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THE RELATIONSHIP LEVEL OF KNOWLEDGE AND PREVENTION BEHAVIOR OF GASTRITIS IN STUDENTS AT AL-ISHLAH ISLAMIC BOARDING SCHOOL, TEMBALANG

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Abstract: Gastritis is a disease that most people complain about, especially those of productive age, which can occur due to causative factors, namely irritation and infection of the gastric mucosa and submucosa. Based on several surveys, gastritis is caused by various factors including knowledge and behavior to prevent gastritis. This study aims to determine the relationship between knowledge level and gastritis prevention behavior in Islamic boarding school students Al-Ishlah Tembalang in 2022. This type of research is an analytic observational study with a cross-sectional approach with a total sample of 34 respondents. The results of this study indicate that there is a relationship between the level of knowledge and behavior to prevent gastritis with p-value = 0.001.

Keywords: Level of knowledge, behavior, prevention of gastritis.

1. Introduction

Gastritis is a disease that attacks the upper digestive tract, which can occur due to causative factors, namely irritation and infection of the gastric mucosa and submucosa. Based on several surveys, gastritis is a disease that most people complain about, especially those of productive age, this is caused by various factors including knowledge and behavior to prevent gastritis (Pondaa, 2019). Indonesia is the second largest country with gastritis in Asia after India. According to WHO in 2019, the prevalence of gastritis in Indonesia is estimated to reach 23% and in 2020 the percentage of gastritis incidents in Indonesia will reach 40.8% and Indonesia will be the 2nd largest country with gastritis in Asia after India. According to the Indonesian Ministry of Health in 2017 the incidence of gastritis in Indonesia is quite high, reaching an incidence of 274,396 cases out of 238,452,952 residents (Kementerian Kesehatan RI, 2017).

According to the Semarang City Health Office from 2021 to 2022, it can be concluded that gastritis ranks 8th out of the 10 most common diseases with a total of 65,481 cases. Based on data from the Rowosari Health Center, the incidence of gastritis is included in the 10 most common diseases from 2021 to 2022 (Dinkes Kota Semarang, 2022)

Al Ishlah Islamic Boarding School is one of the Islamic boarding schools located in the city of Semarang, to be precise, in the Tembalang District and is still included in the working area of the Rowosari Health Center. The number of students in the Islamic boarding school is approximately 35 students, aged approximately 15 to 22 years. This Islamic boarding school has

an educational curriculum that is different from other educational institutions, namely the 30 Juz Al-Qur'an memorization program. The routine of activities in memorizing the Qur'an which almost causes no free time sometimes becomes a burden for the students, not to mention the condition of the dormitory environment and the tight schedule of students' activities which can cause irregular eating patterns, poor stress management and lead to lifestyle changes, besides that there are some male students who have the habit of smoking with the reason to relieve stress (Ismawati, 2020).

The results of interviews conducted with 10 students showed that female students like to consume spicy food, instant noodles, and roadside snacks that are not guaranteed to be clean. In fact, Islamic boarding schools have provided food 2 times a day which is usually provided at breakfast and evening meals until the evening, but there are still some students who prefer to buy food at stalls close to the Islamic boarding school 4 area, and the Islamic boarding schools have also enacted regulations to maintain environmental cleanliness such as activities to clean the environment of Islamic boarding schools and personal hygiene such as how to wash hands properly and correctly.

Based on the results of interviews that have been conducted, 3 out of 10 students know how to prevent gastritis, while 7 others have less knowledge about preventing gastritis. Based on previous research conducted by Rukmana(2019), , the results showed that factors related to the occurrence of gastritis were age, gender, eating habits that stimulate an increase in stomach acid, psychological stress, and a history of using drugs that stimulate the stomach. (Safii & Andriani, 2019). Knowledge will greatly influence a person's behavior or actions in doing something. Low knowledge about gastritis can cause a person to be unable to understand efforts to prevent it (Rukmana, 2019). The purpose of this study was to find out whether there is a relationship between the level of knowledge and the behavior of preventing gastritis in Islamic boarding school students of Al-Ishlah Tembalang.

