

Analysis of Prevention Measures on Post Gastritis

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Abstract

Lifestyle is characterized by behaviour patterns that can impact individual health, especially unhealthy ones such as smoking, stress, and unhealthy eating patterns that can lead to various digestive disorders. This study aimed to analyze prevention efforts against the recurrence of post-gastritis sufferers in the Kuala sub-district, Nagan Raya Regency. This qualitative research method analyzes and describes phenomena or objects of research through social activities, attitudes, and perceptions of people individually or in groups. The informants in this study were eight people, with details of 1 Head of the Public Health Center, 1 Head of Gastritis, 1 Doctor of the Public Health Center, and five patients with post-gastritis in Kuala sub-district Nagan Raya Regency in October 2022. Results of this study indicate that the diet of post-gastritis sufferers is irregular, and they also consume spicy food unnaturally; post-gastritis sufferers are also unable to manage the stress they experience, so they have the habit of drinking coffee with inappropriate doses, and gastritis is supported by the behaviour of post-gastritis sufferers who have a smoking habit that is difficult to change. This study concludes that the lifestyle of post-gastritis sufferers who are not good has a significant influence on the recurrence of gastritis.

Keywords: Patients; Gastritis; Risk Factors; Non-Pharmacological Therapy

Introduction

Lifestyle is characterized by behavior patterns that will impact individual health, especially unhealthy lifestyles, including smoking, stress, and diet; this unhealthy lifestyle can lead to various digestive system disorders. One of the digestive system disorders that often occurs is gastritis, more popularly called magh (Duwi Wahyu, Supono, & Nurul Hidayah, 2015). Gastritis or peptic ulcer is inflammation (irritation) that occurs in the gastric mucosa and is characterized by discomfort in the upper abdomen, nausea, vomiting, decreased appetite, or headaches (Sumangkut & Kerundeng, 2014). Gastritis is one of the main factors that has become a public health problem. According to data from the World Health Organization (WHO), the incidence of gastritis worldwide is 2,100,000 (WHO, 2017-2019). According to the World Health Organization, gastritis in Indonesia in 2019 was 274,890 cases. According to WHO 2012 in Ayu et al. 2017, the gastritis rate in Indonesia is relatively high, with a prevalence of 274,396 cases out of 238,452,952 inhabitants or 40.8%; gastritis is also one of the ten most common diseases in hospitalized patients in Indonesia, With a total of 30,154 cases (4.9%) (WHO 2012 in Ayu et al. 2017).

In Aceh Province in 2019, there were 213 gastritis sufferers obtained data from the Ujong Fatimah Public Health Center, Kuala Subdistrict, Nagan Raya Regency; the number of gastritis sufferers from year to year always experiences an insignificant number of gastritis sufferers in 2020 data recap from April to October with the number of cases 767 cases (Puskesmas Nagan Raya). People, in general, do not know gastritis; people know gastritis as ulcer disease, which is a disease that they think is not a big problem; for example, if they feel abdominal pain, they will immediately overcome it by eating rice, then the pain will disappear (Sumaryati, 2015). This has become a health problem in the emergency department channel. On physical examination, it was found that there was tenderness in the epigastric area (part of the stomach area), leading to the diagnosis of gastritis, where to ensure a physical examination and other supports such as endoscopy were needed (Selviana BY, 2015).

Gastritis is inflammation of the gastric mucosa that is acute, chronic, diffuse, or local. This inflammation includes anorexia, a feeling of fullness or discomfort in the epigastrium, nausea, and vomiting. This inflammation of the gastric mucosa will develop when the mucosal protective mechanism is filled with bacteria or other irritants (Ida, 2017). The stomach is

part of the digestive tract that can bloom the most, especially in the epigastric region and partly to the left of the hypochondriac and umbilical regions. Gastritis is often called an ulcer, a disturbing disease that usually occurs in people who have irregular eating patterns and eat foods that produce stomach acid to rise.

Symptoms of gastritis, in addition to heartburn, also cause symptoms of nausea, vomiting, weakness, bloating, shortness of breath, decreased appetite, pale face, increased body temperature, cold sweats, dizziness, belching, and in more severe conditions, vomiting blood may occur. (Wijayanto in Syamsu, 2017). According to the results of research conducted (Bagas Diatsa, 2016), it was found that there is a significant relationship between diet and the incidence of gastritis; this relationship is shown by a correlation value of 0.636 which is included in the strong category (0.06-0.799) it can be seen that diet A bad condition results in a high incidence of gastritis.

