

Original Article

The Motivation of Adolescents in Preventing Gastritis Return in SMP Negeri 1 Karangjati, Karangjati District, Ngawi Regency

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ABSTRACT

Background: Adolescent's period is a time full of emotion and imbalance of mood swings and stress. Stress that is prolonged can be the trigger of Gastritis. Stress situation that has an impact on adolescents can increase the risk of recurrence so the adolescents need a strong motivation to increase the success in preventing the recurrence of Gastritis. The purpose of this study was to determine the motivation of adolescents in preventing recurrence of gastritis at SMP Negeri 1 Karangjati.

Methods: The study design uses a descriptive, single variable that is adolescents' motivation in preventing gastritis recurrence. The research population is 286 persons and a sample of 29 respondents so that use purposive sampling technique according to inclusion and exclusion criteria, research instrument uses a questionnaire sheet given to respondents by google form. The research was conducted from December 20 2020 to January 04, 2021. The data is analyzed using a percentage formula and interpreted quantitatively.

Results: The result from 29 respondents, almost all of the respondents have strong motivation there are 24 respondents (83%) with strong motivation, 5 respondents (17%) with moderate motivation and no one of the respondents has weak motivation (0%).

Conclusion: Adolescents' motivation in preventing gastritis recurrence is influenced by for example sex, religion, residence, housemates, gastritis prevention familiarity, source of information, favorite food, hospitalization record, to the duration of having gastritis. It is hoped that adolescents can increase their motivation in preventing gastritis recurrence by finding more sources of information about how to implement a healthy diet.

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Introduction

Adolescence is a stage that occurs from childhood to adulthood, the age of 14 years for boys and 10 years for girls. Adolescence experiences physical changes,

growth and maturity of reproductive organs, intellectual changes, social changes, and changes in personality or emotional maturity (Almatsier, 2002). Growth due to adolescents is caused by changes in physiological maturity due to puberty (Ministry of Health, 2012). Puberty focuses

on the appearance of the ideal self. Adolescents worry about physical parts that look different. The appearance of the body becomes ideal by limiting eating foods that are high in carbohydrates. Unhealthy eating patterns such as choosing to eat instant noodles, junk food are becoming a trend for teenagers in choosing a diet. An unhealthy diet is a trigger for gastritis recurrence.

Gastritis is an increase in stomach acid that can cause friction between the walls of the stomach and small intestine, causing gastric ulcers or pain due to friction. Gastritis often occurs in middle adolescence, namely 13-15 years old because they have a bad diet (Siska, 2017). Changes in diet in adolescents increase the risk of recurrence of gastritis. Conditions of relapse can be prevented with good motivation. Motivation is an impulse of the will that causes a person to do an act to achieve certain goals (Sofyan & Uno, 2012). With strong motivation, teenagers can be too spicy (Huzaifah, 2017). The factors that cause Gastritis can increase stomach acid and irritate stomach acid, which causes inflammation of the gastric mucosa. Gastritis experiencing recurrence can be caused by emotional instability or stress. Adolescence is a time of emotional turmoil and imbalance that is involved in storms and stress. Stress in adolescents is caused by the emergence of disappointment and suffering, increasing conflict, conflict and adjustment crisis, dreams and fantasies, alienation from life and cultural norms (Gustin, 2011).

Stress has a negative effect through neuroendocrine mechanisms on the digestive tract so that you are at risk for experiencing gastritis (Prio, 2009). Teenagers need the motivation that is within themselves. Motivation is an impulse of will that causes someone to do an act to achieve a certain goal (Sofyan & Uno, 2012). Motivation is formed from

within the individual and comes from outside (Sanjaya, 2010). Factors that influence motivation include personal maturity level, activity environment, education level, and facilities and infrastructure

Prolonged stress triggers the emergence of gastritis because it can reduce blood flow to the gastric wall mucosa, increasing gastric wall permeability (Angkow et al., 2014). Psychological conditions/stress have an impact on adolescent anxiety, thereby increasing the risk of recurrence. Adolescents

Method

The research was conducted with a quantitative approach with a descriptive research design. The variable in this study is the motivation of adolescents in preventing the recurrence of gastritis. The time of the research was carried out on December 20, 2020 - January 04, 2021. The population in this study were all 3rd-grade students of SMP Negeri 1 Karangjati, namely 286 people. The research sample consisted of 29 people who were determined using the purposive sampling technique. Collecting data using a questionnaire in the form of google form (Sugiono, 2009).

