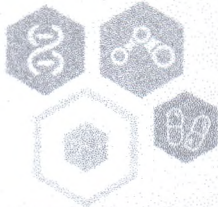


November
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PROGRAM BOOK



THE SIXTH
GRUBER-SOEDIGDO LECTURE

& 24th National Seminar of Indonesian Society
for Biochemistry and Molecular Biology



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[A-012]

Hubungan kortisol dengan stress pada dyspepsia fungsional

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Abstrak

Dispepsia fungsional (DF) merupakan sindroma dengan gejala nyeri atau tidak nyaman di daerah perut bagian atas yang terjadi tanpa adanya penyakit organik. Prevalensi dispepsia di Asia berkisar 8-30% dan lebih sering terjadi pada wanita. Dispepsia fungsional dapat disebabkan oleh berbagai faktor seperti kelainan motilitas lambung, hipersensitivitas visceral, infeksi, dan genetika. Namun stress diketahui berperan penting terhadap terjadinya sindroma ini. Stress merangsang produksi asam lambung melalui aksis adrenal-hipofisis yang berhubungan dengan peningkatan kortisol. Untuk mengetahui hubungan stress dengan dyspepsia fungsional, dilakukan penelitian dengan mengukur kadar kortisol pada penderita dyspepsia fungsional dengan dan tanpa stress.

Penelitian dilakukan terhadap penderita DF yang datang ke poliklinik penyakit dalam rumah sakit daerah, dan memenuhi kriteria inklusi dan eksklusi. Subjek terdiri dari dua kelompok masing masing 40 penderita DF dengan stress dan 40 tanpa stress. Kondisi stress ditentukan dengan mempergunakan *The Depression Anxiety Stress Scale 42* (DASS 42), sedangkan tingkat keparahan DF ditentukan dengan mempergunakan skor dyspepsia. Kadar kortisol diperiksa pada pagi dan sore hari mempergunakan metode ELISA.

Dari hasil penelitian ini diketahui bahwa DF dengan stress lebih banyak terdapat pada perempuan dan DF tanpa stress lebih banyak pada laki-laki. Berdasarkan skor dispepsi, pada DF dengan stress, 12,5% DF ringan, 62,5 % DF sedang dan 20% DF berat. Sedangkan pada DF tanpa stress, 25% DF ringan, 70% DF sedang dan 5% DF berat. Kadar kortisol pagi hari dari kelompok DF dengan stress ($24 \pm 12,18$) lebih tinggi dari pada kelompok DF tanpa stress ($15,79 \pm 7,65$) ($p < 0,05$). Demikian juga dengan kadar kortisol sore hari pada kelompok DF dengan stress ($12,42 \pm 9,25$) lebih tinggi daripada kelompok DF tanpa stress ($6,43 \pm 4,53$) ($p < 0,05$). Dari penelitian tersebut disimpulkan bahwa kadar kortisol berhubungan dengan stress dan keparahan dispepsia fungsional.

The Sixth

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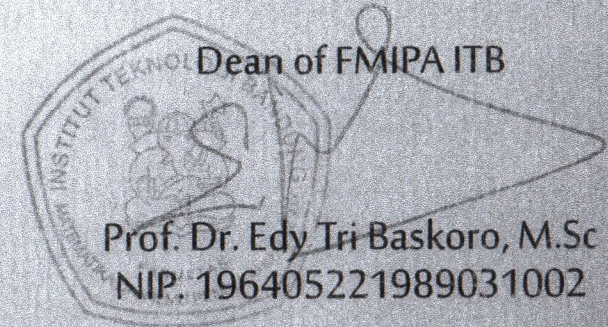
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