

## ABSTRAK

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### HUBUNGAN *NIGHT EATING SYNDROME* DENGAN POTENSI KEJADIAN *GASTROESOPHAGEAL REFLUX DISEASE (GERD)* PADA MAHASISWA PRAKLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(xiii + 67 halaman: 10 tabel; 3 bagan; 7 lampiran)

**Latar Belakang:** Mahasiswa kedokteran seringkali memiliki banyak kesibukan yang menyebabkan sering tidur larut malam. Waktu sebelum tidur yang lebih lama ini memicu kebiasaan makan di larut malam yang dapat berkembang menjadi *Night Eating Syndrome*. Prevalensi NES diketahui lebih tinggi pada mahasiswa terutama kedokteran dibandingkan populasi umum. NES dapat memicu makan berlebihan di malam hari yang menyebabkan perkembangan GERD. Meskipun begitu, penelitian yang mencari hubungan NES dan potensi kejadian GERD pada mahasiswa kedokteran masih belum ditemukan.

**Tujuan:** Mengetahui hubungan NES yang diukur menggunakan NEDQ pada mahasiswa praklinik Fakultas Kedokteran Universitas Pelita Harapan dengan potensi kejadian GERD berdasarkan skor GERDQ.

**Metodologi:** Metode penelitian yang digunakan pada studi ini adalah potong lintang. Sampel yang digunakan adalah mahasiswa praklinik Fakultas Kedokteran Universitas Pelita Harapan dengan jumlah minimum 176 sampel. Data yang didapatkan akan dianalisis menggunakan perangkat lunak *SPSS Statistics* versi 23 secara bivariat.

**Hasil:** Dari sebanyak 312 responden yang dikumpulkan, terdapat 17 (5,4%) responden memiliki NES dan 44 (14,1%) responden memiliki GERD. Hubungan NES dengan potensi kejadian GERD ditemukan signifikan berdasarkan uji *Fisher's Exact* dengan *p-value* sebesar 0,021.

**Kesimpulan:** Ditemukan adanya hubungan yang bermakna pada NES dengan potensi kejadian GERD.

**Kata Kunci:** *Night Eating Syndrome, Gastroesophageal Reflux Disease, NEDQ, GERD*

**Referensi:** (2004-2023)

## **ABSTRACT**

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### ***THE ASSOCIATION BETWEEN NIGHT EATING SYNDROME AND THE POTENTIAL INCIDENT OF GASTROESOPHAGEAL REFLUX DISEASE (GERD) IN PRE-CLINICAL MEDICAL STUDENTS AT PELITA HARAPAN UNIVERSITY***

*(xiii + 67 pages: 10 tables; 3 charts; 7 attachments)*

**Background:** *Medical students often have a lot of busyness which causes them to often sleep late at night. This longer time before bedtime triggers the habit of eating late at night which can develop into Night Eating Syndrome. The prevalence of NES is known to be higher in students, especially medical students, compared to the general population. NES can trigger nighttime overeating leading to the development of GERD. However, research that looks for the relationship between NES and the potential incidence of GERD in medical students has not yet been found.*

**Research Objectives:** *To determine the association between NES measured using the NEDQ in pre-clinical students at the Faculty of Medicine, Pelita Harapan University and the potential incidence of GERD based on the GERDQ score.*

**Methodology:** *The research method used in this study was cross-sectional. The sample used was pre-clinical students at the Faculty of Medicine, Pelita Harapan University with a minimum number of 176 samples. The data obtained will be analyzed using SPSS Statistics version 23 software in a bivariate manner.*

**Results:** *Of the 312 respondents collected, 17 (5.4%) respondents had NES and 44 (14.1%) respondents had GERD. The relationship between NES and the potential for GERD was found to be significant based on the Fisher's Exact test with a p-value of 0.021.*

**Conclusion:** *A significant relationship was found between NES and the potential incidence of GERD.*

**Keywords:** *Night Eating Syndrome, Gastroesophageal Reflux Disease, NEDQ, GERDQ*

**References:** (2004-2023)