

Prevalensi dan Faktor Risiko Irritable Bowel Syndrome pada Masyarakat Kota Palu Sulawesi Tengah Pascabencana = Prevalence and Risk Factor of Irritable Bowel Syndrome in Palu City, Central Sulawesi Post-Disaster

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Abstrak

Latar Belakang: Irritable bowel Syndrome (IBS) adalah penyakit fungsional saluran cerna yang bersifat multifaktorial, melibatkan faktor internal maupun lingkungan yang bervariasi secara geografis maupun budaya. Faktor risiko terhadap IBS, khususnya di daerah yang pernah mengalami bencana berat, belum banyak diteliti. Penelitian ini menilai prevalensi dan faktor risiko IBS di masyarakat Kota Palu Sulawesi Tengah pascabencana. Tujuan: Mengetahui prevalensi dan faktor risiko IBS di masyarakat Kota Palu, Sulawesi Tengah pascabencana. Metode: Penelitian potong lintang ini dilakukan di Kota Palu pada 2023. Data diambil dengan cara survei rumah ke rumah. Penelitian ini menggunakan kuesioner yang terdiri dari data demografis, diagnosis IBS dengan kriteria Rome IV dan Bristol Stool Form Scale (BSFS), Hamilton Anxiety Rating Scale (HAM-A), Beck's Depression Index II (BDI-II) untuk menilai gejala gangguan psikologis yang terdiri dari cemas dan depresi, serta SEMI FOOD FREQUENCY QUESTIONNAIRE (SFFQ) untuk menilai pola makan dan menentukan nilai konsumsi FODMAP. Hasil: Terdapat 1212 partisipan dalam penelitian ini. Prevalensi IBS di Kota Palu sebesar 0,99%, dengan proporsi sub tipe IBS-C, IBS-D, dan IBS-M sebesar 50,00%, 17,67%, 33,33%. Tidak ada hubungan bermakna antara jenis kelamin, usia, status ekonomi, topografi, dan pola makan dengan IBS, namun gangguan psikologis berhubungan bermakna secara statistik dengan IBS ($p < 0,001$) dengan PR 29,629 (IK 95% 6,547— 134,081). Simpulan: Penelitian ini merupakan penelitian pertama tentang prevalensi IBS di masyarakat Kota Palu. Prevalensi IBS di masyarakat Kota Palu sebesar 0,99% dengan proporsi sub tipe IBS terbanyak adalah IBS-C diikuti oleh IBS-M dan IBS-D dengan gangguan psikologis merupakan faktor yang berhubungan dengan kejadian IBS.Background: Irritable bowel syndrome (IBS) is a multifactorial functional gastrointestinal disease involving internal and environmental factors that vary geographically and culturally. However, risk factors have yet to be widely studied, especially in areas that have experienced severe disasters. This study assessed the prevalence and risk factors of IBS in Palu City, Central Sulawesi post-disaster. Objective: To determine the prevalence and risk factors of IBS in Palu City, Central Sulawesi post-disaster. Methods: This study was held in Palu City in 2023 in cross-sectional design. Data was collected using a door-to-door survey. We extracted demographic data and diagnosed IBS using Rome IV criteria and the Bristol Stool Form Scale (BSFS). The validated Indonesian version of the Hamilton Anxiety Rating Scale (HAM-A) and Beck's Depression Index II (BDI-II) were used to assess psychological disorder severity of anxiety and depression, respectively. We used SEMI FOOD FREQUENCY QUESTIONNAIRE (SFFQ) to assess eating patterns and determined FODMAP diet. Results: There were 1212 participants in this study. Prevalence IBS in Palu City was 0.99%, with proportion of IBS-C, IBS-D, and IBS-M subtypes were 50.00%, 17.67%, and 33.33%. There were no significant relationship between sex, age, economic status, topography, and FODMAP diet with IBS, otherwise psychological disorder was significantly associated with IBS ($p < 0.001$) with a PR of 29.629 (CI 95% 6.547— 134.081). Conclusions: This is the first study to assess the prevalence of IBS in the

Palu City community. The prevalence of IBS in the Palu City community is 0,99% with the most common IBS subtype is IBS-C, followed by IBS-M then IBS-D, and psychological disorder is an associated factor to IBS.