

BAB VII

CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

Based on the research findings and discussion regarding the analysis of risk factors for dyspepsia syndrome among nursing students at Poltekkes Kemenkes Bengkulu, the following conclusions can be drawn:

1. The majority of respondents were female (87.2%), with a mean age of 20.21 years, and most were final-year students (54.1%)
2. The majority of respondents (53.7%) exhibited stress levels placing them at risk (moderate to very severe). Nearly half of the respondents (42.9%) had irregular eating patterns. The vast majority (85.7%) consumed irritating foods and/or beverages three or more times per week. A large proportion (75.5%) had a history of NSAID use. Furthermore, the vast majority (86.7%) experienced poor sleep quality (PSQI score >5).
3. There is a significant association between stress levels ($p = 0.000$; OR = 4.769) and the risk of developing dyspepsia syndrome (4.7 times higher); a significant association between dietary patterns ($p = 0.024$; OR = 2.077) and the risk of developing dyspepsia syndrome (2 times higher); a significant association between the consumption of irritating foods and/or beverages ($p = 0.000$; OR = 15.778) and the risk of developing dyspepsia syndrome (15.7 times higher); an association between a history of NSAID use ($p = 0.000$; OR = 4.665) and the risk of developing dyspepsia syndrome (4.6 times higher); and a significant association between sleep quality ($p = 0.000$; OR = 12.879) and the risk of developing dyspepsia syndrome (12.8 times higher).

B. Recommendations

Based on the research findings and conclusions above, the following suggestions can be offered:

1. For Nursing Students

Nursing students are encouraged to raise their awareness regarding the importance of stress management through relaxation techniques, regular exercise, and positive hobbies. Students also need to improve their dietary habits by adhering to a schedule of three regular meals a day avoiding skipped meals, especially breakfast and limiting the consumption of spicy, acidic, and fatty foods, as well as caffeinated beverages, which can irritate the gastric mucosa. The use of NSAIDs should be minimized, and students should consult a healthcare professional before taking them. Furthermore, students need to maintain sleep quality by practicing good sleep hygiene, such as going to bed and waking up at the same time every day, avoiding the use of electronic devices before sleep, and creating a comfortable sleeping environment.

2. For the Educational Institution (Poltekkes Kemenkes Bengkulu)

Institutions are expected to provide counseling and stress management services for students, particularly those in their final year who face heightened academic pressure. Institutions can also integrate education on healthy lifestyles covering aspects such as diet and stress management into their curricula or extracurricular activities. Establishing healthy canteens that offer non irritating food options on a well structured schedule can serve as a preventive measure. Furthermore, institutions should consider organizing lecture and practical schedules in a way that avoids overburdening students, thereby helping to preserve their sleep quality.

3. For Health Services (Campus Clinic)

Campus healthcare providers are expected to conduct periodic screening for dyspepsia risk factors among students, particularly regarding stress levels, dietary habits, and sleep quality. Education on the prudent and indicated use of NSAIDs needs to be enhanced, given the high prevalence of non-

prescription NSAID use among students. Early management of dyspepsia symptoms is necessary to prevent further complications.

4. For Future Researchers

Future researchers are advised to employ a prospective cohort study design to assess the temporal causal relationship between risk factors and the occurrence of dyspepsia syndrome. The study could also be expanded to include students from various educational institutions, thereby enhancing the generalizability of the findings. Furthermore, future researchers might consider measuring other confounding variables, such as *Helicobacter pylori* infection, a history of gastritis, and alcohol consumption. Multivariate analysis using logistic regression is also recommended to identify the most dominant risk factors after controlling for confounding variables.

