



## Factors Associated with the Incidence of Gastritis in Patients at Faisal Islamic Hospital Makassar

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### Abstract

Gastritis is known in the community as heartburn or heartburn. It is an inflammation of the mucosal wall. It can occur suddenly and is usually characterized by nausea and vomiting, pain, bleeding, weakness, decreased appetite, or headache. It can be caused by habitual consumption of sensitive foods, or often by a frivolous diet. The individual overeats, eats foods that are overly seasoned or contain microorganisms. Other causes of gastritis include alcohol, smoking, age, aspirin, bile reflux or radiation therapy. The purpose of this study was to determine the factors associated with the incidence of gastritis in patients at Faisal Makassar Islamic Hospital and to determine the relationship between the patient's diet and smoking history with the incidence of gastritis in patients. This study is a type of retrospective Exposfacto research with the design / design of Crossectional Study, by obtaining primary data (data obtained directly from patients) and secondary data (data obtained from the medica record of Faisal Makassar Islamic Hospital and obtained from family or people closest to the patient). The population in this study were all patients suffering from gastrointestinal diseases at Faisal Islamic Hospital Makassar. The sample in this study were all patients suffering from gastritis disease at Faisal Islamic Hospital Makassar. Chi-Square test P value =  $0.003 < \alpha = 0.05$ . This means that a person's irregular diet is very influential on the occurrence of gastritis. the results of bivariate analysis showed that there was no relationship between smoking history and the incidence of gastritis at Faisal Islamic Hospital Makassar with Chi-Square test  $P=0.117$  and  $< \alpha = 0.05$ .

**Keywords:** Associated factors, Gastritis, Patients at Faisal Islamic Hospital, Makassar.

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## 1. Introduction

Gastritis is a condition of inflammation or bleeding of the gastric mucosa that can be acute, chronic, diffuse, or localized. The two most common types of gastritis are acute superficial gastritis and chronic atrophic gastritis (Sylvia A. Price, 2005).

One of the phenomena that is still a health problem in the midst of Indonesian society is a disease of the gastrointestinal tract, in this case gastritis, which is a condition that is often and widely encountered in everyday life. This disease sometimes arises chronically, where the cause is not clearly known. Chronic gastritis can begin with infection with a bacterium called *Helicobacter pylori*, which disrupts mucosal wall defenses (Underwood, 2000).

In a statement issued by a faculty in the United States, it is stated that a passive smoker who is in a room full of cigarette smoke and does not have good air circulation, then he inhales the smoke for 1 hour, then his position shares an active smoker who spends 1 cigarette (Husani, 2006).

Efforts in national health development to realize a physically and mentally healthy society, in accordance with the Vision of Healthy Indonesia 2010, the community is required to always implement a healthy lifestyle, especially in household life. However, if you look at the life of a developed society, economic demands that cause psychological stress, instant food that makes people unable to avoid various kinds of diseases, including gastritis in digestive system disorders. They tend to forget that the life they live is far from the government's concept of implementing a healthy lifestyle in every activity.

## 2. Research Method

This study is a type of retrospective Exposfacto research with the design / design of Crossectional Study, by obtaining primary data (data obtained directly from patients) and secondary data (data obtained from the medica record of Faisal Makassar Islamic Hospital and obtained from family or people closest to the patient). The population in this study were all patients suffering from gastrointestinal diseases at Faisal Islamic Hospital Makassar. The sample in this study were all patients suffering from gastritis disease at Faisal Islamic Hospital Makassar.

## 3. Results And Discussions

### a. Result





This study was conducted at Faisal Islamic Hospital Makassar by collecting primary data through structured interviews with patients undergoing treatment at Faisal Islamic Hospital Makassar both in the internal treatment I and treatment II and in the polyclinic (outpatient) section.

1) Distribution of Respondents Based on Diet.

Table 1  
Distribution of respondents based on diet towards  
incidence of gastritis at Faisal Islamic Hospital Makassar

Diet	Total (n)	Persentase (%)
At risk	25	75,8
Not at risk	8	24,2
Total	33	100,0

Based on table 1 above shows that of the 33 respondents, 25 respondents (75.8%) had a risky diet and 8 people (24.2%) did not have a risky diet.

2) Distribution of Respondents Based on Smoking History.

Table 2  
Distribution of respondents based on smoking history on  
incidence of gastritis at Faisal Makassar Islamic Hospital

Smoking history	Total (n)	Persentase (%)
At risk	12	6,4
Not at risk	21	3,6
Total	33	00,0

Based on table 2 above shows that of the 33 respondents, respondents who had a history of smoking were at risk as many as 12 people (36.4%) and those who were not at risk or did not smoke were 21 people (63.6%).

b. Discussion

1. The relationship between diet and the incidence of gastritis.

The results of bivariate analysis showed that more respondents who suffered from gastritis were due to their irregular diet, namely 25 people (75.8%), compared to





respondents whose diet was not at risk of gastritis as many as 8 people (24.2%). From the results of bivariate analysis shows there is a relationship between irregular diet to the incidence of gastritis at Faisal Makassar Islamic Hospital with Chi-Square test P value =  $0.003 < \alpha = 0.05$ . This means that a person's irregular diet is very influential on the occurrence of gastritis.

2. The relationship between smoking history and the incidence of gastritis.

The results of bivariate analysis showed that fewer respondents who suffered from gastritis were due to smoking, namely 12 people (36.4%), compared to respondents who did not smoke against the incidence of gastritis as many as 21 people (63.6%). The results of bivariate analysis showed that there was no relationship between smoking history and the incidence of gastritis at Faisal Makassar Islamic Hospital with Chi-Square test  $P=0.117$  and  $< \alpha = 0.05$ . This means that smoking history has nothing to do with the incidence of gastritis, and the respondents in this study were only active smokers and passive smokers were not respondents. While in this study housewives as passive smokers were more dominant than men as active smokers.

#### 4. Conclusion

From the results of research that has been done at Faisal Islamic General Hospital Makassar, it can be concluded that:

- a) There is a relationship between the patient's diet and the incidence of gastritis at Faisal Islamic General Hospital Makassar.
- b) There is no relationship between the patient's smoking history and the incidence of gastritis at Faisal Islamic General Hospital Makassar.

#### 5. Compliance with ethical standards

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##### Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.



**Statement of informed consent**

Every action we take as authors is a mutual agreement or consent.

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