

ABSTRAK

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HUBUNGAN POLA MAKAN, KETERLAMBATAN MAKAN, DAN JENIS MAKANAN MINUMAN IRITATIF DENGAN SINDROMA DISPEPSIA FUNGSIONAL PADA MAHASISWA FK UPH ANGKATAN 2020

(xvii+96 halaman; 9 gambar; 8 tabel; 3 bagan, 6 lampiran)

Latar Belakang. Dispepsia fungsional merupakan kumpulan gejala ketidaknyamanan pada epigastrium yang bukan disebabkan oleh kelainan struktural pada lambung. Berbagai penelitian dispepsia fungsional di beberapa negara di Asia juga menunjukkan prevalensi yang cukup tinggi, yaitu di Cina sebanyak 69% dari 782 pasien dispepsia, di Hongkong 43% dari 1.353 pasien, di Korea 70% dari 476 pasien, dan Malaysia 62% dari 210 pasien. Remaja sering kali mengalami ketidakteraturan makan dikarenakan aktivitas kehidupan sehari-hari mereka disibukkan dengan penugasan perkuliahan. Salah satu faktor yang menyebabkan seseorang berisiko menderita dispepsia fungsional adalah ketidakteraturan makan. Ketidakteraturan makan meningkatkan risiko dispepsia fungsional sebesar 20 kali lipat. Berdasarkan angka kejadian dan fenomena di atas, peneliti tertarik untuk mengkaji lebih dalam tentang hubungan pola makan, keterlambatan makan, dan jenis makanan minuman iritatif dengan dispepsia fungsional pada mahasiswa FK UPH angkatan 2020.

Tujuan Penelitian. Tujuan dari penelitian ini adalah Untuk mengetahui hubungan antara pola makan, keterlambatan makan, dan jenis makanan minuman iritatif dengan sindrom dispepsia pada mahasiswa Fakultas Kedokteran UPH angkatan 2020.

Metode. Penelitian ini dilakukan dengan menggunakan metode potong lintang. Data diambil dengan pengisian kuesioner pola makan, kuesioner keterlambatan makan dan kuesioner makanan minuman iritatif, kuesioner dispepsia fungsional berdasarkan ROME IV dan kuesioner keterlambatan makan. Analisa data dilakukan dengan program SPSS.

Hasil. Berdasarkan hasil analisis hubungan antara pola makan dengan kejadian Dispepsia Fungsional memperoleh hasil uji *chi-square* 0.018 (signifikan) dengan risiko prevalensi 4.986 yang berarti responden dengan pola makan yang tidak teratur berisiko 4 kali lipat terkena dispepsia fungsional dibandingkan responden dengan pola makan teratur. Hasil analisis hubungan antara keterlambatan makan dengan kejadian Dispepsia Fungsional memperoleh hasil *chi-square* 0.010 (signifikan) dengan risiko prevalensi 3.543 yang berarti responden dengan keterlambatan makan berisiko 3 kali lipat terkena dispepsia fungsional dibandingkan responden yang tidak terlambat makan. Hasil analisis hubungan antara jenis makanan dan minuman iritatif dengan kejadian Dispepsia Fungsional memperoleh hasil uji Chi-Square 0.922 (tidak signifikan) dengan risiko prevalensi 0.845 yang berarti responden dengan konsumsi makanan dan minuman iritatif 0,8 kali lipat terkena dispepsia fungsional dibandingkan responden yang tidak konsumsi makanan dan minuman iritatif

Kesimpulan. Terdapat hubungan yang signifikan antara pola makan dan keterlambatan makan dengan kejadian dispepsia fungsional. Tidak terdapat hubungan yang signifikan antara jenis makanan minuman iritatif dengan sindroma dispepsia fungsional.

Kata Kunci. Dispepsia fungsional, jenis makanan minuman iritatif keterlambatan makan, pola makan, mahasiswa.

ABSTRACT

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THE RELATIONSHIP OF EATING PATTERNS, DELAYED EATING, AND TYPES OF IRRITATING FOOD AND DRINK WITH FUNCTIONAL DYSPEPSIA SYNDROME IN 2020 FK UPH STUDENTS

(xvii+96 pages; 9 figures; 8 tables; 3 charts, 6 appendices)

Background. Functional dyspepsia is a collection of symptoms of discomfort in the epigastrium that is not caused by structural abnormalities in the stomach. Various studies of functional dyspepsia in several countries in Asia also show a fairly high prevalence, namely in China 69% of 782 dyspepsia patients, in Hong Kong 43% of 1,353 patients, in Korea 70% of 476 patients, and Malaysia 62% of 210 patients. Teenagers often experience eating disorders because their daily life activities are busy with college assignments. One of the factors that puts a person at risk of suffering from functional dyspepsia is eating irregularities. Eating irregularities increase the risk of functional dyspepsia by 20 times. Based on the number of incidents and phenomena above, researchers are interested in studying in more depth the relationship between eating patterns, delayed eating, and types of irritating foods and drinks with functional dyspepsia in UPH Faculty of Medicine students class of 2020.

Research purposes. The aim of this research is to determine the relationship between eating patterns, delayed eating, and types of irritating drinks and dyspepsia syndrome in UPH Faculty of Medicine students class of 2020.

Method. This research was conducted using a cross-sectional method. Data was collected by filling in an eating pattern questionnaire, a delayed eating questionnaire and an irritating food and drink questionnaire, a functional dyspepsia questionnaire based on ROME IV and a delayed eating questionnaire. Data analysis was carried out using the SPSS program.

Results. Based on the results of the analysis of the relationship between diet and the incidence of Functional Dyspepsia, test results were obtained $\chi^2=0.018$ (significant) with a prevalence risk of 4.986, which means that respondents with an irregular eating pattern have 4 times the risk of developing functional dyspepsia compared to respondents with a regular eating pattern. The results of the analysis of the relationship between delayed eating and the incidence of Functional Dyspepsia were obtained $\chi^2=0.010$ (significant) with a prevalence risk of 3.543, which means that respondents who eat late have 3 times the risk of developing functional dyspepsia compared to respondents who don't eat late. The results of the analysis of the relationship between types of irritating foods and drinks and the incidence of Functional Dyspepsia obtained a Chi-Square test result of 0.922 (not significant) with a prevalence risk of 0.845, which means that respondents who consumed irritating foods and drinks were 0.8 times more likely to suffer from functional dyspepsia than respondents who did not consume them. irritating foods and drinks

Conclusion. There is a significant relationship between eating patterns and delayed eating and the incidence of functional dyspepsia. There was no significant relationship between the type of irritating food and drink and functional dyspepsia syndrome.

Keywords. Functional dyspepsia, types of food, irritative drinks, delayed eating, eating patterns, students.