Results

Table 1 Demographic Data

Demographic Data	Percentage	(%)
Sex		
Male	24	17
Female	29	83
Religious		
Islam	28	97
Christian	1	3
Dwelling		
house	29	100
Live With Whom?		
Parents	27	93

Demographic Data	Percentage	(%)
Grandmother	2	17
Information on prevention of Gastritis		
Ever	29	100
Information sources		
TV	26	90
Newspapers	3	7
Favorite		
food Spicy food	28	97
Acidic food	1	3
Received hospital treatment		
Ever	15	52
Never	14	48
Length of suffering		
< 3 months	20	69
>3 months	9	31

Based on table 1 shows that from the data of 29 respondents, a small proportion of respondents are male as many as 5 respondents (17%) and almost all respondents are female as many as 24 respondents (83%). Of the 29 respondents, almost all of the respondents are Muslim as many as 28 respondents (97%), and a small portion of the respondents are Christian as much as 1 respondent (3%). of 29 respondents, all respondents live at home as many as 29 respondents (100%). Of the 29 respondents, almost all of the respondents lived with their parents as many as 27 respondents (93%). of 29 respondents, all respondents had received information related to the prevention of recurrence of gastritis as many as 29 respondents (100%). Of the 29 respondents, almost all of the respondents received information from TV as many as 26 respondents (90%), and a small part of the respondent's received information from newspapers as many as 3 respondents (10%). out of 29 respondents, almost all respondents who like spicy food are 28 respondents (97%), and a small part of respondents who like sour foods are 1 respondent (3%). out of

29 respondents, almost all respondents who like spicy food are 28 respondents (97%), and a small part of respondents who like sour foods are 1 respondent (3%). of the 29 respondents, most of the respondents suffered from Gastritis for <3 months as many as 20 respondents (69%), and almost half of the respondents suffered from Gastritis for >3 months as many as 9 respondents (31%).

Table 2. Adolescent Motivation in Preventing Gastritis Relapse

Adolescent Motivation	Amount	Percentage (%)
Strong motivation	24	83
Moderate motivation	5	17

Based on the table obtained from 29 respondents, almost all respondents have strong motivation as many as 24 respondents (83%), a small portion of respondents have moderate motivation as many as 5 respondents (17%) and none of the respondents have weak motivation (0%).

Discussion

The results showed that almost all respondents, namely 24 respondents (83%) had strong motivation, a small part of the respondents, namely 5 respondents (17%) had moderate motivation and none of the respondents had the weak motivation (0%). The results showed that almost all respondents had a strong motivation in preventing the recurrence of gastritis as many as 24 respondents (83%). This is supported by general data, namely religion, place of residence, living with whom, and sources of information. Almost all respondents are Muslim as many as 23 respondents (96%), all respondents live at home as many as 24 respondents (100%), almost all respondents live with parents as many as 23 respondents (96%), and almost

all respondents get information sources from TV as many as 21 respondents (88%). The first factor that influences strong motivation is religion. This is following Rika's (2016) theory, one of the preventions of Gastritis recurrence is to apply a healthy diet.

According to Islamic teachings, good eating etiquette includes eating not too full. If you are too full, it can cause stomach contents to rise and affect the performance of the stomach. Furthermore, eating should be calm and not in a hurry because it will also affect the inability to process food in the digestive system. With the teachings of Islam, then this greatly affects a person's motivation to implement a healthy diet. This can trigger a strong motivation in a person (Arikunto & Suharsimi, 2006; Notoatmodjo, 2010, 2012).

