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THE PREVALENCE AND RISK FACTORS OF DYSPEPSIA IN TEENAGERS, BANGKOK, THAILAND

Chingnawan S^{1*} and Setchoduk K²¹*Triam Udom Suksa Pattanakarn School, Thailand*²*Faculty of Nursing Science, Assumption University, Thailand*[*mindsupisara2003@gmail.com](mailto:mindsupisara2003@gmail.com)

ABSTRACT

Dyspepsia is a frequent ailment that causes persistent gastrointestinal (GI) discomfort among teenagers due to various aspects. The teenagers are suffering from abdominal pain, distressed feeling, and having a higher incidence of stress, which may result in a substantial decrease in quality of life. The purpose of this research is to determine the prevalence and risk factors for dyspepsia symptoms among Bangkok's teenagers. The Cross-sectional study recruited 421 high school students (grade 10 – 12) in Bangkok, Thailand. An online survey constructed by the researcher was used. Ages, education levels, genders, GPA, GI medical history, incidence of GI symptoms, stress level, eating habit, medical history of Helicobacter pylori infection, and commonly used medication were all included in the questionnaires. The majority of participants (65.3%) were female students in Grade 11 (38.0%), and were 16 years old (38.0%) (Mean = 16.18 ± 0.885). 41.1% had a medical history of GI disorders such as gastritis, peptic ulcer, dyspepsia, or gastroesophageal reflux disease. 59.6% reported having dyspepsia symptoms (abdominal discomfort or upset stomach after a meal, frequent belching, and heartburn), whereas 23.8% perceived as having other GI symptoms (abdominal pain, nausea, vomiting, diarrhea). GI symptoms generally began before (43.4%) or during (41.3%) examination periods, during (38.6%) examination times, during (33.2%) and prior to (30.8%) menstruation periods. The correlation analysis of variables associated with dyspepsia symptoms revealed that gender ($p = 0.029$), stress ($p = 0.006$), medical history of GI disorders ($p < 0.001$), and time period of emergence of GI symptoms ($p < 0.001$) were all substantially associated with dyspepsia symptoms. The findings of this research demonstrate that the psychological effect of Bangkok's high school students, particularly stress before and during test times, as well as the overwhelming amount of assignments and homework, is associated with dyspepsia symptoms. Thus, secondary school pupils should be treated for stress-related symptoms on both a physical and psychological level, and equipped with appropriate stress management techniques in order to overcome dyspepsia.

Keywords: Dyspepsia, Gastrointestinal disorder, risk factor, prevalence, high school student, teenager