

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN
PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN KONSUMSI MINUMAN BERKAFEIN DENGAN GEJALA
GASTROESOPHAGEAL REFLUX DISEASE (GERD) PADA MAHASISWA
FAKULTAS KESEHATAN INSTITUT MAHARDIKA CIREBON**

xvi+91 halaman+6 tabel+3 gambar+12 lampiran

ABSTRAK

Pendahuluan: *Gastroesophageal Reflux Disease* (GERD) merupakan kondisi yang terjadi ketika isi lambung (cairan lambung) mengalir kembali ke esofagus yang diakibatkan oleh melemahnya tekanan *Lower Esophageal Sphincter*, yang dapat menimbulkan gejala yang mengganggu. Salah satu faktor risiko terjadinya GERD adalah konsumsi kafein, dimana kafein dapat merangsang sekresi asam lambung dan menurunkan tekanan *Lower Esophageal Sphincter*. Kafein terdapat dalam tanaman seperti kopi, cola, dan teh, yang berperan sebagai stimulan bagi sistem saraf pusat, meningkatkan kewaspadaan serta mengurangi rasa kantuk. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan konsumsi minuman berkafein dengan gejala *Gastroesophageal Reflux Disease* (GERD) pada mahasiswa Fakultas Kesehatan Institut Mahardika Cirebon.

Metode: penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Data dikumpulkan dengan mengisi kuesioner konsumsi minuman berkafein dan GERD-Q melalui *google form* yang melibatkan 87 mahasiswa Fakultas Kesehatan Institut Mahardika secara *proportionate stratified random sampling*. Uji statistik yang digunakan dalam penelitian ini adalah uji *chi-square* untuk mengetahui hubungan antar variabel.

Hasil Penelitian: Penelitian ini menunjukkan bahwa terdapat hubungan antara konsumsi minuman berkafein dengan gejala *Gastroesophageal Reflux Disease* (GERD) yang dibuktikan dengan nilai p-value sebesar 0,002 ($p < 0,05$).

Simpulan: Terdapat hubungan antara konsumsi minuman berkafein terhadap gejala *Gastroesophageal Reflux Disease* (GERD) pada mahasiswa Fakultas Kesehatan Institut Mahardika Cirebon.

Saran: Kepada mahasiswa Fakultas Kesehatan Institut Mahardika agar lebih bijak dalam mengonsumsi minuman berkafein untuk menjaga kesehatan saluran pencernaan.

Kata Kunci: Kafein, *Gastroesophageal Reflux Disease* (GERD), Minuman

Daftar Pustaka: 39

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
HEALTH FACULTY
STUDY PROGRAM OF NURSING SCIENCE**

Mini Thesis, June 2025

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**THE RELATIONSHIP CAFFEINATED BEVERAGE CONSUMPTION WITH
SYMPTOMS OF GASTROESOPHAGEAL REFLUX DISEASE (GERD) IN HEALTH
FACULTY STUDENTS INSTITUT MAHARDIKA CIREBON**

xvi+91 pages+6 tables+3 figures+12 appendices

ABSTRACT

Introduction: Gastroesophageal Reflux Disease (GERD) is a condition that occurs when gastric contents (gastric juices) flow back into the esophagus due to weakened Lower Esophageal Sphincter pressure, which can cause disturbing symptoms. One of the risk factors for GERD is caffeine consumption, where caffeine can stimulate gastric acid secretion and reduce Lower Esophageal Sphincter pressure. Caffeine is found in plants such as coffee, cola, and tea, which acts as a stimulant for the central nervous system, increasing alertness and reducing drowsiness. **Objective:** This study aims to determine the relationship between consumption of caffeinated beverages and symptoms of Gastroesophageal Reflux Disease (GERD) in students of the Faculty of Health, Mahardika Institute Cirebon.

Methods: This study used an observational analytic design with a cross-sectional approach. Data were collected by filling out a caffeinated beverage consumption questionnaire and GERD-Q via google form involving 87 students of the Faculty of Health, Mahardika Institute by proportionate stratified random sampling. The statistical test used in this study was the chi-square test to determine the relationship between variables.

Research Results: This study shows that there is an association between consumption of caffeinated beverages and symptoms of Gastroesophageal Reflux Disease (GERD) as evidenced by a p-value of 0.002 ($p < 0.05$).

Conclusion: There is a relationship between consumption of caffeinated beverages and symptoms of Gastroesophageal Reflux Disease (GERD) in students of the Faculty of Health, Mahardika University Cirebon.

Recommendation: Students at the Faculty of Health Sciences, Mahardika Institute, who consume caffeinated beverages in the poor category should be more prudent in their consumption of caffeinated beverages to maintain digestive health,

Keywords: Caffeine, Gastroesophageal Reflux Disease (GERD), Drinks

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