Age	Respondent s' age by year of birth.	Questionnaire	Personal data date of birth.	Respondent 's age expressed in years	Ratio
8.	Gender	Biological Identities Responders	Questionnaire	Personal data.	1= female 2= Male	Nominal
9.	Level/ Semester	The semester level that the respondent is taking.	Questionnaire	Personal data.	0 = Final Level 1= Entry/Middle Level	Ordinal