

HUBUNGAN RASIO *FIRMICUTES/ BACTEROIDETES* ORAL DENGAN RISIKO GANGGUAN MAKAN PADA MAHASISWA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT DAN KEPERAWATAN, UNIVERSITAS GADJAH MADA YOGYAKARTA

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ABSTRAK

Latar Belakang: gangguan makan dapat dialami oleh berbagai usia, khususnya pada mahasiswa yang lebih peduli dengan penampilan, berat badan hingga bentuk tubuhnya. Secara global terjadi peningkatan prevalensi gangguan makan dari 3,5% menjadi 7,8%. Gangguan makan dapat mengakibatkan berbagai macam masalah kesehatan seperti gangguan pencernaan, kekurangan gizi, dan pertumbuhan terhambat. Gangguan makan disebabkan oleh berbagai macam faktor, salah satunya akibat adanya dysbiosis mikrobiota oral. Bakteri *Firmicutes* dan *Bacteroidetes* merupakan dua filum yang dominan, penurunan atau peningkatan Rasio *Firmicutes/Bacteroidetes* (F/B) berhubungan dengan perkembangan beberapa penyakit.

Tujuan: Mengetahui adanya hubungan antara rasio *Firmicutes/Bacteroidetes* oral dengan risiko gangguan makan pada mahasiswa FKMK Universitas Gadjah Mada.

Metode: Menggunakan metode *cross-sectional* dengan data sekunder. Subjek penelitian adalah mahasiswa FK-KMK UGM sebanyak 42 sampel, data sekunder yang diperoleh telah memenuhi kriteria eksklusi dan inklusi dengan teknik *purposive sampling*. Analisis statistik menggunakan uji korelasi *Spearman*.

Hasil: Rata-rata rasio F/B yaitu $0,71 \pm 1,934$ dan sebanyak 38,1% mahasiswa memiliki risiko gangguan makan. Menurut hasil uji statistik, tidak terdapat hubungan yang signifikan antara rasio F/B dengan risiko gangguan makan ($p > 0,05$).

Kesimpulan: Tidak terdapat hubungan antara rasio *Firmicutes/Bacteroidetes* oral dengan risiko gangguan makan pada mahasiswa FKMK Universitas Gadjah Mada.

Kata kunci: total *Firmicutes*, total *Bacteroidetes*, rasio *Firmicutes/Bacteroidetes* (F/B), gangguan makan.

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THE RELATIONSHIP BETWEEN ORAL FIRMICUTES/BACTEROIDETES RATIO AND THE RISK OF EATING DISORDERS IN STUDENTS OF THE FACULTY OF MEDICINE, PUBLIC HEALTH AND NURSING, UNIVERSITAS GADJAH MADA YOGYAKARTA

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ABSTRACT

Background: Eating disorders can affect people of all ages, especially students who are more concerned with their appearance, weight, and body shape. Globally, the prevalence of eating disorders has increased from 3.5% to 7.8%. Eating disorders can lead to various health problems such as digestive disorders, malnutrition, and stunted growth. Eating disorders are caused by various factors, one of them due to oral microbiota dysbiosis. Firmicutes and Bacteroidetes are the two dominant phyla, and a decrease or increase in the Firmicutes/Bacteroidetes (F/B) ratio is associated with the development of several diseases.

Objective: To determine the relationship between the oral Firmicutes/Bacteroidetes ratio and the risk of eating disorders in FKMK students, Universitas Gadjah Mada.

Method: A cross-sectional method with secondary data was used. The subjects were 42 students from the Faculty of Medicine and Public Health, Universitas Gadjah Mada (FK-KMK UGM). The secondary data obtained met the exclusion and inclusion criteria using a purposive sampling technique. Statistical analysis used the Spearman correlation test.

Results: The average F/B ratio was 0.71 ± 1.934 , and 38.1% of students were at risk for eating disorders. Statistical tests showed no significant association between the F/B ratio and the risk of eating disorders ($p > 0.05$).

Conclusion: There is no relationship between the oral Firmicutes/Bacteroidetes ratio and the risk of eating disorders in FKMK students, Universitas Gadjah Mada.

Keywords: total Firmicutes, total Bacteroidetes, Firmicutes/Bacteroidetes (F/B) ratio, eating disorders.

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