

ABSTRAK

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HUBUNGAN *SELF ASSESSMENT* GERD DENGAN PRAKTIK PENCEGAHAN *GASTROESOPHAGEAL REFLUX DISEASE* PADA MAHASISWA SALAH SATU UNIVERSITAS SWASTA DI TANGERANG

(xii + 96 Halaman; 1 Bagan; 5 Tabel; 10 Lampiran)

Latar belakang: *Gastroesophageal reflux disease* atau GERD rentan dialami oleh mahasiswa. Faktor risiko GERD yang tinggi terjadi pada mahasiswa keperawatan yang tinggal di asrama karena disibukan dengan banyaknya tugas akademik dan kegiatan asrama yang wajib diikuti sehingga berdampak pada kesehatan mahasiswa tersebut. Oleh karena itu, pencegahan GERD perlu dilakukan dengan mengenali gejala awal GERD melalui *self assessment* GERD untuk membantu mahasiswa menilai tanda dan gejala GERD serta efektivitas dari obat yang digunakan. Setelah itu, mahasiswa dapat menerapkan praktik yang sehat guna mencegah terjadinya GERD. **Tujuan penelitian:** Untuk mengetahui hubungan antara *self assessment* GERD dengan praktik pencegahan GERD pada mahasiswa universitas swasta di Indonesia. **Metode penelitian:** Metode kuantitatif pendekatan *cross-sectional*. Populasi terdiri dari 735 mahasiswa, dengan sampel diambil menggunakan *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. Data dikumpulkan melalui GERD *Questionnaire* (GERD-Q) untuk *self assessment* GERD dan kuesioner praktik pencegahan GERD. Analisa data dilakukan secara univariat dan bivariat dengan uji *Chi-square*. **Hasil:** Mayoritas mahasiswa berusia 19-21 tahun dan didominasi oleh perempuan 254 (89,1%). Mayoritas mahasiswa mengalami GERD negatif 239 (83,9%) dan praktik pencegahan GERD pada mayoritas mahasiswa tergolong praktik yang negatif 199 (69,8%). Hasil uji statistik menggunakan *Chi-square* menunjukkan tidak terdapat hubungan antara *self assessment* GERD dengan praktik pencegahan *gastroesophageal reflux disease* (GERD), ($p = 0,509$). **Rekomendasi:** Gejala GERD tidak langsung dialami walaupun mahasiswa memiliki praktik pencegahan GERD yang kurang baik. Penting untuk meneliti lebih faktor yang mempengaruhi gejala GERD dan praktik pencegahan GERD pada mahasiswa lebih spesifik.

Kata kunci: GERD, Mahasiswa asrama, Praktik Pencegahan, *Self Assessment*
Referensi: 80 (2015 - 2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN SELF ASSESSMENT OF GERD AND PREVENTIVE BEHAVIORS FOR GASTROESOPHAGEAL REFLUX DISEASE AMONG STUDENTS AT A PRIVATE UNIVERSITY IN TANGERANG

(xiii + 96 Pages; 1 Chart; 5 Table; 10 Attachments)

Background: Gastroesophageal Reflux Disease (GERD) is a common health issue among university students. Nursing students residing in dormitories are at an elevated risk due to their heavy academic workload and mandatory dormitory activities, which can adversely affect their health. Preventive measures are essential, including the recognition of early GERD symptoms through self assessment using the GERD Questionnaire (GERD-Q). This approach helps students identify GERD symptoms and evaluate the effectiveness of any medications used. Consequently, students can adopt healthy practices to prevent GERD. **Objective:** To examine the relationship between GERD self assessment and GERD prevention practices among students at a private university in Indonesia. **Methods:** This study employed a quantitative cross-sectional design. The population consisted of 735 students, with samples selected using purposive sampling based on inclusion and exclusion criteria. Data were collected using the GERD-Q for self assessment and a GERD prevention practices questionnaire. Data were analyzed using univariate and bivariate methods, with Chi-square tests applied for hypothesis testing. **Results:** The majority of students were aged 19–21 years and predominantly female, totaling 254 (89.1%). Most students were categorized as negative for GERD, totaling 239 (83.9%), and the majority of students had poor GERD prevention practices, totaling 199 (69.8%). Statistical analysis using the chi-square test showed no relationship between self-assessment of GERD and GERD prevention practices ($p = 0.509$). **Recommendation:** GERD symptoms are not immediately experienced even if students have poor GERD prevention practices. It is important to further investigate the factors that influence GERD symptoms and GERD prevention practices among students in more detail.

Keywords: GERD, Dormitory Students, Prevention Practices, Self Assessment
References: 80 (2015 - 2025)