

**HUBUNGAN GEJALA RHINITIS ALERGI DAN GEJALA *ATTENTION-DEFICIT/HYPERACTIVITY DISORDER* BERDASARKAN HASIL
SKRINING PADA MAHASISWA ANGKATAN 2025 PROGRAM STUDI
KEDOKTERAN UNIVERSITAS PENDIDIKAN GANESHA**

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ABSTRAK

Rhinitis alergi (RA) dan *attention-deficit/hyperactivity disorder* (ADHD) merupakan dua kondisi dengan prevalensi yang tinggi dan sama-sama berdampak terhadap kualitas hidup serta performa akademik mahasiswa. Berbagai penelitian menunjukkan adanya hubungan antara RA dan ADHD, namun hasil yang diperoleh masih inkonsisten, sementara penelitian pada populasi dewasa, khususnya mahasiswa di Indonesia, masih terbatas. Penelitian ini bertujuan untuk mengetahui prevalensi gejala RA, prevalensi gejala ADHD, serta hubungan antara gejala RA dan gejala ADHD berdasarkan hasil skrining pada mahasiswa Angkatan 2025 Program Studi Kedokteran Universitas Pendidikan Ganesha. Penelitian ini merupakan penelitian kuantitatif dengan desain observasional analitik *cross-sectional*. Sampel penelitian diambil menggunakan teknik *total sampling*. Diperoleh sampel akhir sebesar 140 yang memenuhi kriteria penelitian. Data dikumpulkan menggunakan lembar karakteristik responden, kuesioner *Score for Allergic Rhinitis* (SFAR), dan *Adult ADHD Self-Report Scale Version 1.1* (ASRS v1.1) *Screenener*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* serta *Odds Ratio* (OR) dengan tingkat signifikansi 5%. Hasil penelitian menunjukkan prevalensi gejala RA sebesar 33,57% (47/140) dan prevalensi gejala ADHD sebesar 20,00% (28/140). Analisis bivariat menunjukkan tidak terdapat hubungan yang bermakna secara statistik antara gejala RA dan gejala ADHD ($p = 0,474$). Nilai OR sebesar 1,366 (95% CI: 0,580–3,215) menunjukkan bahwa responden dengan gejala RA memiliki *odds* mengalami gejala ADHD sebesar 1,366 kali dibandingkan responden tanpa gejala RA, namun hubungan tersebut tidak bermakna secara statistik. Berdasarkan hasil penelitian dapat disimpulkan bahwa prevalensi gejala RA pada mahasiswa Angkatan 2025 Program Studi Kedokteran Universitas Pendidikan Ganesha sebesar 33,57% dan prevalensi gejala ADHD sebesar 20,00%. Tidak terdapat hubungan yang signifikan antara gejala RA dan gejala ADHD berdasarkan hasil skrining pada populasi penelitian.

Kata kunci: ASRS v1.1, *attention-deficit/hyperactivity disorder*, mahasiswa kedokteran, prevalensi, rhinitis alergi, skrining, SFAR.

**ASSOCIATION BETWEEN ALLERGIC RHINITIS SYMPTOMS AND
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER SYMPTOMS BASED
ON SCREENING RESULTS AMONG THE CLASS OF 2025 MEDICAL
STUDENTS AT GANESHA UNIVERSITY OF EDUCATION**

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ABSTRACT

Allergic rhinitis (AR) and attention-deficit/hyperactivity disorder (ADHD) are two highly prevalent conditions that adversely affect students' quality of life and academic performance. Numerous studies have reported an association between AR and ADHD; however, the findings remain inconsistent. Moreover, studies involving adult populations, particularly university students in Indonesia, are still limited. This study aimed to determine the prevalence of AR symptoms, the prevalence of ADHD symptoms, and the association between AR symptoms and ADHD symptoms based on screening results among the Class of 2025 Medical Students at Ganesha University of Education. This study employed a quantitative analytical observational study with a cross-sectional design. The samples were selected using a total sampling technique, resulting in a final sample of 140 participants who met the study criteria. Data were collected using a respondent characteristics questionnaire, the Score for Allergic Rhinitis (SFAR), and the Adult ADHD Self-Report Scale Version 1.1 (ASRS v1.1) Screener. Data were analyzed using univariate and bivariate analyses with the Chi-square test and Odds Ratio (OR) at a significance level of 5%. The results showed that the prevalence of AR symptoms was 33.57% (47/140), while the prevalence of ADHD symptoms was 20.00% (28/140). Bivariate analysis demonstrated no statistically significant association between AR symptoms and ADHD symptoms ($p = 0.474$). The odds ratio was 1.366 (95% CI: 0.580–3.215), indicating that respondents with AR symptoms had 1.366 times higher odds of exhibiting ADHD symptoms than respondents without AR symptoms; however, this association was not statistically significant. In conclusion, the prevalence of AR symptoms among the Class of 2025 Medical Students at Ganesha University of Education was 33.57%, while the prevalence of ADHD symptoms was 20.00%. No statistically significant association was found between AR symptoms and ADHD symptoms based on the screening results in the study population.

Keywords: *allergic rhinitis, ASRS v1.1, attention-deficit/hyperactivity disorder, medical student, prevalence, screening, SFAR.*