How is the Lifestyle of Gastritis Patients?

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ABSTRACT: Lifestyle is showing how people live, how to spend money, and how to allocate time. The purpose of this study is to describe the lifestyle of gastritis patients in Banjar Pemijian Sangeh, Abiansemal District, Badung Regency in 2021. This research is a descriptive study with a quantitative design. The approach used is approach cross sectional. The sampling method in this study is Probability Sampling with simple Random Sampling. The research was conducted in February-April 2021 in Banjar Pemijian Sangeh with a total sample of 39 respondents. The results of this study in terms of the characteristics of the respondents, it was found that the average age of those suffering from gastritis from 16-55 years was 26.59 years, with 17 respondents (43.6%) of undergraduate education, and the majority working as private employees as many as 16 people (41.4%). Based on the results of the lifestyle research on gastritis patients who have good eating and drinking habits as many as 31 people (79.50%), and 9 people (23.10%) have sufficient smoking behavior, and good physical activity respondents at the age of 16 -25 years as many as 31 people (79.50), and respondents with a good stress level with 79.50% were 31 people. For gastritis patients, it is hoped that a healthy and good lifestyle can prevent the onset of gastritis.

KEYWORDS: Lifestyle, gastritis

I. INTRODUCTION

In modern times, there has been a shift in the understanding of epidemiology, which used to be more towards infectious diseases, health problems with a very broad scope. This situation occurs because of the transition of disease patterns that occur in the community, shifts in lifestyle, socio-economic improvement of the community and the wider reach of the community [1,2].

Non-Communicable Diseases (NCD) in public health can actually be classified as one of the main NCD groups that have the same risk factors or (Common Underlying Risk Factor). These risk factors include cigarette consumption, unbalanced diet, foods containing addictive substances, lack of exercise and environmental conditions that are not conducive to health. Gastritis is an inflammation of the gastric mucosa, histologically it can be divided into two main categories, namely non-atrophic and atrophic. Gastritis is often found among the general public and even in the world [3–5].

Lifestyle is characterized by individual behavior patterns that will have an impact on individual health, especially an unhealthy lifestyle. The incidence of gastritis in Indonesia is still quite high with a prevalence of 40.8%. Gastritis is one of the digestive tract diseases that often occurs and is most often found in health facilities because the diagnosis is often only based on clinical symptoms, not histopathological examination. Gastritis is often considered a trivial thing, but gastritis is the beginning of a disease that can interfere with a person's quality of life [6–8].

The WHO health research agency conducted a review of several countries in the world and got the results of the percentage rates of gastritis in the world, including the UK 22%, China 31%, Japan 14.5%, Canada 35% and France 29.5%. The incidence of gastritis in Southeast Asia is about 583,635 of the total population each year. According to the percentage of gastritis incidence in Indonesia according to WHO is 40.8% and the incidence of gastritis in several areas in Indonesia is quite high with an incidence rate of 274,396 cases out of 238,452,952 inhabitants. Based on Indonesia's health profile in 2016, gastritis is one of the 10 most common diseases in hospitalized patients in Indonesia with a total of 30,154 cases (4.9%) [6].

According to the Bali Health Profile in 2017, the incidence of gastritis sufferers was ranked 6th out of 10 most disease patterns in patients at the Puskesmas with a total of 19,076 cases. In the Badung area, the incidence of gastritis sufferers reached 941 cases. According to data at the Abiansemal Health Center, the number of gastritis patients in Banjar Pemijian Sangeh was 65 cases.

The impact of the high incidence of gastritis can lead to a decrease in one's work productivity and increased costs for the treatment of gastritis. If left untreated, acute gastritis patients will cause gastric ulcers and bleeding in the stomach, and can

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continue to cause chronic gastritis [9,10].

Controlling gastritis can be done through changing a person's lifestyle efficiently side by side with the use of drugs that have been prescribed. Medical care includes lifestyle modifications to help maintain and improve people's health and well-being. Lifestyle is a way of life or lifestyle that reflects the attitudes and values of a person or group of people expressed mainly in activities, interests and opinions. Lifestyle changes for gastritis patients include eating habits through avoiding high spicy foods, fatty diets, high salt diets, diets high in red meat and preserved meats, with a stressful diet rich in antioxidants such as vitamin C. In addition, avoid smoking, limit alcohol intake, over-the-counter NSAID use, and controlling life stressors. Proper control, prevention and early treatment of infection primarily through proper personal hygiene, food and water sanitation and safe waste disposal [11–13].

