

HUBUNGAN KONSUMSI MAKANAN DAN MINUMAN IRRITATIF, KEBIASAAN SARAPAN PAGI, DAN TINGKAT STRES DENGAN KEJADIAN SINDROM DISPEPSIA PADA SISWA/I SMAS IT RAFLESIA DEPOK

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Abstrak

Dispepsia memiliki kemungkinan dialami oleh remaja 8-17 tahun dengan prevalensi 39% pasien. Kondisi ini dapat mengurangi produktivitas remaja, dan dapat beresiko terhadap peningkatan kanker lambung. Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi makanan dan minuman iritatif, kebiasaan sarapan pagi, dan tingkat stres dengan kejadian sindrom dispepsia. Penelitian dilakukan di SMAS Islam Terpadu Raflesia Depok menggunakan desain studi *cross-sectional* dari Maret 2024 hingga Juni 2024. Sampel penelitian terdiri dari 129 siswa kelas X dan XI, dipilih melalui metode *stratified random sampling*. Analisis data dilakukan menggunakan uji *Chi-Square*. Sindrom dispepsia, kebiasaan sarapan pagi, dan tingkat stres diukur dengan menggunakan kuesioner *The Napean Dyspepsia Index*, frekuensi sarapan selama seminggu dan *Perceived Stress Scale* (PSS). Frekuensi konsumsi makanan dan minuman iritatif diukur melalui wawancara *Food Frequency Questionnaire*. Hasil analisis statistik menunjukkan adanya hubungan signifikan antara tingkat stres dan kejadian sindrom dispepsia pada siswa SMA IT Raflesia Depok ($p\text{-value } 0,041 < 0,05$). Namun, konsumsi makanan dan minuman iritatif serta kebiasaan sarapan pagi tidak menunjukkan hubungan signifikan dengan kejadian sindrom dispepsia, dengan $p\text{-value}$ masing-masing 0,770 dan 0,451 ($p\text{-value} > 0,05$). Remaja disarankan lebih peduli terhadap kondisi tubuh mereka, terutama kesehatan lambung, dengan menjaga pola makan yang sehat dan mengelola stres guna mengurangi risiko dispepsia.

Kata kunci : Dispepsia, kebiasaan sarapan pagi, konsumsi makanan dan minuman iritatif, remaja, dan tingkat stres

THE RELATIONSHIP BETWEEN IRRITATING FOOD AND DRINK CONSUMPTION, BREAKFAST HABITS, AND STRESS LEVELS WITH THE INCIDENCE OF DYSPEPSIA SYNDROME IN STUDENTS OF SMAS IT RAFLESIA DEPOK

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Abstract

Dyspepsia is likely to affect adolescents aged 8-17 years, with a prevalence of 39%. This condition can reduce their productivity and increase the risk of gastric cancer. This study aims to determine the relationship between the consumption of irritating foods and drinks, breakfast habits, and stress levels with the incidence of dyspepsia syndrome. The research was conducted at Rafflesia Integrated Islamic High School Depok using a cross-sectional study design from March 2024 to June 2024. The research sample consisted of 129 students in grades X and XI, selected through the stratified random sampling method. Data analysis was carried out using the Chi-Square test. Dyspepsia syndrome, breakfast habits, and stress levels were measured using The Napean Dyspepsia Index questionnaire, the frequency of breakfast during the week, and the Perceived Stress Scale (PSS). The frequency of consumption of irritating foods and beverages was measured through the Food Frequency Questionnaire interview. The results of statistical analysis showed a significant relationship between stress levels and the incidence of dyspepsia syndrome in students of IT Rafflesia High School Depok (p -value $0.041 < 0.05$). However, the consumption of irritating foods and drinks and breakfast habits did not show a significant relationship with the incidence of dyspepsia syndrome, with p -values of 0.770 and 0.451 (p -value > 0.05). Adolescents are advised to maintain a healthy diet and manage stress to reduce the risk of dyspepsia.

Keyword : Dyspepsia, adolescents, stress levels, irritating food and drink consumption breakfast habits