

RELATIONSHIP BETWEEN DIET AND GASTRITIS INCIDENCE IN ADOLESCENTS IN BOJONGGEDE VILLAGE

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Abstract

Gastritis is one of the non-communicable diseases with a very high incidence. In Indonesia, gastritis is even included in the 10 most common diseases and occurs in all age groups. The incidence of gastritis is partly caused by irregular diet or a good diet. The purpose of this study is to determine the relationship between diet and the incidence of gastritis in adolescents in Muara Village, Bojonggede. This research method uses a cross-sectional design. The number of respondents in this study was 72 respondents. The sampling technique used in this study is simple random sampling. The statistical test used in this study is the Chi Squared Test. The results of the study showed that the incidence of gastritis in Muara Village and Perigi Village was only 15 respondents (20.8%). The results of the chi square test obtained the results of Asymp. Sig 0.737 with a significance level of 0.05. If Asymp. Sig <0.05 then there is a significant relationship, if the Asymp. Sig value > 0.05, then there is no significant relationship. Thus, it can be interpreted that there is no relationship between diet and the incidence of gastritis. This can also be interpreted that a person's diet has no correlation with the incidence of gastritis. Conclusion from this study there is no relationship between diet and the incidence of gastritis in Muara Village and Perigi Village.

Keywords: Adolescents; Diet; Gastritis incidence.

INTRODUCTION

The improvement of health in Indonesia is influenced by two things, including infectious diseases and non-infectious diseases. Cases of non-infectious diseases (NCDs) have increased due to lifestyle, urbanization, modernization, and globalization. One of the non-infectious problems that is very often experienced by the community is gastritis (1).

According to the World Health Organization (WHO), the incidence of gastritis in the world is recorded at around 1.8 - 2.1 million of the population each year. The incidence in Southeast Asia reached 583,635 of the population (2). And the percentage of gastritis in Indonesia is 40.8% or 274,396 cases of 238,452,952 people. Gastritis is also included in the 10 diseases with the highest incidence in Indonesia (3).

Gastritis is a disease that attacks the digestive tract and is often known as ulcers by the public. Symptoms of this disease are felt as pain in the stomach and precisely in the xiphoid process. Gastritis is one of the diseases caused by inflammation of the gastric mucosa accompanied by damage or erosion of the mucosa (4).

Common symptoms often complained of by gastritis sufferers are discomfort in the stomach, bloating, nausea and headaches. These symptoms can even interfere with daily activities, vomiting, burning or pain like burning in the upper abdominal area. The symptoms felt can get better or even worse when eating and burping (5). Thus, people often overcome pain by eating rice (6).

Gastritis can be overcome by regulating a good diet containing food sources of energy, building substances and regulating substances in sufficient and appropriate amounts. The benefits of a good diet can also maintain optimal nutritional status and health, especially in avoiding gastritis (7). The diet in question is the regulation of the amount and type of food that is optimal for maintaining health,

nutritional status, preventing and increasing the chances of healing the disease (8).

Eating patterns can also have a negative impact if they are not in accordance with the frequency, not consuming food for a long time, causing increased stomach acid and the occurrence of stomach ulcers. When the erosion process occurs, the symptoms experienced by a person can have an impact on a burning sensation in the esophagus and increased bleeding in the digestive area (9). Gastritis is a disease that is often underestimated but its impact can even cause sudden death (10).

One of the efforts to prevent gastritis is the role of health services. Efforts that can be made by providing health education to the community about gastritis, and how to prevent and treat it independently at home (5). Based on this background, the purpose of this study is as follows: to analyze the relationship between eating habits and the occurrence of gastritis in adolescents in Bojonggede Village.

METHOD

The research design used was cross-sectional. This study used primary data to determine the relationship between diet and

gastritis in adolescents in Bojonggede Village. This study was conducted through the stage of distributing questionnaires in Perigi Jaya Village and Muara Village, Bojonggede. The population in this study was a group of adolescents in Bojonggede Village who lived in Muara Village and Perigi Jaya Village. The number of samples in this study that has been agreed is 72 respondents using simple random sampling. The location of this research was conducted in two villages of Bojonggede, namely Muara Village and Perigi Village in adolescents.

