

**ANALISIS FAKTOR RISIKO DISPEPSIA DI WILAYAH KERJA
PUSKESMAS MANONJAYA KABUPATEN TASIKMALAYA
BULAN JUNI – JULI TAHUN 2023**

ABSTRAK

Latar belakang Dispepsia dapat menyebabkan tekanan fisik dan mental yang mempengaruhi kualitas hidup pasien. Berbagai kondisi yang menjadi faktor risiko dispepsia penting untuk diidentifikasi. Identifikasi faktor risiko ini bertujuan untuk memodifikasi gaya hidup pada masyarakat sehingga dapat meningkatkan pencegahan kejadian dispepsia.

Tujuan Mengetahui faktor risiko dispepsia di wilayah kerja Puskesmas Manonjaya Kabupaten Tasikmalaya.

Metode Penelitian observasional analitik ini mengambil populasi pasien di wilayah kerja Puskesmas Manonjaya bulan Juni tahun 2023. Desain potong lintang dengan pengambilan sampel menggunakan metode *consecuitve sampling* diterapkan pada penelitian ini. Diagnosis dispepsia berdasarkan kriteria ROME III. Kuesioner digunakan untuk pengambilan data sosiodemografis dan faktor risiko dispepsia. Analisis data menggunakan uji *Chi-square* dengan uji alternatif *Fischer* pada taraf signifikansi 0,05. Rasio prevalensi menunjukkan interpretasi hubungan antarvariabel.

Hasil Sebanyak 28 dari 72 pasien (38,9%) mengalami dispepsia. Terdapat hubungan yang bermakna antara frekuensi makan kurang dari 3 kali sehari (RP=2,20 (1,02 – 4,73); p=0,046), konsumsi makanan pedas (RP= 2,45 (1,06 – 5,65); p=0,032), dan konsumsi makanan asam (RP=2,24 (1,14 – 4,40); p=0,022) terhadap kejadian dispepsia.

Kesimpulan Makan kurang dari 3 kali sehari, sering mengonsumsi makanan pedas, dan sering mengonsumsi makanan asam merupakan faktor risiko dispepsia.

Kata kunci : dispepsia, faktor risiko, frekuensi makan, makanan pedas, makanan asam

**RISK FACTOR ANALYSIS OF DYSPEPSIA IN PUSKESMAS
MANONJAYA, TASIKMALAYA REGENCY,
JUNE – JULY YEAR 2023**

ABSTRACT

Introduction Dyspepsia can cause physical and mental pressure that affects the quality of life of patients. Various conditions that serve as risk factors for dyspepsia need to be identified. The identification of these risk factors aims to modify the lifestyle of the community, thereby improving the prevention of dyspepsia incidents.

Objective To identify the risk factors of dyspepsia in the working area of Puskesmas Manonjaya, Tasikmalaya Regency.

Method This analytical observational study included patients from the population in the working area of Manonjaya Community Health Center in June 2023. A cross-sectional design with consecutive sampling method was applied in this study. The diagnosis of dyspepsia was based on ROME III criteria. A questionnaire was used to collect sociodemographic data and dyspepsia risk factors. Data analysis was performed using the Chi-square test with Fischer's alternative test at a significance level of 0.05. Prevalence ratios were used to interpret the relationship between variables.

Result A total of 28 out of 72 patients (38.9%) experienced dyspepsia. There was a significant association between eating frequency of less than 3 times a day (PR=2.20 (1.02 - 4.73); p=0.046), consumption of spicy foods (PR=2.45 (1.06 - 5.65); p=0.032), and consumption of acidic foods (PR=2.24 (1.14 - 4.40); p=0.022) with the occurrence of dyspepsia.

Conclusion Eating less than 3 times a day, frequent consumption of spicy foods, and frequent consumption of acidic foods are risk factors for dyspepsia.

Keyword : dyspepsia, risk factor, eating frequency, spicy foods, acidic foods