2. Materials and Methods

This research is an observational analytic study with a cross sectional design. Analytical means that this study aims to find out the relationship between variables, observational means that the researcher does not provide any intervention to the research subject, but only makes observations. Cross sectional means that all the data in this study were taken in the same time period. The sampling technique in this study is total sampling where the number of samples is the same as the population, namely 35 samples. Data collection used a previous research questionnaire that had been validated and provided informed consent for respondents. The type of data used is primary data by filling out a questionnaire, in filling out the questionnaire the respondents will be guided by the researcher.

3. Results and Discussion

3.1 Results

3.1.1 Sample analysis

The research sample was taken from the research population that fits the inclusion criteria, namely 34 respondents. Data was collected by taking primary data using a questionnaire. The number of samples used for research is in accordance with the predetermined sample size.

3.1.1.1 Characteristics of the sample based on gender.

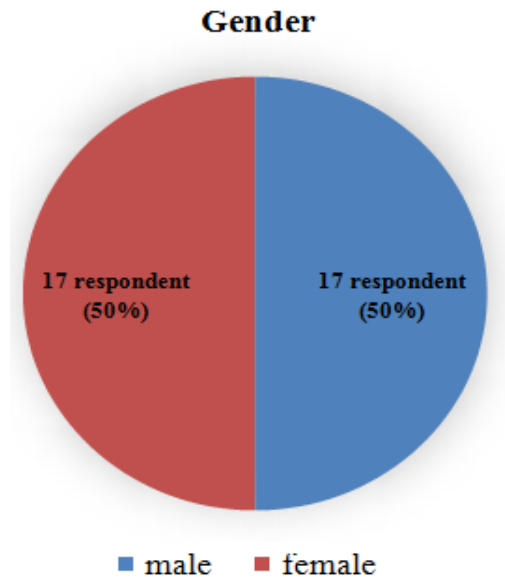


Diagram 1.1 Characteristics of the sample by sex.

Based on the data in diagram 1.1 above, it can be concluded that the sample is female, 17 respondents (50%), the sample is male, namely 17 respondents (50%).

3.1.1.2 Characteristics of the sample by age.

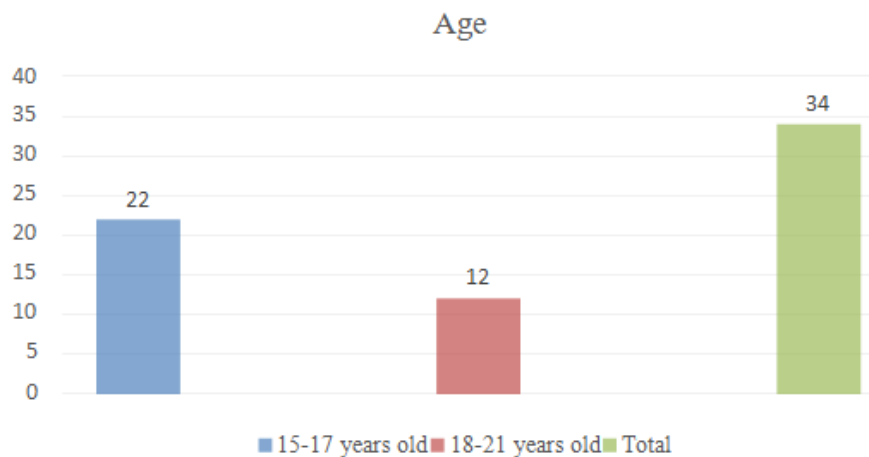


Diagram 1.2 Characteristics of the sample by age.

Based on the data in diagram 1.2, it can be concluded that the majority of respondents aged 15-17 were 22 respondents (64.7%) and there were 18-21 years aged 12 respondents (35.3%).

