

**HUBUNGAN KONSUMSI KOPI DENGAN KEMUNGKINAN
GASTROESOPHAGEAL REFLUX DISEASE PADA
MAHASISWA FAKULTAS KEPERAWATAN
UNIVERSITAS BHAKTI KENCANA
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ABSTRAK

Gastroesophageal Reflux Disease (GERD) merupakan gangguan pencernaan yang dapat dipicu oleh berbagai faktor, salah satunya adalah konsumsi kopi, yang kini menjadi bagian dari gaya hidup mahasiswa. Penelitian ini bertujuan mengetahui hubungan konsumsi kopi dengan kemungkinan GERD pada 250 mahasiswa Fakultas Keperawatan Universitas Bhakti Kencana Bandung menggunakan desain cross-sectional dan stratified random sampling. Data dikumpulkan melalui kuesioner tingkat konsumsi kopi dan Gerd-Q. Hasil menunjukkan 50% responden mengonsumsi kopi dalam tingkat sedang, 37,2% ringan, dan 41,2% berisiko GERD. Uji Chi-square menunjukkan hubungan signifikan antara konsumsi kopi dan kemungkinan GERD ($p < 0,001$). Semakin tinggi konsumsi kopi, semakin besar risiko GERD. Mahasiswa disarankan mengatur frekuensi dan jumlah konsumsi kopi serta memperhatikan kondisi tubuh. Edukasi pola konsumsi kopi sehat dan pengelolaan gaya hidup diperlukan untuk mencegah GERD.

Kata Kunci: Konsumsi kopi, Gastroesophageal Reflux Disease, Mahasiswa

***THE RELATIONSHIP BETWEEN COFFEE CONSUMPTION AND THE
LIKELIHOOD OF GASTROESOPHAGEAL REFLUX DISEASE
IN NURSING FACULTY STUDENTS AT
BHAKTI KENCANA UNIVERSITY
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ABSTRACT

Gastroesophageal Reflux Disease (GERD) is a digestive disorder that can be triggered by various factors, one of which is coffee consumption, which has now become part of the lifestyle of students. This study aims to determine the relationship between coffee consumption and the possibility of GERD in 250 students of the Faculty of Nursing, Bhakti Kencana University, Bandung, using a cross-sectional design and stratified random sampling. Data were collected through a coffee consumption questionnaire and the Gerd-Q. The results showed that 50% of respondents consumed coffee at a moderate level, 37.2% consumed light coffee, and 41.2% were at risk of GERD. The Chi-square test showed a significant relationship between coffee consumption and the possibility of GERD ($p < 0.001$). The higher the coffee consumption, the greater the risk of GERD. Students are advised to regulate the frequency and amount of coffee consumption and pay attention to their physical condition. Education on healthy coffee consumption patterns and lifestyle management is needed to prevent GERD.

Keywords: *Coffee consumption, Gastroesophageal Reflux Disease, Students*