The general purpose of this study is to examine the analysis of prevention efforts against the recurrence of post-gastritis sufferers at the Ujung Fatimah Health Center, Kuala District, Nagan Raya Regency, in 2021.

Methods

The research method uses an observational design which only aims to make non-experimental observations. The informants in this study were eight people, three workers at the Ujung Fatimah Health Center, and five patients with post-gastritis; this research was conducted by interview. In this study, research informants will be given several questions guided by interviews, and then the results of the discussions will be analyzed based on the variables studied.

Results

Analysis of Diet in Post-Gastritis Patients

Based on the interviews that researchers have conducted with the primary informants and supporting informants in the diet analysis in post-gastritis sufferers at the Ujung Fatimah Nagan Raya Health Center, the results show that diet affects the recurrence of gastritis in post-gastritis patients. Irregular eating patterns cause the stomach to work harder, increasing acid levels in the high stomach, which can affect the reproduction of gastritis. Moreover, irregular eating patterns can also lead to gastritis.

Analysis of Cigarettes Related to Post-Gastritis Patients

The results of interviews conducted by researchers

on KPI 3 and KPI 5 of post-gastritis patients who smoked proved that cigarettes affected repeated gastritis recurrence. Those gastritis sufferers knew that cigarettes could cause harmful opiates when consumed long-term, especially by sufferers. Post-gastritis because cigarettes can trigger a feeling of bloating in the stomach, which reduces appetite; nicotine in cigarettes can also increase stomach acid and cause gastritis recurrence in post-gastritis sufferers.

Analysis of Stress in Patients with Post-Gastritis that Causes

The interviews that the researchers conducted with the primary informants, supporting informants one and supporting informants 2 in analyzing the effect of coffee on repeated gastritis recurrence in post-gastritis patients at Ujung Fatimah Health Center Nagan Raya showed that stress plays a vital role in recurrent gastritis recurrence. Gastritis repeatedly, which can also be felt by post-gastritis sufferers. Focus is more often experienced by women, especially mothers who think about their children and their families because a housewife thinks more using different feelings from men; her stress is more dominant at work than managing the house.

Analysis of Coffee in Patients with Post-Gastritis That Causes Recurrence

Based on the study results, two post-gastritis patients showed coffee analysis which resulted in a continuous recurrence, supported by an unhealthy lifestyle and a supportive environment for consuming coffee. The caffeine in coffee is known to accelerate the production of stomach acid, thus creating a more acidic environment in the stomach and can irritate the stomach.

Post-gastritis sufferers already know the dangers of coffee in gastritis sufferers. However, it is still consumed because it is a lifestyle. Some people in the working area of the Ujung Fatimah Health Center Nagan Raya also make coffee shops a source of livelihood for the community, so changing their lifestyle from drinking to not drinking coffee is tough.

Analysis of Spicy Food in Patients with Post-Gastritis that Causes Gastritis Recurrence

Based on the results of research presented by two supporting informants regarding the analysis of spicy food on the recurrence of gastritis in post-gastritis patients at the Ujung Fatimah Nagan Raya Health Center, it is known that some post-gastritis sufferers do not care about their health. The post-gastritis sufferer is indifferent to his health and causes gastritis to recur

often; the lifestyle of the post-gastritis patient also determines the risk factors for gastritis recurrence.

Discussion

Analysis of Diet in Post-Gastritis Patients

According to researchers, research results from the Analysis of Prevention Efforts Against the Recurrence of Post-Gastritis Patients in Ujung Fatimah, Nagan Raya Regency, showed that the lack of knowledge in post-gastritis patients caused the recurrence of gastritis, and the lack of self-awareness of their health because they could not resist the urge to eat food. spicy, drinking coffee, smoking, and also cannot control his diet. This causes the stomach to work harder and also causes the stomach to produce more acid in the stomach.

The results showed that the Ujong Fatimah Public Health Center, Nagan Raya Regency, did not focus on this case. Naturally, the stomach will continue to produce gastric acid every time in small amounts after 4-6 hours of eating. Usually, blood glucose levels have been absorbed and used a lot. So the body will feel hungry, and then the amount of stomach acid is stimulated. If a person eats 2-3 hours late, the stomach acid produced is more and more excessive. However, even though the meal portion is <300-500 grams, stomach acid will remain controlled if it is interspersed with snacks (snacks). (Brunner & Suddart (2002) in Wahyu Pratiwi (2013)

Analysis of Cigarettes Related to Post-Gastritis Patients

In this study, the researcher found 2 out of 5 key informants who smoked; the key informant said that cigarettes could be addictive for consumption, and the informant admitted that smoking could relieve their mental burden or stress. Hence, cigarettes have become an alternative for critical informants for post-eclampsia sufferers. Gastritis when under pressure.