Patients are encouraged to get enough sleep, going to bed and getting up at the same time each day. Proper care is an important part of medical care. Most chronic gastritis patients show poor knowledge about the risk factors and complications of chronic gastritis, so they pay minimal attention to its treatment. Poor treatment can affect treatment and reduce the patient's quality of life [10,11].

Therefore, a person's role is very important in encouraging a healthy lifestyle, should focus on teaching patients about gastritis, pathophysiology, identifying risk factors, treatment and treatment plans including modification of unhealthy lifestyles and promoting healthy lifestyles including physical and psychological [14]. From the description of the background above, the researchers are interested in examining the Lifestyle Description of Gastritis Patients.

II. METHOD AND MATERIAL

This research is a descriptive study with a quantitative design. The approach used is a cross sectional approach. This study aims to determine the lifestyle of gastritis patients in Banjar Pemijian Sangeh, Abiansemal District, Badung Regency in 2021. The sampling method in this study was the Probability Sampling technique with Simple Random Sampling. This research was conducted in February-April 2021 in Banjar Pemijian Sangeh with a total sample of 39 respondents. The measuring instrument used by the researcher in this research is a questionnaire designed by the researcher himself which has been tested for validation and reliability. The data analysis technique used in this study is descriptive statistical analysis. Presentation of this data in tabular form. With this analysis, it will be known the tendency of research findings to fall into the low, medium or high categories. Answers from respondents to the questionnaire will be scored. The data analysis carried out is univariate analysis.

III. RESULT AND DISCUSION

Table 1. Frequency distribution of respondent characteristics

Respondent characteristics	n	%
Gender		
Male	18	46.2
Female	21	53.8
Total	39	100
Age		
< 25 year	31	79.5
26-35 year	4	10.2
36-45 year	1	2.6
> 46 year	3	7.7
Total	39	100
Education		
Senior high school	8	20.5
College	31	79.5
Total	39	100
Employees		
Student	10	25.5
Housewife	1	2.6
Private	24	61.5
Civil servant	4	10.3
Total	39	100

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Table 1 shows that the frequency distribution based on the majority age group aged 16-25 years is 31 people (79.50%), female sex is 21 people (53.8%), college education is 31 people (79.5%) and occupation as private employees as many as 24 people (61.5%).

Table 2. Frequency distribution of eating and drinking habits in gastritis patients based on respondent age

| Age | Eating and drinking habits | | | | | | Total | % |
| | Good | | Enough | | Less | | | |
	n	%	n	%	n	%		
< 25 year	31	79.5	0	0.00	0	0.00	31	79.5
26-35 year	4	10.2	0	0.00	0	0.00	4	10.2
36-45 year	1	2.6	0	0.00	0	0.00	1	2.6
> 46 year	3	7.1	0	0.00	0	0.00	3	7.1
Total	39	100	0	0.00	0	0.00	39	100

Table 2 shows that the majority of gastritis patients aged <25 years with good eating and drinking habits with a percentage of 79.50% as many as 31 respondents.

Table 3. Frequency distribution of physical activity in gastritis patients based on respondent age

| Age | Physical activity | | | | | | Total | % |
| | Good | | Enough | | Less | | | |
	n	%	n	%	n	%		
< 25 year	31	79.5	0	0.00	0	0.00	31	79.5
26-35 year	4	10.2	0	0.00	0	0.00	4	10.2
36-45 year	1	2.6	0	0.00	0	0.00	1	2.6
> 46 year	3	7.1	0	0.00	0	0.00	3	7.1
Total	39	100	0	0.00	0	0.00	39	100

Table 3 shows that the majority of gastritis patients aged <25 years with good physical activity with a percentage of 79.50% as many as 31 respondents.

