

## ***ABSTRACT***

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### **RELATIONSHIP BETWEEN DIETARY HABITS AND THE OCCURRENCE OF GASTROESOPHAGEAL REFLUX DISEASE IN THE STUDENTS OF FACULTY OF MEDICINE AT UNIVERSITAS PELITA HARAPAN BATCH 2017-2019**

**Background:** Dietary habits is important because it monitors and regulate our food intake. Dietary habits which are bad such fatty meals, spicy food and the consumption of alcohol can trigger the occurrence of GERD. The prevalence of GERD in Indonesia keeps rising. Unfortunately, there has not been an accurate data to prove that there is a relationship between dietary habit and occurrence of GERD.

**Aim of Study:** To acknowledge the relationship between dietary habits and the occurrence of GERD within the students of Faculty of Medicine at Pelita Harapan University

**Research Methods:** This study is a cross sectional design that involved 108 respondents. Meal frequency will be accessed by using the Likert scale and Guttman scale while GERD will be accessed using the GERDQ. Data was analyzed using *Chi-square* and SPSS ver.24

**Results:** 108 samples were included for analysis in this research. The data for dietary habit shows 63% subject with meal frequency < 2x day and 37% subject with meal frequency > 2x day, 63% subject with meal types that irritates and 37% subject with meal that does not irritates, 43,5% subject with bad meal portion and 56,5% subject with good meal portion. The data for GERD shows, 8,3% subject with score > 8 and 91,7% subject with score < 8. Statistical tests showed no significant relationship was found with significant value of ( $p > 0,05$ ); Meal frequency ( $p = 0,548$ ), Meal types ( $p = 1,000$ ) dan Meal portion ( $p = 0,266$ ).

**Conclusion:** No significant relationship was found between dietary habits and the occurrence of GERD within the students of Faculty of Medicine at Pelita Harapan University.

**Keyword:** Dietary habits, GERD