

***The Relationship Between Nutritional Status, Diet, and Stress Levels with
Gastroesophageal Reflux Disease (GERD) Incidence in Health Students***

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ABSTRACT

Gastroesophageal Reflux Disease (GERD) is a digestive tract disorder that occurs due to the reflux of stomach acid into the esophagus due to a weakened Lower Esophageal Sphincter (LES). Health students are among the groups at risk of developing GERD due to irregular eating patterns, consumption of trigger foods, and high levels of academic stress. This study aims to determine the relationship between nutritional status, eating patterns, and stress levels with the incidence of GERD in Health students at Jember State Polytechnic. This study was quantitative with a cross-sectional design. The population in this study was 944. The sampling technique used the Proportionate Stratified Random Sampling technique with a sample of 169 subjects. Data collection was carried out through measuring body weight and height, completing the FFQ questionnaire, the PSS-10 questionnaire, and the GERD-Q questionnaire. Statistical data analysis used SPSS with the Chi-Square test. The results of the study showed that there was a relationship between dietary patterns ($p=0.000$) and types of food ($p=0.005$) with the incidence of GERD and there was no relationship between nutritional status ($p=0.845$) and stress levels ($p=0.070$) with the incidence of GERD in students majoring in Health.

Keywords: GERD, dietary patterns, nutritional status, stress, health science students