

ABSTRACT

The Correlation of Diet Pattern to Dyspepsia Syndrom in Students of Medical Faculty, University of Lampung

by

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Dyspepsia is a syndrome which caused by many factors, one of them is diet pattern and respondents characteristic. The aim of this research were to identify regularity pattern of diet, characteristics respondents (sex and residence), and incidence of dyspepsia, as well as to analyze the correlation between diet pattern and characteristic respondents with dyspepsia syndrome.

This research took place in Faculty of Medicine, Lampung University. Sample of this research were students of the faculty. This research used cross-sectional analytic method with 258 samples taken by simple random sampling. Data then analyzed using chi-square test.

The results of this research showed that the most respondents were female (69%), did not live with their parents (62%), had irregularity of diet pattern (30,6%), and suffered dyspepsia (36,4%). Statistical test result showed that there is a correlation between dyspepsia with diet pattern ($p=0.0001$; OR: 50.231), sex ($p=0.007$; OR: 2.338), and residence ($p=0.007$; OR: 2.214). Therefore, parents need to improve supervision to their children's diet pattern. Moreover, the college students need to maintain discipline in establishing regularity of diet pattern.

Keywords: *characteristics, college students, diet pattern, dyspepsia syndrome*