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## THE RELATIONSHIP BETWEEN PATIENTS' DIET AND GASTRITIS AT PITU CLINIC, TOBELO CENTRAL SUB-DISTRICT, NORTH HALMAHERA REGENCY

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### ABSTRACT

Background: World Health Organization World Health Organization (WHO). Gastritis is an inflammation of the gastric mucosa, this inflammation can cause swelling of the gastric mucosa to release the epithelium due to digestive tract disorders. This disease often occurs due to poor diet or lifestyle. The purpose of knowing the relationship between the patient's diet and the incidence of gastritis in the Pitu Clinic, Tobelo Central Sub-district, North Halmahera Regency. The research method used is a descriptive survey, which is a research method with the main objective of making an objective picture of a situation. The sampling technique used was purposive sampling, with a sample size of 64. The results of the study. It shows that there were 29 respondents (45.3%) who had gastritis and 35 respondents who did not have gastritis (54.7%).

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**Conclusion:** From this study, there is a relationship between diet and the incidence of gastritis in Pitu Puskesmas, Tobelo Central Sub-district, North Halmahera Regency. Based on the research above, it is hoped that the diet in patients with gastritis can be improved so that it can reduce the incidence of gastritis.

## PRELIMINARY

A freeway of life has an impact on bad eating habits. One of the bad eating habits is to eat unhealthy foods that can stimulate the production of stomach acid. Bad eating habits can also lead to an increase in ulcer pain. The most common thing is health problems in the digestive tract. Gastritis is one of the health problems in the digestive tract which we know as the term "ulcer". Gastritis is an inflammation of the gastric mucosa and includes acute, chronic, diffuse, or local gastritis. There are these characteristics, including anorexia, feeling full and feeling displeased in the epigastrium, followed by a feeling of vomiting. This local inflammation in the gastric mucosa will grow so that the protective mechanism of the mucosa has been fulfilled and bacteria / other irritants. Ulcers can result in increased acid secretion resulting in gastric ulcers and upper gastrointestinal bleeding (SCTA) such as hematemesis (vomiting blood), melena, perforation, and anemia due to impaired absorption of vitamin B12 (pernicious anemia) and even can also cause stomach cancer. The factors that occur in people with gastritis are one of the intake or diet, such as consuming excessive alcohol (20%), consuming spicy food (15%), drugs (18%),

smoking (5%), and radiation therapy (2%). Eating spicy food will stimulate the digestive system, especially the stomach and intestines, and contract. This gastritis disease is considered an only a mild disease, but it is likely to cause gastritis relapse until death. If gastritis is not handled properly, it will have an impact on the sufferer. Preventing gastritis is best done by reducing the factors that can influence the occurrence of the disease. To form good behavior, a healthy diet and avoid consuming foods that irritate the stomach, such as foods that contain too much fat, spicy foods, drinking alcohol, consuming drugs, avoiding stress so that it can increase stomach acid as a factor that affects gastritis recurrence. According to research by the World Health Organization (WHO) 2017, the incidence of gastritis in the world are around 1.8-2.1 million of the total population each year, in England (22%), China (31%), Japan (14.5%), Canada (35%), and France (29.5%). In Southeast Asia about 586,635 of the total population each year. The percentage of the incidence of gastritis in Indonesia according to (WHO 2017) is 40.8%. Based on the initial survey at Pitu Puskesmas, Tobelo Central Sub-district, North Halmahera Regency in 2017 with the number of visitors.

## RESEARCH METHODS

The type of research used was the descriptive-analytic survey, in which the researcher did not intervene in the study and was not carried out for all the objects studied or the population but only took part of the population.<sup>23</sup>

In this study, the relationship between the patient's diet and the incidence of gastritis was a variable.

## RESULTS AND DISCUSSION

Table 1 Frequency Distribution of Respondents based on age at Clinic Pitu, Tobelo Central Sub-district.

Age	N	%
15-25	18	28.1
26-35	13	20.3
36-45	15	23.4
46-55	13	20.3
>56	5	7.8
Amount	64	100

Based on Table 1 above, shows that out of 64 respondents, in the 15-25 year age group, there were 18 respondents or (28.1%). Age group 26-35 years as many as 13 respondents or (20.3%). The age group of 36-45 years is 15 respondents or (23.4%). The age group of 46-55 years is 13 respondents or (20.3%). Age group > 56 years as many as 5 respondents or (7.8%).

Table 2 Frequency Distribution of Respondents based on the level of education at the Pitu Community Health Center, Tobelo Tenga District

Education	N	%
SD	18	28.1
SMP	24	37.5
SMA	16	25.0
BACHELOR	6	9.4
Amount	64	100

Based on table 2 above, shows that as many as 18 respondents or (28.1%) had the latest education from elementary school, 24 respondents or (37.5%) had the latest education from junior high school, 16 respondents or (25.0%) had the last high school education and as many as 6 respondents or (9.4 %) with the last education S1 / D3.

Table 3 Frequency Distribution of Respondents based on the level of work at the Pitu Community Health Center, Central Tobelo District

Profession	N	%
IRT	26	40.6
School	9	14.1
Entrepreneur	7	10.9
Labor	20	31.2
Civil Servants/Teacher	2	3.1
Amount	64	100

Based on table 3 above, shows that as many as 26 respondents or (40.6%) who work as IRT, 9 respondents or (14.1%) who are still in school, 7 respondents or (10.9%) who work as entrepreneurs, 20 respondents or (31.2%) who work as Laborers, 2 Respondents or (3.1%) who work as Teachers / Civil Servants.

