

## Conference Paper

# The Spread of Dyspepsia to Patients of the UPTD Sukanagara Inpatient Health Center Working area, Cianjur Regency, West Java

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Recently, non-communicable diseases have become a cause of morbidity and mortality in several countries, including Indonesia. The World Health Organization predicted that in 2020, the number of mortality cases due to non-communicable diseases will increase to 73% and 60% for morbidity cases around the world. SEARO (South East Asian Regional Office) predicted that for South East Asian countries in 2020, the mortality and morbidity due to non-communicable diseases will increase to 50% and 42%. Dyspepsia is one of the types of non-communicable diseased that spreads around the world, including Indonesia. Cases of dyspepsia in the world reaches 13-40% of the total population every year. Currently, dyspepsia is a disease that is predicted to increase year by year.

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**Keywords:** Disease, mortality, morbidity

## 1. INTRODUCTION

Dyspepsia is often equated with gastritis, because there are similarities symptoms. This is actually not quite right, because the word ulcer comes from the Dutch language, which means stomach, while the word dyspepsia comes from the Greek, which consists of two words, namely "dys" which means bad and "pepte" which means digestion. So dyspepsia means poor digestion. Lifestyle changing and changes in diet are still one of the most common causes of digestive disorders, including dyspepsia. Irregular eating habits and lifestyles that tend to be easily carried away are generally problems that arise in society. Consume fast food and instant food, a more sedentary lifestyle, stress, and pollution have become a part of everyday life. Bad lifestyle and eating habits will directly affect the digestive organs and cause digestive diseases.

Based on another study toward 48 people concerning the factors related to the dyspepsia, it was found that one of the factors associated with the dyspepsia was eating habits. In addition, to the types of food consumed by adolescents, irregular eating habits such as inappropriate eating schedules can have an effect so it can cause dyspepsia.

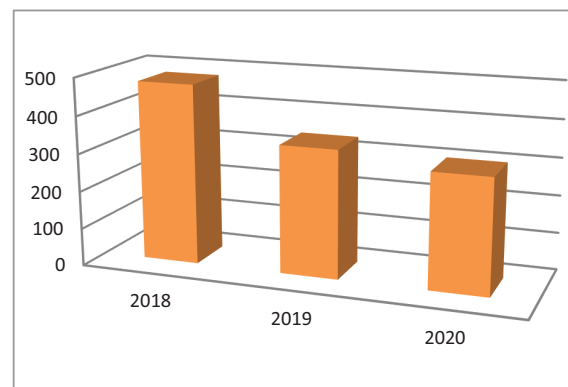
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This can be seen from the research data on the frequency of irregular eating 2 times a day 48% and exercise with an empty stomach as much as 20% of as adolescents in Manado Madrasah Aliyah that prove bad eating habits.

Moreover, bad eating habits and the types of food consumed that stimulate an increase stomach acid such as spicy foods, acids and alcoholic beverages, and coffee. The caffeine contained in coffee in the gastrointestinal system will increase gastrin secretion so that it will stimulate the production of stomach acid. The high acid causes inflammation and erosion of the gastric mucosa so that it can lead to dyspepsia disorders. Research conducted by Putri et al, (2015) which showed a relationship between coffee drinking habits and dyspepsia. In this study, 50.6% of all respondents found people who had coffee drinking habits were got dyspepsia.

The research design used is descriptive with a cross sectional approach. The analysis used is univariate analysis and bivariate analysis. Bivariate analysis using chi-square test with 95% confidence level and significance level of p value <0.05. Data analysis is by computerized programs.

## 2. RESULT OF THE STUDY



**Figure 1:** Number of Dyspepsia patient.

Based on the graph above, it shows that in the year 2018 the number of cases of dyspepsia was 479 patients. In the year 2019 there was a decrease in cases of 340 patients and in 2020 there was a decrease of 305 patients (Figure 1).

The graph shows that in 2018 and 2019 the number of male patient with dyspepsia was higher than the female and in 2020 it was almost balanced (Figure 2).

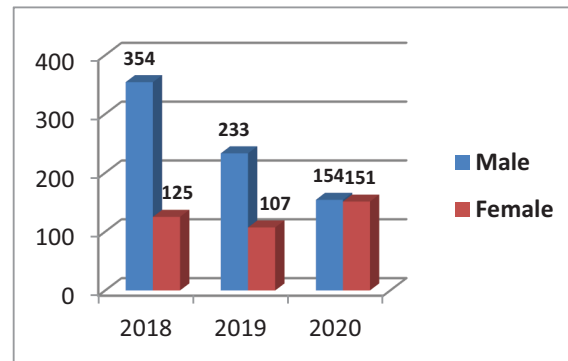


Figure 2: Number of dyspepsia by gender.

### 3. DISCUSSION

Non-communicable diseases have recently become a cause of morbidity and mortality in several countries, including Indonesia. WHO predicts that in 2020, the cases of mortality due to non-communicable diseases will increase to 73% and the proportion of morbidity to 60% around the world. SEARO (South East Asian Regional Office) is predicted that countries in 2020 will get mortality and morbidity due to non-communicable diseases. It will increase to 50% and 42%. Dyspepsia is one type of non-communicable disease that occurs not only in Indonesia, but also in the world. Cases of dyspepsia in the world reach 13-40% of the total population every year. Dyspepsia is now a disease case that is predicted to increase year by year.

Based on interview conducted by researcher to the five patients who were currently receiving outpatient treatment at the Sukanagara Health Center Poly found that 3 out of 5 patients said that they had irregular eating habits in their daily life and often consumed spicy food. There is 2 out of 5 patients said they had a smoking habit.

### 4. CONCLUSION

This research result proved that there are still many patients who need to improve knowledge on healthy lifestyles and be aware on their habits for good health. Therefore, researchers are interested in knowing and studying the factors that can affect the cases of dyspepsia in outpatients at the Sukanagara Health Center Poly.

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