THE CORRELATION OF ACADEMIC STRESS AND DIETARY PATTERN WITH PREDIABETES RISK AMONG APPLIED NURSING UNDERGRADUATE STUDENTS AT POLTEKKES KEMENKES MALANG MAIN CAMPUS

Nella Riznanda Rachmadanti [1], Supono [2]

Undergraduate Applied Nursing Study Program, Departement of Nursing, Ministry of Health Polytechnic Malang

Email : nellarachmadani29116@gmail.com

ABSTRACT

Prediabetes is a condition that precedes diabetes mellitus and has shown an alarming increase in prevalence in young people worldwide, affecting anyone, including university students. This study aims to identify levels of academic stress, dietary patterns, and the risk of prediabetes. Furthermore, it analyzes the relationship between academic stress levels and prediabetes risk, dietary patterns, and prediabetes risk, as well as the relationship between stress levels and dietary patterns and prediabetes risk in undergraduate nursing students. This study used a correlational design with a cross-sectional approach. The sample consisted of 84 undergraduate nursing students from the Poltekkes Kemenkes Malang, selected using proportional random sampling. Data were collected using a questionnaire on academic stress levels, dietary patterns, and prediabetes risk. Data were analyzed using the chi-square test and logistic regression. The results of the univariate analysis showed that academic stress levels were mostly in the moderate category (55.95%), dietary patterns were mostly in the low category (58.33%), and prediabetes risk was mostly in the low risk category (91.67%). The results of the bivariate analysis showed that there was no relationship between the level of academic stress and the risk of prediabetes ($p = 0.5$), and there was no relationship between dietary patterns and the risk of prediabetes ($p = 0.1$). The results of the logistic regression showed that there was no relationship between the level of academic stress and dietary patterns and the risk of prediabetes ($p = 0.05$). The overall results showed no relationship between the level of academic stress and dietary patterns and the risk of prediabetes in undergraduate nursing students at the Poltekkes Kemenkes Malang Main Campus. These findings continue to indicate that academic stress and dietary patterns remain risk factors for prediabetes, so promotive and preventive efforts are needed to prevent an increased risk of prediabetes in students.

Keywords: Academic Stress Level; Dietary Pattern; Prediabetes Risk; PRST.