

ABSTRAK

HUBUNGAN STATUS GIZI, KONSUMSI KOPI, DAN AKTIVITAS FISIK DENGAN SINDROM DISPEPSIA FUNGSIONAL PADA MAHASISWA UNIVERSITAS JENDERAL SOEDIRMAN

Pendahuluan: Dispepsia fungsional merupakan kumpulan gejala tidak nyaman pada perut dan menjalar hingga dada yang dapat menurunkan kualitas hidup. Status gizi, konsumsi kopi, dan aktivitas fisik diketahui berhubungan dengan sindrom dispepsia fungsional. Penelitian ini bertujuan untuk menganalisis hubungan status gizi, konsumsi kopi, dan aktivitas fisik dengan sindrom dispepsia fungsional mahasiswa.

Metode: Penelitian *cross sectional* dengan pemilihan sampel *consecutive sampling* sebanyak 89 mahasiswa berusia >19 tahun, bukan atlet, bukan perokok aktif, serta tidak memiliki masalah mental dan dispepsia struktural. Pengambilan data status gizi melalui Indeks Massa Tubuh, konsumsi kopi dengan *Food Frequency Questionnaire*, aktivitas fisik dengan *International Physical Activity Questionnaire-Short Form* dan sindrom dispepsia fungsional dengan kuesioner kriteria Roma IV. Data dianalisis menggunakan uji *Chi Square* dengan tingkat kepercayaan 95%.

Hasil: Sebanyak 37 responden (41,6%) mengalami sindrom dispepsia fungsional, 71 responden (79,8%) berjenis kelamin perempuan, 54 responden (60,7%) memiliki uang saku $\leq 1.000.000$, 44 responden (49,4%) memiliki frekuensi makan <3 kali per hari, dan 64 responden (71,9%) bertempat tinggal di kos. Tidak terdapat hubungan antara status gizi ($p=0,958$) dengan sindrom dispepsia fungsional. Terdapat hubungan antara konsumsi kopi ($p=0,023$) dan aktivitas fisik ($p=0,009$) dengan sindrom dispepsia fungsional.

Kesimpulan: Tidak terdapat hubungan antara status gizi dengan sindrom dispepsia fungsional, namun terdapat hubungan antara konsumsi kopi dan aktivitas fisik dengan sindrom dispepsia fungsional pada mahasiswa.

Kata Kunci: status gizi, konsumsi kopi, aktivitas fisik, sindrom dispepsia fungsional, mahasiswa

ABSTRACT

ASSOCIATION OF NUTRITIONAL STATUS, COFFEE CONSUMPTION, AND PHYSICAL ACTIVITY WITH FUNCTIONAL DYSPESIA SYNDROME IN STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

Introduction: Functional dyspepsia is a collection of uncomfortable symptoms in the stomach and spreads to the chest which can reduce the quality of life. Nutritional status, coffee consumption, and physical activity are known to be associated with functional dyspepsia syndrome. This study aims to analyze the relationship between nutritional status, coffee consumption, and physical activity with functional dyspepsia syndrome in students.

Methods: A cross sectional study with consecutive sampling of 89 students aged >19 years, who aren't athletes, non-active smoker, and haven't mental issues or structural dyspepsia. Data collection of nutritional status used Body Mass Index, coffee consumption used Food Frequency Questionnaire, physical activity used International Physical Activity Questionnaire-Short Form, and functional dyspepsia syndrome used Rome IV Criteria questionnaire. Data were analyzed with Chi Square test with a confidence level of 95%.

Results: A total of 37 respondents (41,6%) suffering from functional dyspepsia syndrome, 71 respondents (79,8%) are female, 54 respondents (60,7%) are have pocket money $\leq 1.000.000$, 44 respondents (49,4%) are have a frequency of eating <3 times per day, and 64 respondents (71,9%) are lived in boarding houses. There is no relationship between nutritional status ($p=0,958$) with functional dyspepsia syndrome. There is a relationship between coffee consumption ($p=0,023$) and physical activity ($p=0,009$) with functional dyspepsia syndrome.

Conclusion: There is no relationship between nutritional status with functional dyspepsia syndrome, but there is a relationship between coffee consumption and physical activity with functional dyspepsia in students.

Keywords: nutritional status, coffee consumption, physical activity, functional dyspepsia syndrome, student