Table 4 Frequency Distribution of Respondents based on gender in the Puskesmas Pitu, Tobelo Central Sub-district

Gender	N	%
Male	30	46.9
Woman	34	53.1
Amount	64	100

Based on table 4 above, shows that 30 respondents or (46.9%) were male and 34 respondents or (53.1%) were

Table 5 Frequency Distribution of Respondents based on the type of food at the Pitu Community Health Center, Central Tobelo District female.

Gastritis				
Type of Food	Negative	Positive	Total	
Good	12	2	14	
Bad	23	27	50	
Amount			64	

Based on table 5 above, it can be seen that 14 respondents or (21.9%) had good food types, and 50 respondents or (78.1%) had bad types of food.

Table 6 Distribution of Respondents Frequency based on Eating Frequency at Pitu Community Health Center, Central Tobelo District

Gastritis			
Frekuensi Makan	Negatif	Positive	Total
Baik	20	17	37
Buruk	15	12	27
Jumlah			64

Based on table 6 above, shows that 37 respondents or (57.8%) the frequency of food were good, and 27 respondents or (42.2%) the frequency of food was bad.

## DISCUSSION

Age shows that out of 64 respondents, in the 15-25 year age group, as many as 18 respondents or (28.1%). Age group 26-35 years as many as 13 respondents or (20.3%). The age group of 36-45 years is 15 respondents or (23.4%). The age group of 46-55 years is 13 respondents or (20.3%). Age group > 56 years as many as 5 respondents or (7.8%). Education shows that as many as 18 respondents or (28.1%) with the latest education from elementary school, 24 respondents or (37.5%) with the latest education from junior high school, 16 respondents or (25.0%) with the last high school education and as many as 6 respondents or (9.4%) with education last S1 / D3.

Occupation shows that as many as 26 respondents or (40.6%) who work as IRT, 9 respondents or (14.1%) who are still in school, 7 respondents or (10.9%) who

work as entrepreneurs, 20 respondents or (31.2%) who work as laborers, 2 Respondents or (3.1%) who work as teachers / civil servants. Gender shows that 30 respondents or (46.9%) are male and 34 respondents or (53.1%) are female. Based on the results of the research on types of food, it was found that out of 64 respondents, there were 14 respondents or (14.0%) who ate better, smaller than respondents who ate badly, namely 50 respondents (50.0%). A type of food is a variety of food ingredients that are digested and absorbed and will be produced in a healthy and balanced menu arrangement. Food variation depends on the individual in determining a food that will cause digestive tract disorders as well as spicy food Based on the results of the research on the frequency of eating, it was found that out of 64 respondents there were 37 respondents or (37.0%) the frequency of eating better was greater when compared to respondents who had a bad diet, namely 27 respondents or (27.0%). The frequency of eating is the amount of food in a day, both qualitative and quantitative. Naturally, food can be processed in the body through the digestive organs from the mouth to the small intestine. The duration of food in the stomach only depends on the properties and type of food. Gastritis Events Gastritis shows that 35 respondents or (54.7%) negative gastritis, and 29 respondents or (45.3%) are positive for gastritis. Gastritis is inflammation of the gastric mucosa that often occurs due to poor diet activities. Usually, someone who eats food too fast, too much, and eats spicy foods containing disease-causing microorganisms. Analysis of

the Relationship between Patients' Diet and Gastritis Incidence Based on the results of the study, there is a relationship between diet and the incidence of gastritis in the Pitu Community Health Center, Central Tobelo District. Based on the results of this study, it was found that respondents with a bad diet had the most incidence of gastritis, this is because the research conducted found that some respondents stated that they often drink coffee, eat spicy food.

## CONCLUSIONS AND SUGGESTIONS

### Conclusion

1. It is known that out of 64 respondents, there were 14 respondents or (21.9%) who had good food, and 50 respondents or (78.1%) had bad food.
2. It is known that out of 64 respondents there were 37 respondents or (57.8%) the frequency of good food, and 27 respondents or (42.2%) the frequency of bad food.
3. It is known that out of 64 respondents there were 35 respondents or (54.7%) negative gastritis, and 29 respondents or (45.3%) positive gastritis.
4. Based on the results of the study, it was found that the type of food had a relationship with the incidence of gastritis because the value of  $P = 0.008 < 0.05$ , while the frequency of eating had no relationship with the incidence of gastritis because the value was Sig. So it can be concluded that there is a significant relationship between the relationship between diet and the incidence of gastritis at the Pitu Community Health Center, Central Tobelo District.

## Suggestion

### 1. Suggestions for STIKMAH Halmahera

It is hoped that the results of this research can be used as library material so that it can be used as a reference medium.

### 2. For the Health Office and Pitu Community Health Center

It is hoped that the Health Office and Pitu Community Health Center to be able to coordinate in promoting intensive health regarding factors related to gastritis need to be provided by health workers on an ongoing basis, so that people want to adopt a healthy lifestyle, either in the form of direct counseling or through other media such as leaflets so that they can be done to prevent and reduce cases of gastritis.

### 3. For Gastritis Sufferers

It is hoped that people with gastritis can pay attention to mealtimes, it is better if people with gastritis eat according to their meal schedule, especially at breakfast time

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