3.1.2 Univariate Analysis

3.1.2.1 Sample distribution data based on the level of knowledge of gastritis.

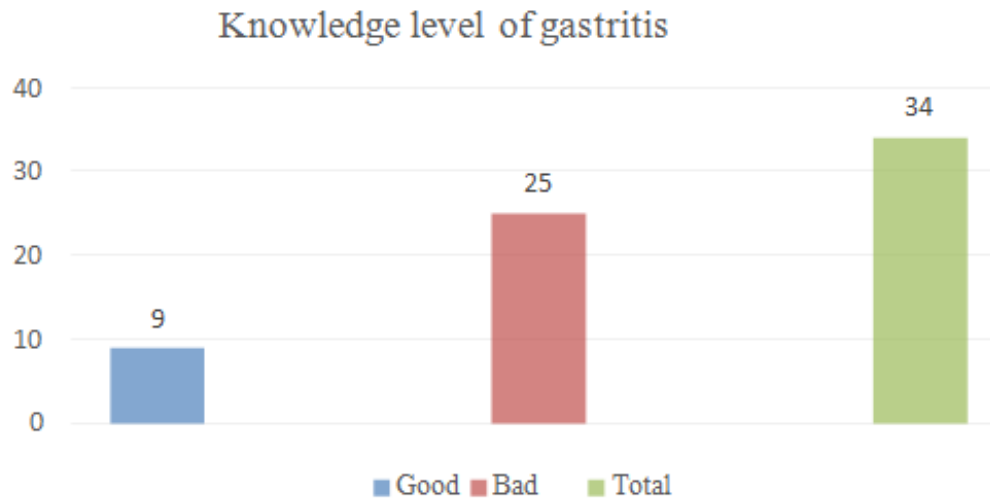


Diagram 1.3 Sample distribution data based on level of knowledge.

Based on the data in diagram 1.3, it can be concluded that 9 respondents (26.5%) had a good level of knowledge about gastritis and 24 respondents (73.5%) had a poor level of knowledge about gastritis.

3.1.2.2 Sample distribution data based on gastritis prevention behavior.

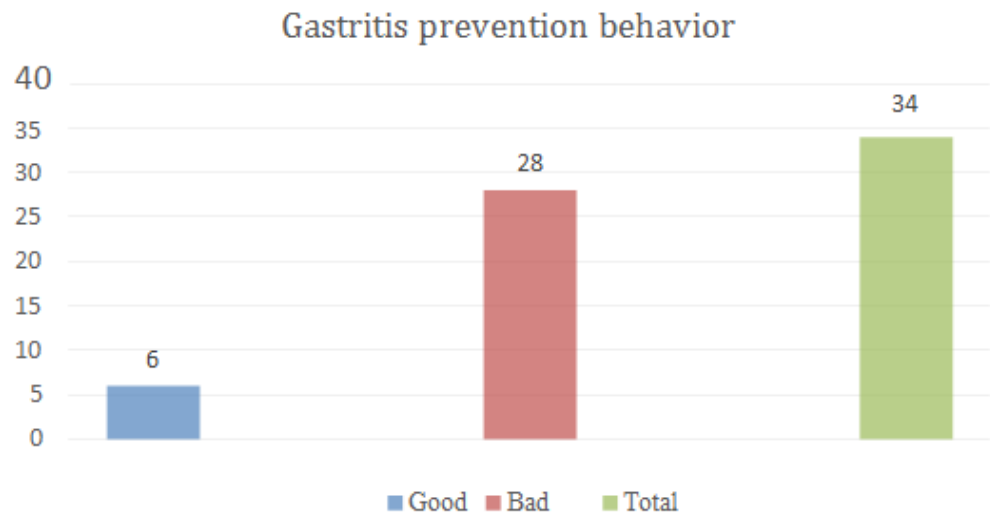


Diagram 1.4 Sample distribution data based on gastritis prevention behavior.

Based on the data in diagram 1.4, it can be concluded that 6 respondents (17.6%) had good gastritis prevention behavior and 28 respondents (82.4%) had bad gastritis prevention behavior.

3.1.3 Bivariate Analysis

3.1.3.1 Relationship between Knowledge Level and Gastritis Prevention Behavior.

Knowledge level of gastritis	Gastritis prevention behavior				Total	<i>p-value</i>	<i>PR</i>
	Good		Bad				
	F	%	F	%	%		
Good	6	66,7	3	33,3	100	0,001	3,00
Bad	0	0,00	25	100,0	100		
Total	6	17,6	28	82,4	100		

Table 1.1 Variable Relationship between Knowledge Level and Gastritis Prevention Behavior.

