

The Relationship between Age, Gender, Nutritional Status, and Eating Frequency on the Incidence of Dyspepsia at the Besuki Situbondo

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ABSTRACT

Dyspepsia is a collection of symptoms originating from the upper gastrointestinal tract, such as a burning sensation in the epigastric region, pain (usually acidic) in the upper abdomen or lower chest, bloating, loss of appetite, and vomiting. Dyspepsia is often associated with factors such as age, gender, nutritional status, and eating frequency. Identifying the factors contributing to dyspepsia is crucial for developing prevention and management strategies for this condition. The Besuki Situbondo Regional General Hospital has seen a continuous increase in the number of inpatient dyspepsia cases, from 281 patients in 2021 to 622 in 2023. This study aims to analyze the factors related to dyspepsia, namely age, gender, nutritional status, and eating frequency, based on patient medical record data from 2023 at RSUD Besuki Situbondo. This is an analytical observational study with a cross-sectional approach. Using secondary data, a sample of 202 patients was selected through simple random sampling. Data were analyzed univariately and bivariate using chi-square tests. The results indicate that age ($p = 0.002$), gender ($p = 0.003$), and eating frequency ($p = 0.006$) are associated with dyspepsia, while nutritional status ($p = 0.255$) is not. Based on these findings, it is recommended that the hospital undertake promotional and preventive measures, such as providing education on factors related to dyspepsia, to prevent the continued rise in dyspepsia cases.

Keywords: *Cross-sectional study, Dyspepsia, Factors associated, Medical records*