

Peran Gastroesophageal Reflux Disease (GERD) sebagai mediator pada hubungan antara tingkat stres akademik dan kualitas tidur pada mahasiswa = The mediating role of Gastroesophageal Reflux Disease (GERD) in the relationship between academic stress and quality of sleep on college students

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Abstrak

Lingkungan perkuliahan yang memiliki berbagai tuntutan berdampak terhadap kualitas tidur mahasiswa dalam menghadapi tuntutan akademis. Berbagai negara telah merekam prevalensi kualitas tidur yang buruk pada mahasiswa di seluruh dunia. Beberapa penelitian telah menemukan bahwa stres akademik memiliki dampak negatif terhadap kualitas tidur. Tidak hanya kualitas tidur, jalur pencernaan dapat terdampak oleh stress akademik. Penyakit refluks gastroesofageal (GERD) ditemukan dapat memperburuk kualitas tidur. Selain itu, GERD dapat terdampak oleh stres sehingga gejala memburuk. Ditambah lagi, prevalensi GERD di Indonesia kian meningkat dari 14% hingga 24% dalam rentang waktu 3 tahun. Dengan demikian, penelitian ini bertujuan untuk melihat peran GERD sebagai mediator antara stres akademik dan kualitas tidur. Penelitian ini adalah penelitian kuantitatif dengan teknik analisis mediasi PROCESS Model 4. Jumlah partisipan keseluruhan adalah 201 mahasiswa perguruan tinggi di Indonesia (75,62% perempuan) dengan rentang usia 18-25 tahun. Ketiga variabel diukur menggunakan Perceived Academic Stress Scale (stres akademik), Pittsburgh Sleep Quality Index (kualitas tidur), dan GERD Questionnaire (GERD). Hasil analisis mediasi menunjukkan bahwa stress akademik memprediksi kualitas tidur secara signifikan tanpa perantara GERD sebagai mediator ($\beta = 0,033$, $SE = 0,033$, $CI [LLCI = -0,0011 - ULCI = 0,0116]$). Maka, dibutuhkan variabel lain sebagai mediator terhadap hubungan stres akademik terhadap kualitas tidur.

.....The student environment, with its various demands, impacts sleep quality as an effort to deal with academic demands. Various countries have recorded the prevalence of poor sleep quality among students worldwide. Several studies have found that academic stress negatively affects sleep quality. Not only does it impact sleep quality, but the digestive tract can also be affected by academic stress. Gastroesophageal reflux disease (GERD) has been found to worsen sleep quality. Moreover, GERD can be exacerbated by stress, making its symptoms worse. Additionally, the prevalence of GERD in Indonesia has increased from 14% to 24% over a span of 3 years. Thus, this research aims to examine the role of GERD as a mediator between academic stress and sleep quality. This research uses a quantitative research type with the mediation analysis technique PROCESS Model 4. The total number of participants is 201 university students in Indonesia (75,62% women) with an age range of 18-25 years. The three variables were measured using the Perceived Academic Stress Scale (academic stress), the Pittsburgh Sleep Quality Index (sleep quality), and the GERD Questionnaire (GERD). The mediation analysis results show that academic stress significantly predicted sleep quality without GERD as a mediator ($\beta = 0,033$, $SE = 0,033$, $CI [LLCI = -0,0011 - ULCI = 0,0116]$). Therefore, another mediator variable is needed in the relationship between academic stress and quality of sleep.