Table 4. Frequency distribution of stress level in gastritis patients based on respondent age

| Age | Stress level | | | | | | Total | % |
| | Good | | Enough | | Less | | | |
	n	%	n	%	n	%		
< 25 year	31	79.5	0	0.00	0	0.00	31	79.5
26-35 year	4	10.2	0	0.00	0	0.00	4	10.2
36-45 year	1	2.6	0	0.00	0	0.00	1	2.6
> 46 year	3	7.1	0	0.00	0	0.00	3	7.1
Total	39	100	0	0.00	0	0.00	39	100

Table 4 shows that the majority of gastritis patients aged <25 years with good stress level with a percentage of 79.50% as many as 31 respondents.

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VI. DISCUSION

The results of this study revealed that at the age of 16-55 years there was an increased risk of gastritis. Gastritis sufferers can occur at all ages, namely teenagers, adults, and the elderly. However, gastritis often appears in adolescents and adults aged 16 years or older. This is due to lifestyle changes in gastritis sufferers such as eating and drinking habits, smoking behavior, physical activity and stress levels that can trigger gastritis to appear. The results of this study found that the majority of the age group of gastric sufferers were 16-25 years with 31 people (79.50%). The results of this study are in line with research which found that the characteristics of gastritis sufferers were mostly aged 17-36 years. The results of research also found the results of some patients with gastritis aged 15-30 years (75.4%). Research conducted by Tussakinah et al. found that productive age >16 years have a great chance of developing gastritis, where at productive age there are many pressures and excessive tasks at that age which can affect eating patterns and are less selective in choosing Foods that can trigger gastritis [7].

The results showed that gastritis patients with higher education levels had good results. This study found the results that most of the gastritis sufferers with college as many as 31 people (79.5%). These results indicate that higher education is more likely to experience gastritis. In contrast to research conducted by Tussakinah et al. found most of the incidence of gastritis occurred in elementary and high school education (62.2%) [7].

Based on the results of this study, it was found that most of the jobs as private employees were 24 people (61.5%). The results of this study are in line with research which shows that most of the respondents who suffer from gastritis have jobs as private employees as many as 64 people (52.5%). A work environment in which an active activity is carried out by a person will get more rewards [15].

Based on the results of research that has been conducted in Banjar Pemijian Sangeh shows that most of the respondents aged 16-25 years with good eating and drinking habits with a percentage of 79.50% as many as 31 people. The results of this study are in line with research which shows that most of those aged 17-36 years with good eating and drinking habits can also suffer from gastritis. Diet is a persistent habit of consuming food based on the type of food ingredient and its frequency [16].

The results of this study indicate that most of the respondents aged 16-25 years with good smoking behavior with a percentage of 59.0% as many as 23 people. The results of this study are in line with research which showed that patients with good smoking behavior could suffer from gastritis [7]. Cigarettes are very influential in the digestive tract which can weaken the esophageal valve, alter the natural conditions in the stomach and lower the pH of the duodenum [17].

Based on the results of the study, the subjects showed most of the patients aged 16-25 years with good physical activity with a percentage of 79.50% as many as 31 people. The results of this study are in line with research which shows that patients who have good physical activity can have gastritis. Good activity can cause patients to delay eating which can cause patients to experience gastritis [18].

Based on the results of this study, it was found that most of the patients aged 16-25 years with good stress levels with a percentage of 79.50% were 31 people. The results of this study are in line with research which showed that the incidence of gastritis was higher in patients who had good stress levels. Prolonged stress is one of the triggering factors that has an impact on increasing stomach acid production [19].

V. CONCLUSIONS

Based on the results of the study, it can be concluded that the lifestyle in gastritis patients in Banjar Pemijian Sangeh showed that most of the respondents with good eating and drinking habits (79.50%) 31 people, according to smoking behavior most of the respondents with good smoking behavior (59.0%) 23 people, according to physical activity showed most respondents with good physical activity (79.50%) 31 people, according to stress level showed most of them with good stress level (79.50%) 31 people.

CONFLICT OF INTEREST

The author declared that don't have conflict of interest

ETHICAL CLEARANCE

This research has received ethical approval from the Research Ethics Committee, Denpasar Health Polytechnic No.LB.02.03/FA/KEPK/0125/2021.

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