The research instrument used a questionnaire to measure demographic data and also adolescent eating patterns. The

questionnaire used contains questions to obtain data regarding the description of eating patterns in adolescents, totaling 17 questions with a score of yes = 1, no = 0 using a nominal data scale. While the measuring instrument for gastritis sufferers uses a questionnaire with 10 questions with a score of yes = 1, no = 0. The researcher visited the research location and provided an informed consent sheet to ask for approval to become a respondent. Then the researcher gave a questionnaire to be filled out by the respondents themselves or conducted an interview if the respondents had difficulty filling it out themselves. The statistical test is chi square test use SPSS Application.

RESULTS AND DISCUSSION

Table 1. Characteristics of respondents

Variables		Frequency	Percentage
Age	11- 14 years old	11	15.2
	15-17 years old	7	9.7
	18-21 years old	54	75
Gender	Male	25	34.7
	Female	47	65.3
Education	Junior High School	14	19.4
	Senior High School	45	62.5
	College	13	11.1
Diet	Good	24	33.3
	Poor	48	66.7
Gastritis incidence	Gastritis	15	20.8
	Not-gastritis	57	79.2

Source : Primary Data, 2024

Based on the data in table 1 above, it can be explained that most patients are aged 18-21 years or late adolescence with a percentage of 75%. Most of the gender is female with a percentage of 65.3%. The

education of most respondents is high school with a percentage of 62.5%. Most respondents have poor eating patterns with a percentage of 66.7% and the incidence of gastritis is 20.8%.

Table 2. Respondents' diet

Variables	Gastritis		P-value
	Gastritis	Not-gastritis	
Good	5	19	0.737
Poor	10	38	

Source : Primary Data, 2024

The results of table 2 above of 72 respondents in Muara Village and Perigi Village Bojonggede showed that 24 respondents (33.3%) had good eating patterns, while 48 respondents (66.7%) had bad eating patterns. The p-value results also showed that there was no relationship between the two variables. From the results of observations conducted by researchers, respondents have a poor diet where the frequency of respondents eating is less than 3 times a day. In addition to frequency, the portion of respondents' meals also varies and is not the same every day. The types of food consumed by respondents are on average: spicy and sour or instant ready-to-eat food.

Respondents also said that if the food does not taste sour and spicy, they often do not have an appetite or do not have an appetite.

The relationship between diet and the incidence of gastritis with the results obtained, currently adolescents tend to like spicy foods which according to them have their own sensation and instant foods that are practical, taste good and addictive. With this, researchers hope that adolescents will pay attention to and maintain their daily diet as a form of preventing gastritis.

Most respondents have a good diet as many as 24 respondents (33.3%), this can be seen showing good eating habits such as eating 3 times a day, eating at regular times

(the same), eating 3 plates a day, eating a little but often, having breakfast regularly, and not liking food with a sour and spicy taste. The incidence of gastritis occurs due to many factors, including dietary factors where if the diet is irregular or the diet in consuming inappropriate food, especially food that can cause gastritis. Apart from an unhealthy diet, the most influencing factor is the level of stress. High stress causes many cases of gastritis. In addition, eating spicy foods also affects the occurrence of gastritis (11)(12).

This is in line with research conducted by Sapeni et al in 2024 who said that there was no relationship between diet and the incidence of gastritis. This study said that a good diet can also cause gastritis and in respondents who actually experience a bad diet but gastritis does not occur (13).

CONCLUSION

There was no significant relationship between eating patterns and the incidence of gastritis in adolescents in Muara Village and Perigi Village, Bojonggede, because the Asymp. Sig value was obtained > 0.05 . The incidence of gastritis is influenced by a variety of

factors, not only dietary factors but most often triggered by stress factors.

ACKNOWLEDGE

Thank you to the teenagers in Bojonggede Village who are willing to help and provide support in completing this research.

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