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***“THE RELATIONSHIP BETWEEN IRREGULAR EATING PATTERNS  
AND IRRITATIVE DIET WITH THE INCIDENCE OF DYSPEPSIA  
SYNDROME IN PRECLINICAL STUDENTS OF THE FACULTY OF  
MEDICINE, UNIVERSITY OF MUHAMMADIYAH MAKASSAR”***

**ABSTRACT**

**Background:** Dyspepsia is one of the top 10 disease categories with the highest cause of death in Makassar city in 2015. There are several mechanisms for dyspepsia, namely Helicobacter pylori infection, gastric acid secretion, gastrointestinal motility disorders, visceral hypersensitivity, psychological disorders or stress, and dietary factors or dietary habit . Irregular eating patterns can affect the working process of the stomach and gastric acid secretion, so eating regularly is very important in regulating gastric acid secretion because it makes it easier for the stomach to control acid production according to meal times.

**Research Objectives:** Knowing the relationship between eating regularity and irritative diet with dyspepsia syndrome in preclinical students of the Faculty of Medicine, University of Muhammadiyah Makassar

**Research Methods:** The method used in this study was an analytic observational study with a cross-sectional design. The sampling technique was carried out using proportional stratified random sampling. The sample in this study were 252 people. Data analysis used the Chi-Square test with p value = 0.05 using the SPSS program.

**Results:** The results of the univariate analysis showed that the highest number of respondents was based on age, namely respondents at the age of 19 as many as 66 people (24.4%). While the highest number of respondents based on gender, namely women as many as 215 people (79.3%). Based on the results of the chi-square test, there is a significant relationship between irregular eating patterns and the incidence of dyspepsia syndrome (p value = 0.024). There is no significant relationship between irritative diet and the incidence of dyspepsia syndrome (p value = 0.565)

**Conclusion :** There is a significant relationship between irregular eating patterns and the incidence of dyspepsia syndrome in Muhammadiyah University Makassar preclinical students. There is no significant relationship between irritative diet and the incidence of dyspepsia syndrome in preclinical students at the University of Muhammadiyah Makassar.