

## Gambaran kejadian masalah gastrointestinal pada mahasiswa asing di Universitas Indonesia = Description of the gastrointestinal problems on foreign students in Universitas Indonesia

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### Abstrak

Penelitian ini bertujuan mengidentifikasi gambaran kejadian masalah gastrointestinal pada mahasiswa asing di Universitas Indonesia. Desain penelitian deskriptif dengan pendekatan potong lintang, melibatkan 64 sampel yang dipilih dengan teknik convenient sampling. Instrumen yang digunakan ialah kuesioner yang dimodifikasi dari penelitian sebelumnya. Analisis data univariat distribusi frekuensi.

Hasil penelitian menunjukkan 82,8% mahasiswa asing di Universitas Indonesia pernah mengalami masalah gastrointestinal selama berada di Indonesia. 46,3% responden menyatakan sering mengalami keluhan sakit perut, yang merupakan manifestasi umum pada berbagai jenis gangguan gastrointestinal. Penelitian lebih lanjut diperlukan untuk mengeksplorasi berbagai faktor pola makan dan gaya hidup yang memengaruhi kejadian masalah gastrointestinal pada mahasiswa asing di Universitas Indonesia.

.....This study aimed to identify the description of gastrointestinal problems on foreign students in Universitas Indonesia. Descriptive study with a cross-sectional design, involving 64 samples whom were selected with convenient sampling method. A questionnaire which was modified from previous research was used.

The result showed that 82,8% foreign students of Universitas Indonesia had experienced gastrointestinal problems during in Indonesia, which indicates high prevalence. 46,3% respondents often experience abdominal discomfort which is the common manifestation of various gastrointestinal disorders. A further research is needed to explore and elaborate the related factors such as consumption pattern and lifestyle which significantly affect the gastrointestinal problems finding on foreign students in Universitas Indonesia.