The critical informant admitted that cigarettes were consumed in large quantities, resulting in a considerable chance of gastritis. The key informants who smoked had more frequent recurrences of gastritis than the three key informants who did not smoke. Bart (1994) in Silvy (2017) said that the risk of death increases with the number of smoking and earlier age of tobacco; this is also supported by research conducted by Gut (1985) in Silvy (2017), which says that smokers are at risk two times higher have gastritis that leads to gastric ulcers.

Analysis of Stress in Patients with Post-Gastritis That Causes Recurrence

According to the researchers, the results from the

Analysis of Prevention Efforts Against the Recurrence of Post-Gastritis Patients in Ujung Fatimah Nagan Raya Regency showed that many thoughts and even stress could not be overcome by other people or the health center who handled it. It is evident from 5 key informants who said that the workload or taking care of the house caused many thoughts and even stress, resulting in a recurrence of gastritis; they became restless to the point of not being able to sleep at night and throughout the night, post-gastritis sufferers have difficulty sleeping when gastritis recurs.

Based on the theory put forward by Vera Uripi (2001) in Silvy (2017), stress can stimulate an increase in gastric acid production and gastric peristaltic movements. Stress is also a condition that we experience when there is an accepted incompatibility with the ability to overcome it. According to the theory put forward by Simadibrata (1990) in Unun Maulidyah (2016) says that the female sex is more dominant in experiencing gastritis, where women more often experience stress or anxiety and pressure in their lives, and women are more sensitive in dealing with all the problems they encounter. Proven research results on the adult population conducted by Siti Isfandari (1999) in Unun Maulidyah (2016) showed higher mental and emotional disorders symptoms in women than in men.

Analysis of coffee in patients with post-gastritis leading to recurrence

At this time, the results of research on the Analysis of Prevention Efforts Against Gastritis Relapse at the Ujong Fatimah Health Center, Nagan Raya Regency, there are five critical informants in this study, 2 of them consume coffee, and one informant admits that the coffee makes opium to be finished and destroys it in sufficient quantity. Coffee itself contains caffeine which causes gastritis sufferers to experience nausea and insomnia. Based on the theory 2015 Pryotoin Tri Sulistyarini 2018, coffee is a drink consisting of various materials and chemical compounds, including amino acids, fats, carbohydrates, vegetable acids called phenols, vitamins, and minerals. Coffee is known to stimulate the stomach to produce stomach acid, thus creating an acidic environment and can irritate the stomach, moreover, in line with the research of Setiawan et al. 2018 which said that drinks containing high caffeine, such as coffee, are not suitable for consumption in the morning, because they will hurt mood and work performance and cause a feeling of weakness in the afternoon until the afternoon. Caffeinated drinks should be consumed in the afternoon or evening to restore the spirit and good work performance.

Analysis of Spicy Food in Patients with Post-Gastritis that Causes Gastritis Recurrence

In this study, the researcher found that there were five key informants. Where 3 of them were crucial informants who did not eat spicy food, one of the key informants did not eat spicy food for a long time, while the next key informant consumed spicy food with reasonable limits. However, according to the doctor's advice, the critical informant did not eat spicy or complex food after gastritis.

Sylvia (1992) in Nina (2012) said that Pathophysiology said that foods containing spices such as pepper, vinegar, and mustard could also cause acute gastritis. Moreover, based on the theory of Dn Croft (1997), Nina (2012) said that chili powder or chili powder can cause loss of epithelial cells in the mucosal layer; this is supported by Desai (1977) in Nina (2012), who also saw a relationship between powder red chili with increased gastric acid secretion which can erode the stomach wall.

Conclusion

Post-gastritis patients often experience recurrence due to irregular eating patterns influenced by their unhealthy lifestyle and excessive spicy food consumption. Smoking and consuming harmful substances can also cause a recurrence of gastritis. Additionally, incorrect consumption of coffee, especially for those who have a habit of drinking it, can cause addiction and increase the risk of gastritis recurrence. Furthermore, stress, especially for women who have a workload and take care of the household, can also lead to gastritis recurrence.

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Author Contributions and Competing Interests

The author has stated that no competitor's interest exists.

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