

ABSTRAK

Latar Belakang : Pola makan sangat berpengaruh terhadap pola defekasi. Selain pola makan, asupan serat dan cairan juga berkontribusi terhadap pola defekasi. Kelainan pola makan serta kurangnya konsumsi serat dan cairan dapat menyebabkan kelainan pola defekasi.

Tujuan Penelitian : Untuk mengetahui hubungan antara pola makan asupan serat dan cairan dengan pola defekasi pada Mahasiswa FK UISU stambuk 2018.

Metode Penelitian : Penelitian analitik observasional dengan pendekatan *cross sectional*. Teknik sampling yang digunakan adalah *simple random sampling*, jumlah sampel sebanyak 60 orang. Pengumpulan data dengan mengisi kuesioner dan *dietary record* untuk mengetahui pola makan, asupan serat dan cairan. Kuesioner dan *Bristol Stool Chart* untuk mengetahui pola defekasi. Data dianalisa dengan program *SPSS* menggunakan uji analisa *Somer's D*.

Hasil Penelitian : Uji korelasi pola makan terhadap frekuensi defekasi pada Mahasiswa Fakultas Kedokteran UISU Angkatan 2018 didapatkan nilai p 0.008 dan nilai r 0.463. Uji korelasi asupan serat terhadap konsistensi feses didapatkan nilai p 0.047 dan nilai r -0.231. Uji korelasi asupan cairan terhadap frekuensi BAB didapatkan nilai p 0.590 dan nilai r 0.069. Uji korelasi asupan cairan terhadap konsistensi BAB didapatkan nilai p 0.008 dan nilai r -0.279.

Kesimpulan : terdapat hubungan yang signifikan antara pola makan terhadap frekuensi defekasi, asupan serat dan cairan terhadap konsistensi BAB pada mahasiswa FK UISU angkatan 2018 dengan hubungan korelasi berarah positif yang cukup berarti antara pola makan dan frekuensi defekasi, hubungan korelasi lemah berarah negatif antara asupan serat dan konsistensi BAB, serta hubungan korelasi lemah berarah positif antara asupan cairan dan konsistensi BAB.

Kata Kunci : pola makan, asupan serat, asupan cairan, pola defekasi

ABSTRACT

Background : *Eating habits is affecting the pattern of defecation. In addition, fiber and fluid intake also contribute to the pattern of defecation. Dietary disorders and lack of fiber and fluid consumption can cause abnormality to the pattern of defecation.*

Research Objective : *To determine correlation between eating habits, fiber and fluid intake with pattern of defecation in UISU Faculty of Medicine students class of 2018.*

Methods : *Observational analytic research with cross sectional approach. The sampling technique used is simple random sampling with number of samples 60 people. Data collected by filled out questionnaires and dietary records to determine eating habits, fiber and fluid intake. Questionnaire and Bristol Stool Chart to find out the pattern of defecation. Data were analyzed with SPSS program with Somer's D analysis test.*

Results : *The correlation test of eating habits with frequency of defecation in UISU Faculty of Medicine Students Class of 2018 obtained p-value of 0.008 and r-value of 0.463. The correlation test of fiber intake with stool consistency obtained p value of 0.047 and r value of -0.231. Correlation test of fluid intake with frequency of defecation obtained p-value 0.590 and r-value 0.069. Correlation test of fluid intake with stool consistency obtained p value of 0.008 and r value of -0.279.*

Conclusion : *Thus, there is a significant relationship between eating habits and frequency of defecation, fiber and fluid intake on stool consistency in UISU Faculty of Medicine students class Of 2018 with a significant positive correlation between eating habits and frequency of defecation, a weak negative correlation between fiber intake and stool consistency , as well as a weak positive correlation between fluid intake and stool consistency.*

Keywords : *eating habits, fiber intake, fluid intake, pattern of defecation.*