

Hubungan faktor konsumsi dan karakteristik individu dengan persepsi gangguan Lambung pada mahasiswa penderita gangguan Lambung di Pusat Kesehatan Mahasiswa (PKM) Universitas Indonesia tahun 2011 = The relation between consumption factors and individual characteristics with Stomach disturbances perception among students with Stomach Disease in Pusat Kesehatan Mahasiswa (PKM) Universitas Indonesia 2011

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Abstrak

Gangguan lambung dapat mengganggu keoptimalan proses pencernaan dalam tubuh manusia. Tujuan utama dari penelitian ini adalah untuk mengetahui hubungan faktor konsumsi terhadap persepsi gangguan lambung pada mahasiswa Universitas Indonesia. Desain penelitian yang digunakan adalah cross sectional dengan 96 sampel yang diambil secara acak. Hasil pengumpulan data menunjukkan 51% sampel mengalami gangguan lambung dalam tiga bulan terakhir.

Berdasarkan analisis menggunakan chi-square didapatkan frekuensi makan (p value = 0,731, OR = 1,322), frekuensi konsumsi makanan pedas (p value = 0,974, OR = 1,167), frekuensi konsumsi makanan asam (p value = 0,126, OR = 2,100), frekuensi konsumsi mie instan (p value = 2,938, OR = 0,150), frekuensi konsumsi kopi (p value = 0,335, OR = 0,617), frekuensi konsumsi minuman bersoda (p value = 1,000, OR = 1,091), jeda waktu makan (p value = 0,874, OR = 0,855), usia (p value = 0,859, OR = 1,074), dan tempat tinggal (p value = 0,103, OR = 0,421) tidak memiliki hubungan bermakna dengan persepsi gangguan lambung. Sedangkan jenis kelamin (p value = 0,026, OR = 3,263) dan pengetahuan (p value = 0,016, OR = 0,293) memiliki hubungan bermakna dengan persepsi gangguan lambung.

Hasil dari penelitian ini disarankan kepada Mahasiswa UI untuk makan besar 3 kali/hari dan makan snack 2 kali/hari serta menghindari konsumsi makanan pedas, asam, mie instan, dan minuman bersoda terlalu sering.

.....Disturbances of the stomach can disrupt the optimality of digestive process in the human body. The main objective of this study was to determine the relationship of consumption factors on the incidence of disturbances of the stomach at the University of Indonesia student. The study design used was cross sectional with 96 samples taken at random. The results of data collection showed 51% of the sample experienced a disturbances within three months of last disturbances.

Based on chi-square analysis using frequency of eating (p value = 0,731, OR = 1,322), frequency of consumption of spicy foods (p value = 0,974, OR = 1,167), frequency of consumption of acidic foods (p value = 0,126, OR = 2,100), frequency of consumption of instant noodles (p value = 2,938, OR = 0,150), frequency of coffee consumption (p value = 0,335, OR = 0,617), frequency of consumption of soft drinks (p value = 1,000, OR = 1,091), the lag time of feeding (p value = 0,874, OR = 0,855), age (p value = 0,859, OR = 1,074), and residence (p value = 0,103, OR = 0,421) did not have a significant correlation with the incidence of stomach disturbances perception. Whereas gender (p value = 0,026, OR = 3.263) and knowledge (p value = 0,016, OR = 0,293) has a significant correlation with the incidence of stomach disturbances perception.

From the result of this study, we suggest that students have to control their diet by eat 3 meals/day and 2 snacks/day, also avoid spicy and acidic food, instant noodle and carbonate drink too often to prevent the stomach disturbances.