

**THE CORRELATION BETWEEN FIBER INTAKE AND DIETARY  
KNOWLEDGE WITH THE INCIDENCE OF CONSTIPATION IN  
JEMBER STATE POLYTECHNIC STUDENTS**

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***ABSTRACT***

Constipation is a clinical symptom characterized by difficulty defecating which is consistent with dense stools and the frequency of bowel movements is less than 3 times a week. One of the risk factors for constipation is insufficient fiber intake. Fiber intake can bind water in the colon and can make the volume of feces larger so that it can stimulate the rectal nerves and cause a desire for defecation. Knowledge about good eating patterns can give rise to good eating behaviors that have not yet been applied in daily life. The purpose of this study is to analyze the relationship between fiber intake and dietary knowledge and the incidence of constipation in Jember State Polytechnic students. This research is included in the quantitative type using an observational research design with a cross sectional design. The number of samples obtained using the Slovin formula was 72 students of the Department of Health with a probability sampling technique using a simple random sampling technique. The research data was collected using 1x24 hour Food Recall which was carried out in 3 days in nonsequential manner, constipation event questionnaire and dietary knowledge level questionnaire. Statistical analysis uses SPSS Statistic Version 25 which is used to determine the relationship between variables, namely the Pearson Correlation test. The results showed that there was no relationship between fiber intake and the incidence of constipation with Pearson's correlation value of -0.176 which showed a negative correlation, meaning that the higher the fiber intake, the lower the incidence of constipation. The results of the study stated that there was no relationship between dietary knowledge and the incidence of constipation. This is due to another risk factor, namely lack of physical activity.

Keywords: constipation, fiber intake, level of dietary knowledge.