
Description Of The Level Of Public Knowledge About Gastritis In Pangombusan Village Parmaksian District

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Abstract

Gastritis is an inflammation of the gastric mucosa that can be triggered by various factors, including Helicobacter pylori infection, the use of nonsteroidal anti-inflammatory drugs (NSAIDs), irregular diet, stress, and alcohol consumption. Public knowledge about gastritis plays a role in prevention and early treatment efforts to prevent more serious complications. This study used a quantitative descriptive study using a purposive sampling technique. A total of 87 respondents were included as the study sample. The results of the study showed that most of the people in Sosor Sihobuk Hamlet, Pangombusan Village, had a good level of knowledge about gastritis. Based on the research results, it is recommended that the public maintain and improve their knowledge about gastritis through active participation in health education activities, seeking information from reliable sources, and adopting a healthy lifestyle, such as eating regularly and avoiding factors that trigger gastritis.

Keywords: Gastritis, Knowledge, Pangombusan Village.

INTRODUCTION

Health is a fundamental aspect in supporting human quality of life. Various diseases can disrupt bodily functions and reduce productivity, one of which is gastritis. Gastritis, also known as gastric inflammation, is an inflammatory condition of the gastric mucosa that can be caused by various factors, such as Helicobacter pylori infection, long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs), excessive alcohol consumption, stress, irregular eating patterns, and even autoimmune conditions (Bhakti Kencana, 2022).

According to the World Health Organization (WHO), the incidence of gastritis in Indonesia was 41.8% in 2020. According to data from the Indonesian Ministry of Health, gastritis ranked sixth with a total of 33,580 inpatient cases, or 60.86%. Outpatient gastritis cases ranked seventh with 201,084 cases. The incidence of gastritis is very high in several regions, with a prevalence of 238,452,952, or 274,396 cases in 40.8% of the population. Based on the 2021 Bogor Regency Health Profile, gastritis was one of the 10 most common diseases among outpatients out of 25,007 at the West Java Community Health Center (Nur Afida, 2019).

Gastritis, also known as stomach ulcers, is a digestive system disorder that can disrupt daily activities. Gastritis is a disease associated with the gastric mucosa, causing inflammation and swelling of the gastric mucosa, leading to the detachment of the epithelium. This process stimulates inflammation in the stomach. There are two types of gastritis: acute and chronic gastritis (Destiyanih, 2019).

Gastritis is one of the diseases that is often found in clinics or internal medicine rooms and is one of the diseases that is often complained about by the public, both teenagers and adults. Gastritis, characterized by inflammation of the gastric mucosa, is a common health problem. This condition can be caused by various factors, such as irregular eating habits, alcohol consumption, stress, and infection with the bacteria Helicobacter pylori. In Indonesia, including in Toba Regency, the prevalence of gastritis is significant, but public awareness of this disease still needs to be improved. One of the clinical manifestations of gastritis is pain. The pain experienced is typically epigastric or heartburn. Pain is an unpleasant sensory and emotional experience resulting from actual or potential tissue damage. Generally, signs and symptoms frequently seen in patients experiencing pain can be reflected in their behavior, such as vocalizations (crying, groaning, gasping), facial expressions (grimace, lip

biting), body movements (restlessness, muscle tension, pacing, etc.), and social interactions (avoiding conversation, disorientation) (Tiranda & Astuti Cahya Ningrum, 2021).

One of the non-pharmacological therapies that can be given to patients experiencing pain in gastritis is complementary therapy, several independent actions that nurses can carry out to help clients, namely by using pain management to eliminate or reduce pain and increase comfort. Using therapeutic communication to understand the patient's pain experience, namely by using distraction techniques, relaxation (using deep breathing), efflurage massage, guided imagery, warm water compresses, deep progressive muscle relaxation techniques, finger grip relaxation (Tiranda & Astuti Cahya Ningrum, 2021).

Adequate knowledge about gastritis is essential for every individual, as if left untreated, it can damage stomach function and increase the risk of stomach cancer, especially if there is thinning and changes in the stomach lining. Gastritis can lead to complications such as anemia, deficiencies of vitamin B12, vitamin D, folic acid, vitamin C, zinc, calcium, and magnesium, stomach bleeding, peptic ulcers, and stomach perforation (Hematol, 2024).

