

# Prevalensi Dispepsia Fungsional dan Asosiasinya dengan Status Nutrisi pada Siswa Sekolah Menengah Pertama di Jakarta = Prevalence of Functional Dyspepsia and its Association to Nutritional Status in Junior High School Students in Jakarta

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## Abstrak

Pendahuluan: Dispepsia fungsional adalah salah satu gangguan pencernaan fungsional yang berasal dari saluran pencernaan bagian atas. Prevalensi dispepsia fungsional berdasarkan Kriteria Rome III adalah 3-10%. Sebuah studi di Jakarta dengan sampel orang dewasa, ditemukan 59,1% memiliki sindrom dispepsia. Di sebuah studi ditemukan bahwa pasien obesitas lebih memiliki kecenderungan untuk mengalami nyeri pada perut dan nyeri dengan frekuensi dan intensitas tinggi. Namun, prevalensi dispepsia fungsional pada siswa sekolah menengah pertama di Jakarta masih belum diketahui. Metode. Penelitian ini menggunakan metode potong lintang dengan menggunakan 292 kuesioner Kriteria Rome III dan kuesioner makanan yang diambil di SMP Labschool Jakarta pada Maret 2018. Subjek penelitian diharuskan untuk mengisi kuesioner kemudian diukur tinggi dan berat badan menggunakan timbangan dan alat ukur tinggi. Subjek yang memiliki dispepsia fungsional didapat dari Kriteria Rome III kuesioner melalui penilaian pada beberapa nomer. Analisis data menggunakan Chi-square test untuk menilai asosiasi dispepsia fungsional terhadap jenis kelamin, kelas, status nutrisi, kebiasaan konsumsi makanan, dan aktifitas fisik, satu per satu. Sementara untuk menilai asosiasi dispepsia fungsional terhadap umur, dilakukan Mann-Whitney test Hasil. Terdapat 292 kuesioner yang termasuk di penelitian. Mayoritas subjek adalah perempuan 53,8%, median usia 13 tahun. Subjek memiliki status nutrisi dengan mayoritas yaitu gizi lebih (51,4%) yang diklasifikasikan berdasarkan kriteria Waterlow. Prevalensi dyspepsia fungsional adalah 17,5%. Asosiasi nya terhadap status nutrisi, jenis kelamin, konsumsi sarapan, buah, dan sayur, dan aktifitas fisik tidak signifikan. Namun, terdapat signifikansi pada asosiasi dispepsia fungsional terhadap kelas, umur, dan jarang konsumsi sarapan. Kesimpulan. Prevalensi dispepsia fungsional adalah 17,5%. Karakteristik status gizi dari subjek penelitian dengan persentase tertinggi adalah gizi lebih. Analisis data menunjukkan bahwa tidak terdapat asosiasi yang signifikan antara dispepsia fungsional terhadap status nutrisi. Asosiasi dispepsia fungsional dengan karakteristik subjek signifikan, yaitu terhadap umur dan kelas, namun terhadap jenis kelamin tidak signifikan. Asosiasi antara dispepsia fungsional dan pola makan dan aktifitas fisik tidak signifikan, kecuali asosiasi dispepsia fungsional dengan jarang konsumsi sarapan.

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.....Preliminary. Functional dyspepsia is one of the functional digestive disorders originating from the upper digestive tract. The prevalence of functional dyspepsia based on Rome III criteria is 3-10%. A study in Jakarta with a sample of adults, found 59.1% had dyspepsia syndrome. In one study it was found that obese patients were more likely to experiencing abdominal pain and pain with high frequency and intensity. However, the prevalence of functional dyspepsia in junior high school students in Jakarta is still unknown. Method. This study uses a cross-sectional method using 292 Rome III Criteria questionnaire and food questionnaire taken at SMP Labschool Jakarta in March 2018. Research subjects were required to fill out a

questionnaire and then their height and weight were measured using scales and height measuring instruments. Subjects who have functional dyspepsia were obtained from the Rome III Criteria questionnaire through an assessment of several numbers. Data analysis used Chi-square test to assess functional dyspepsia associations with gender, class, nutritional status, food consumption habits, and physical activity, one by one. Meanwhile, to assess the association of functional dyspepsia with age, the Mann-Whitney test was carried out. There are 292 questionnaires included in the study. The majority of the subjects were 53.8% women, the median age was 13 years. Subjects have nutritional status with the majority being overweight (51.4%) which is classified based on the Waterlow criteria. The prevalence of functional dyspepsia was 17.5%. The association with nutritional status, gender, consumption of breakfast, fruit, and vegetables, and physical activity was not significant. However, there is a significant association of functional dyspepsia on class, age, and rarely breakfast consumption.

Conclusion. The prevalence of functional dyspepsia was 17.5%. The characteristics of the nutritional status of the research subjects with the highest percentage were overweight. Data analysis showed that there was no significant association between functional dyspepsia and nutritional status. The association of functional dyspepsia with the characteristics of the subjects was significant, namely to age and class, but not to gender. The association between functional dyspepsia and diet and physical activity was not significant, except for the association of functional dyspepsia with infrequent breakfast consumption.