

ABSTRAK

Latar Belakang: Berdasarkan data WHO kasus dispepsia di dunia mencapai 13-40 % dari total populasi setiap tahun. Dispepsia merupakan salah satu jenis penyakit tidak menular yang terjadi tidak hanya di Indonesia, tetapi juga di dunia. Pola makan yang tidak teratur, konsumsi jenis makanan tertentu seperti makanan asam, pedas dan iritatif merupakan beberapa faktor penyebab dispepsia.

Tujuan penelitian: Mengetahui hubungan antara pola makan dengan dispepsia pada remaja putri Pesantren Hidayatullah Tanjung Morawa Tahun 2023.

Metode: penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross sectional*, pengumpulan data menggunakan kuesioner dan wawancara. Analisis data menggunakan uji univariat dan uji bivariat menggunakan uji *chi-square*.

Hasil: Mayoritas responden berusia <16 tahun (70,3%). Angka kejadian dispepsia sebesar 70,3% atau sebanyak 45 responden di mana 25 orang (39,1%) di antaranya memiliki pola makan kurang baik. Dari 29,7% responden yang tidak mengalami dispepsia, 13 orang (20,3%) memiliki pola makan baik. Mayoritas responden sering mengonsumsi makanan pedas (67,1%) namun jarang mengonsumsi makanan asam (56,2%) dan iritatif (65,6%). Hasil bivariat antara hubungan pola makan dengan dispepsia, makanan pedas dengan dispepsia, makanan asam dengan dispepsia, dan makanan iritatif dengan dispepsia masing-masing sebesar p-value 0,037, 0,041, 0,013, 0,526.

Kesimpulan: Terdapat hubungan antara pola makan, jenis makanan asam dan pedas dengan kejadian dispepsia namun tidak ada hubungan signifikan secara statistik antara jenis makanan iritatif dengan kejadian dispepsia pada remaja putri Pesantren Hidayatullah Tanjung Morawa.

Kata Kunci : Pola Makan, Dispepsia

ABSTRACT

Background: Based on WHO data, cases of dyspepsia in the world reach 13-40% of the total population each year. Dyspepsia is one type of non-communicable disease that occurs not only in Indonesia, but also in the world. Irregular eating patterns, consumption of certain types of food such as sour, spicy and irritating foods are some of the factors that cause dyspepsia.

Objective: To determine the relationship between dietary patterns and dyspepsia in female adolescents at the Hidayatullah Tanjung Morawa Islamic Boarding School in 2023.

Method: This study uses an analytical observational method with a cross-sectional approach, data collection using questionnaires and interviews. Data analysis using univariate tests and bivariate tests using the chi-square test.

Results: The majority of respondents were aged <16 years (70.3%). The incidence of dyspepsia was 70.3% or 45 respondents, of which 25 people (39.1%) had poor diet. Of the 29.7% of respondents who did not experience dyspepsia, 13 people (20.3%) had good diet. The majority of respondents often consumed spicy foods (67.1%) but rarely consumed sour foods (56.2%) and irritative foods (65.6%). The bivariate results between the relationship between diet and dyspepsia, spicy foods and dyspepsia, sour foods and dyspepsia, and irritative foods and dyspepsia were p-values of 0.037, 0.041, 0.013, 0.526, respectively.

Conclusions: There is a relationship between dietary patterns, types of sour and spicy foods with the incidence of dyspepsia, but there is no statistically significant relationship between the types of irritating foods and the incidence of dyspepsia in female adolescents at the Hidayatullah Tanjung Morawa Islamic Boarding School.

Keywords: Dietary habit, Dyspepsia