ABSTRACT

Factors Associated with the Incidence of Dyspepsia at the Sidomulyo Community Health Center in 2025

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Background: Dyspepsia is a gastrointestinal disorder that can interfere with a patient's daily activities and quality of life. Its occurrence is influenced by various factors, including anxiety, consumption of irritating foods and beverages, and the use of nonsteroidal anti-inflammatory drugs (NSAIDs). At the Sidomulyo Community Health Center, cases of dyspepsia increased from 1,229 in 2023 to 2,297 in 2024. However, previous research findings on the relationship between anxiety and NSAID consumption and dyspepsia remain inconsistent, while these three factors are still often studied separately. This situation indicates a gap in the evidence regarding the simultaneous association of psychological factors, consumption patterns, and medication use with the incidence of dyspepsia.

Objective : To determine the relationship between the consumption of irritating foods and beverages, anxiety, and NSAIDs and the incidence of dyspepsia at the Sidomulyo Community Health Center in Samarinda in 2025.

Research Methods/ Implementation Methods : This study employed a cross-sectional design with 93 respondents selected through purposive sampling. Data were collected via questionnaires and medical records, then analyzed using univariate and bivariate analyses with the chi-square test.

Results : Consumption of irritating foods and beverages was associated with the occurrence of dyspepsia ($p = 0.002$), whereas anxiety ($p = 1.000$) and NSAID use ($p = 0.565$) were not associated.

Conclusion/Lesson Learned : Consumption of irritating foods and beverages is associated with the occurrence of dyspepsia, whereas anxiety and NSAID use are not associated with it. Education on healthy eating habits needs to be improved as a preventive measure against dyspepsia.

Keyword : Dyspepsia, Consumption of Irritating Foods/Beverages, Anxiety, Consumption of NSAIDs

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