

ABSTRAK

Konstipasi merupakan gangguan saluran cerna yang dipengaruhi oleh faktor gaya hidup, termasuk tingkat aktivitas fisik dan konsumsi air. Prevalensi konstipasi secara global dilaporkan sekitar 10,1%, sedangkan di Indonesia beberapa studi lokal menunjukkan prevalensi yang lebih tinggi, termasuk 56,7% di Jawa Timur dan 66,7% di Banda Aceh. Mahasiswa kedokteran berisiko mengalami konstipasi akibat aktivitas akademik yang padat dan gaya hidup *sedentary*. Penelitian ini bertujuan menganalisis hubungan tingkat aktivitas fisik dan konsumsi air dengan skor konstipasi pada mahasiswa preklinik Program Studi Kedokteran Fakultas Kedokteran Universitas Malikussaleh (Prodi Kedokteran FK Unimal). Metode penelitian menggunakan desain kuantitatif deskriptif analitik dengan pendekatan *cross sectional*. Responden berjumlah 94 mahasiswa, dengan mayoritas berusia 19–22 tahun (75,5%) dan berjenis kelamin perempuan (63,8%). Tingkat aktivitas fisik diukur menggunakan *Global Physical Activity Questionnaire* (GPAQ), konsumsi air dinilai melalui kuesioner konsumsi air harian, dan skor konstipasi diukur menggunakan *Constipation Scoring System* (CSS). Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi Spearman. Hasil univariat menunjukkan bahwa rerata tingkat aktivitas fisik dan konsumsi air lebih tinggi pada responden laki-laki, masing-masing sebesar 1.524,5 MET-menit/minggu dan 1.954,4 mL/hari. Rerata skor konstipasi lebih tinggi pada responden perempuan, yaitu 4,0. Analisis bivariat menunjukkan hubungan negatif yang sangat lemah antara tingkat aktivitas fisik dan skor konstipasi ($r = -0,121$; $p = 0,246$), serta antara konsumsi air dan skor konstipasi ($r = -0,118$; $p = 0,257$). Kesimpulan penelitian ini menunjukkan bahwa tingkat aktivitas fisik dan konsumsi air tidak memiliki hubungan yang bermakna secara statistik dengan skor konstipasi pada mahasiswa Prodi Kedokteran FK Unimal.

Kata kunci: aktivitas fisik, konsumsi air, konstipasi, mahasiswa kedokteran

ABSTRACT

Constipation is a gastrointestinal disorder influenced by lifestyle factors, including physical activity level and water intake. The global prevalence of constipation is reported to be approximately 10.1%, while several local studies in Indonesia have shown higher prevalence rates, including 56.7% in East Java and 66.7% in Banda Aceh. Medical students are at risk of constipation due to intensive academic demands and a sedentary lifestyle. This study aimed to analyze the relationship between physical activity level and water intake with constipation scores among preclinical medical students of the Medical Study Program, Faculty of Medicine, Universitas Malikussaleh. This study employed a quantitative descriptive-analytic design with a cross-sectional approach. A total of 94 students participated, with the majority aged 19–22 years (75.5%) and female (63.8%). Physical activity level was assessed using the Global Physical Activity Questionnaire (GPAQ), water intake was evaluated through a daily water consumption questionnaire, and constipation severity was measured using the Constipation Scoring System (CSS). Data were analyzed using univariate and bivariate analyses with Spearman's correlation test. Univariate analysis showed that the mean physical activity level and daily water intake were higher in male respondents, at 1,524.5 MET-minutes/week and 1,954.4 mL/day, respectively. In contrast, the mean constipation score was higher in female respondents, at 4.0. Bivariate analysis demonstrated a very weak negative correlation between physical activity level and constipation score ($r = -0.121$; $p = 0.246$), as well as between water intake and constipation score ($r = -0.118$; $p = 0.257$). In conclusion, physical activity level and water intake were not significantly associated with constipation severity among medical students of the Faculty of Medicine, Malikussaleh University.

Keywords: physical activity, water intake, constipation, medical students