

Pengaruh Irritable Bowel Syndrome terhadap Performa Akademik dan Tingkat Absensi pada Anak Usia Sekolah = Impact of Irritable Bowel Syndrome on Academic Performance and School Absenteeism in School-Age Children

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20500682&lokasi=lokal>

Abstrak

Irritable bowel syndrome (IBS) adalah penyakit yang umum pada anak-anak dan remaja, dan mempengaruhi kualitas hidup. Telah ditemukan beberapa faktor risiko IBS, antara lain jenis kelamin, status sosioekonomik, dan gaya hidup. Penelitian mengenai prevalensi, faktor risiko, dan pengaruh IBS pada murid sekolah dasar sangatlah terbatas, khususnya di Indonesia, maka dari itu penelitian ini ditujukan untuk mengetahui faktor risiko, epidemiologi, dan pengaruh IBS terhadap performa akademik dan tingkat absensi. Penelitian potong lintang ini mengikutsertakan murid sekolah dasar di sebuah sekolah negeri di Jakarta. Orangtua diminta untuk mengisi kuisioner yang berisi karakteristik demografik dan kuisioner Rome III. Kami menggunakan metode total sampling. Subjek dikelompokkan menjadi dua kelompok (dengan IBS dan tanpa IBS), guna dibandingkan. Data di analisa menggunakan Pearson Chi-square, dan Mann-Whitney test. Di antara 154 subjek (86 laki-laki dan 68 perempuan) dengan umur median 9,68 tahun, 13 (8,4%) memiliki IBS. Umur, latar belakang pendidikan orangtua, dan kelas tidak berkaitan secara signifikan terhadap IBS. Jenis kelamin berkaitan secara signifikan terhadap IBS dengan perempuan sebagai faktor risiko yang signifikan. Absen tidak terkait secara signifikan dengan IBS, tetapi terlihat bahwa subjek dengan IBS memiliki nilai yang lebih tinggi sedikit dibandingkan dengan subjek tanpa IBS ($P = 0.282$).

Kesimpulan: Prevalensi IBS adalah 8,4%. Jenis kelamin adalah satu-satunya faktor risiko yang signifikan, dan tingkat absensi dan performa akademik secara statistik tidak signifikan terkait IBS.

Irritable bowel syndrome (IBS) is a common disorder in children and adolescent, that influence their quality of life. Previous studies have shown that there are several risk factors towards IBS, such as gender, socioeconomic status, and lifestyle. Knowledge regarding the prevalence, risk factors, and impact of IBS in primary school students is very limited, especially in Indonesia, thus this study was aimed to explore the risk factors, epidemiology, and impact of IBS towards academic achievement and school absenteeism. This cross-sectional study included primary school students in a public school in Jakarta. Parents were asked to complete the questionnaires which comprise of demographic characteristics and Rome III questionnaire. We used total sampling. Then, the subjects were separated into two groups (those with IBS and those without IBS) in order to compare between the two. Data were analyzed with Pearson Chi-square, and Mann-Whitney test. Among 154 subjects (86 males and 68 females) with median age of 9.68 years, 13 (8.4%) had IBS. Age, parental education, and grade was not significantly associated with IBS. However, gender was a significant factor towards IBS with females as the significant risk factor. Absence was not significantly associated with IBS, but it is shown that those with IBS had slightly higher average score compared to those without IBS ($P = 0.282$).

Conclusion: Prevalence of IBS among primary school is 8.4. Gender was the only significant factor associated with IBS and that school absenteeism and academic achievement were not significantly associated with IBS.