

## ABSTRACT

*Gastroesophageal Reflux Disease (GERD)* is a chronic disorder characterized by heartburn and regurgitation caused by reflux of stomach acid or bile from the stomach into the esophagus. One of the risk factors for GERD is poor diet. Students' diets can be influenced by several factors, such as busy class schedules, stress, forgetting to eat, and economic conditions. This study aims to determine the correlation between eating patterns and the occurrence of GERD in students at the Faculty of Medicine, Malikussaleh University. This study is an analytical observational study with a *cross-sectional* design. The sampling technique used was *stratified random sampling* of 104 subjects who met the inclusion and exclusion criteria. Data collection was obtained from the results of questionnaires filled out by subjects using the *Food Frequency Questionnaire (FFQ)* and the *GERD Questionnaire (GERD-Q)*. Data analysis was performed using the *Chi-square* test. The results showed that subjects with GERD had an adequate diet pattern of 11.5% and an inadequate diet pattern of 17.3%, while subjects without GERD had an adequate diet pattern of 88.5% and an inadequate diet pattern of 82.7%. Statistical results showed a p-value of 0.402 ( $p > 0.05$ ), indicating no correlation between dietary patterns and the occurrence of GERD. It can be concluded that there is no correlation between dietary patterns and the occurrence of GERD among medical students at Malikussaleh University.

**Keywords:** *Dietary patterns; GERD; Students*