The next factor that influences strong motivation is where to stay at home and live with parents. This is following Prio's (2009) theory that the home environment can affect eating patterns (Prio, 2009). In addition, external motivation is the motivation that comes from outside such as environmental factors, family factors, and other factors (Dahlkemper, 2019). Place of residence is a factor that affects a person's motivation, someone who lives at home and with parents, of course, there is supervision from parents respondents will get direction from parents to maintain their diet, choose the type of food, set a meal schedule, if they don't do it directly from parents, respondents will get angry from their parents so that this can trigger a strong motivation to prevent recurrence of Gastritis.

Furthermore, another factor that influences strong motivation is getting information sources through TV. This is supported by the theory of Lestari (2019), namely motivational factors, one of which is Audio Visual (media) motivation that

arises from information obtained from intermediaries so that it encourages or inspires one's heart to do something.

TV is an electronic media that serves to provide information to the public. The existence of sources of information regarding the prevention of Gastritis recurrence from TV strongly encourages respondents to prevent Gastritis recurrence, this will influence respondents to have good motivation in preventing Gastritis recurrence.

The results of the next study showed that a small proportion of respondents had moderate motivation in preventing the recurrence of gastritis as many as 5 respondents (17%). This situation is supported by general data, namely gender, favorite food, having received hospital treatment, and long-suffering from Gastritis. All respondents are female as many as 5 respondents (100%), all respondents like spicy food as many as 5 respondents (100%), and a small proportion of respondents have never received hospital treatment as many as 1 respondents (20) and a small proportion of respondents suffer from Gastritis <3 months 1 respondent (20%).

The first factor that affects moderate motivation is being female, this is because women are afraid of being fat so they often go on a diet, are too strict, eat irregularly, besides that women are more emotional than men (Ronald, 1996 in Murjayanah, 2011). Adolescence is a period of transition from childhood to adulthood. Adolescence will experience puberty both girls and boys, at this time will experience changes in their bodies. Adolescent girls are more focused on their ideal self-appearance compared to teenage boys, of course, teenage girls will be worried about different physical parts. This makes teenage girls limit their food – foods that are high in carbohydrates, diet, and eat irregularly.

The next factor that influences moderate motivation is the favorite food, namely spicy food. This is following Huzaifah's (2017) theory, namely Gastritis is caused by irritation, infection, and irregular eating patterns such as eating too quickly, eating too late, and eating foods that are a lot of spice and spicy (Huzaifah, 2017).

The condition that is becoming a trend today is that teenagers consume spicy food, whereas teenagers do not. Pay attention to the side effects of the risk of consuming spicy food. The impact of consuming spicy food is that it can increase stomach acid, if it enters the digestive system, where the acid level is high, the acid in spicy food will increase the amount of acid in the stomach which can cause Gastritis. The next factor that affects moderate motivation is never getting treatment at home. sick and long-suffering from Gastritis. Situations like this are related to situations and conditions that are one of the factors in influencing motivation according to Lestari (2019). Circumstances that happen to someone will encourage or force someone to do something (Butar-Butar et al., 2020; Indriati, 2015; Muttaqin, 2009).

A person who has never received treatment in a hospital certainly does not have sufficient experience compared to someone who has never received treatment in a hospital, this is because if someone has already received treatment in a hospital, it must have been handled by specialist doctors, nutritionists, and nurses. (Rika, 2016; Tamsuri & A'Yuni, 2017). In addition, adolescents who experience acute gastritis usually do not understand enough to prevent recurrence of gastritis, they consider the disease to be trivial and ignore the disease. Adolescents also do not pay attention to their diet properly, this causes a person to experience a decrease in motivation in preventing Gastritis

recurrence. The results of further research showed that none of the respondents had the weak motivation (0%). This situation is supported by general data that is getting information. All respondents had received information about the prevention of Gastritis as many as 29 respondents (100%). This is following the theory of (Sujanto, 2012), that extrinsic motivation is a motivation that comes from outside. Getting information is also included in extrinsic motivation. Someone who has received information about the prevention of Gastritis must have understood and understood how to prevent the recurrence of Gastritis. The increase in information can also influence a person's mindset to adopt a healthy diet. This greatly affects someone who has good motivation so that none of the respondents has a weak motivation.

Conclusion

Based on the results of the study, it can be concluded that almost all respondents have a strong motivation in preventing the recurrence of Gastritis

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