Table 1.1 above is a cross table that contains the relationship between the variable level of knowledge and behavior to prevent gastritis. Here's the explanation:

1. The results showed that 6 respondents (33.3%) had good knowledge and had good gastritis prevention behaviors and 29 respondents (66.7%) had bad gastritis prevention behaviors.
2. The results showed that 0 respondents (0.0%) had good gastritis prevention behaviors and 25 respondents (100%) had poor gastritis prevention behaviors.
3. Based on the results of calculations using the Fisher's Exact Test, the significance value of $p(\text{sig}(2\text{-tailed)})$ is 0.001 because $p < 0.05$, it can be concluded that there is a significant relationship between knowledge level and gastritis prevention behavior in Islamic boarding school students Al-Ishlah Tembalang .
4. Based on the calculation results with the Fisher's Exact Test, the risk estimate value or prevalence ratio is 3.00 because the value is > 1 , it can be concluded that the students of Al-Ishlah Tembalang Islamic Boarding School who have a poor level of knowledge will have a risk 3 times greater to have poor gastritis prevention behavior.

3.2 Discussion

Based on the analysis in this study, the results showed that there was a significant relationship between knowledge level and gastritis prevention behavior in Islamic boarding school students Al-Ishlah Tembalang with a *p-value* of 0.001. The same results were found in research conducted by Rika(2016) regarding the relationship between knowledge and behavior in preventing gastritis in students of UIN Alauddin Makassar class of 2013 using statistical test analysis using the Chi-Square test obtained $p\text{-value} = 0.001$ which can be concluded that there is a relationship significant relationship between knowledge level and gastritis prevention behavior. (Rika, 2016)

Knowledge is the result of knowing and occurs after someone has sensed a certain object. From this understanding it can be seen that sensing (sight, hearing, smell, taste, and touch) has an important role in acquiring knowledge. There are various factors that influence a person's knowledge including age, education, experience, information, social culture, and economy and environment. Age can affect a person's comprehension of the knowledge received. With this knowledge, one can know and understand and try to apply ways to prevent gastritis, starting from a good diet (eat regularly, avoid foods and drinks that cause gastritis), exercise regularly, avoid drugs that can irritate the stomach, and avoid stress. Lawrence Green's theory states that behavior can arise because it is influenced by various factors, such as predisposing factors and knowledge. Knowledge acquired by individuals can build attitudes and behavior to prevent a disease. Prevention efforts are efforts made by individuals to prevent something undesirable from happening. (Notoatmodjo, 2014).

Most of the Al-Ishlah Islamic Boarding School students have poor knowledge, and in the study it was found that the knowledge of Al-Ishlah Islamic Boarding School students is still in the "Know" stage which can be interpreted that "Know" is defined as recalling a material that has been learned. previously learned or stimuli that have been received, and have not been able to explain or apply.(Notoatmodjo, 2014)

Therefore, knowing is the lowest level of knowledge. Someone who has good knowledge of course has good gastritis prevention behavior. In the study it was found that the prevalence ratio with a value of 3 means that students who have poor knowledge about gastritis are 3 times more at risk of having bad gastritis prevention behavior. Based on the discussion it can be assumed that knowledge about gastritis obtained from formal and non-formal education will influence gastritis prevention behavior. When a person is able to understand some information about gastritis (definition, types, signs and symptoms, causes, treatment and care and treatment of gastritis) then it will be followed by behavior to prevent gastritis from occurring and experiencing a recurrence.

4. Conclusion

The conclusion that can be drawn from the results of this study is that based on the results of the study, it was found that the sample was female as many as 17 respondents (50%), the sample was male, namely 17 respondents (50%), most of the respondents aged 15-17 years were 22 respondents (64.7%) and there were 18-21 years of age as many as 12 respondents (35.3%).

Based on the results of the study, it was found that out of 34 respondents, there were 9 respondents (26.5%) who had good knowledge about gastritis, and 25 respondents (73.5%) who had less knowledge, this shows that in general the knowledge of Islamic boarding school students Al- Ishlah Tembalang regarding gastritis is still bad. Based on the research results, it was found that out of 34 respondents, there were 6 respondents (17, 6%) in the good category regarding gastritis prevention behavior and there were 28 respondents (82.4%) in the bad category. From the results of the study using the Fisher's Exact Test on the sample, it was found that the value of $P = 0.001$ ($P \leq 0.05$) which means that there is a significant relationship between knowledge and behavior for preventing gastritis in Islamic boarding school students Al-Ishlah Tembalang in 2022.

Conflict of Interest

There is no conflict of interest regarding the publication of this article.

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