Prevention and treatment of gastritis depend heavily on public knowledge about the disease. Adequate knowledge includes an understanding of the causes, symptoms, risk factors, and appropriate prevention and treatment measures. Lack of knowledge can lead to delayed diagnosis and treatment, worsening the patient's condition. If left untreated, this condition can damage stomach function and increase the risk of stomach cancer and even death. Therefore, health education plays a crucial role in increasing public awareness and the ability to recognize and manage gastritis.

Based on the above background, it is crucial to determine the public's knowledge and understanding of gastritis. This will help them better understand how to prevent gastritis and other undesirable consequences. Therefore, the researchers are interested in conducting a study entitled "Overview of the Level of Knowledge about Gastritis in Pangombusan Village, Parmaksian District, in 2025."

RESEARCH METHODS

This study uses a descriptive research design with a retrospective approach. This study was conducted in Pangombusan Village, Sosor Sihobuk Hamlet, Parmaksian District. The population in this study was the community of Pangombusan Village, Sosor Sihobuk Hamlet, Parmaksian District with a population of 670 people. The sampling technique in this study was simple random sampling where each member of the population has the same opportunity to be selected as part of the sample, which means that the sample taken in this study is the same as part of the population in Pangombusan Village, Sosor Sihobuk Hamlet, Parmaksian District. Data collection was conducted using a questionnaire instrument. The questionnaire consisted of several groups of questions, namely demographic data and knowledge level.

RESULTS AND DISCUSSION

RESULTS

Table 1. Respondent characteristics

Description Characteristics	Frequency	Percentage (%)
Age		
15-50 Years	64	73,56
51-75 Years	23	26,44
Amount	87	100%
Gender		
Male	31	35,63%
Female	56	64,37%
Amount	87	100%
Education		
Junior High School	8	77,1%
High School	67	12,64%
Diploma	11	1,15%
Bachelor's Degree	1	100%
Amount	87	9,20%
Work		
Civil Servants	2	2,30%
Teachers	3	3,45%
Farmers	29	33,33%
Entrepreneurs	16	18,39%
Unemployed	6	6,90%
Private employee	13	14,94%
Student	2	2,30%
College student	15	17,24%
Amount	87	100%

Based on the data analysis above, it is clear that the sample of 87 respondents from Pangombusan Village, Sosor Sihobuk Hamlet, Parmaksian District, consisted of 87 residents. The distribution of respondents by age was as follows: 73.56% (64 respondents) aged 15-50 years, and 26.44% (23 respondents) aged 51-75 years. These results indicate that the majority of respondents were aged 15-50 years, with 64 respondents (73.56%).

Distribution based on gender, namely, male 35.63% (31 respondents), female 64.37% (56 respondents), based on these results, the majority of respondents were female, namely 56 respondents (64.37%). Distribution based on education, the majority were high school graduates (77.1%) (67 respondents), while based on occupation, the majority were farmers (33.33%) (29 respondents) and entrepreneurs (18.39%) (16 respondents).

Table 2. Level of public knowledge regarding gastritis

No	Level of Knowledge	Frequency	Percentage (%)
1	Good	86	98,85%
2	Enough	1	1,15%
3	Insufficient	0	0,00%
4	Amount	87	100%

Based on the characteristics of the public's level of knowledge regarding gastritis, there are two characteristics: age and gender. The measurement of knowledge level is based on a good knowledge score (76%-100%), a sufficient knowledge score (56%-75%), and a poor knowledge score (<56%) (Arikunto, 2010). In table 2 it is known that respondents who have a good level of knowledge are 98.85% (86 respondents), sufficient 1.15% (1 respondent). If we look at the distribution of answers given by the respondents, it can be concluded that most of the respondents already have good and sufficient knowledge about gastritis.

DISCUSSION

Respondent Characteristics

Based on these results, it is stated that the majority of respondents were aged 15-50 years, amounting to 64 respondents (%). Age also influences a person's comprehension and thought patterns, as well as their comprehension and thought patterns. When they are older and have many children, some will think that it is no longer time for them to study anymore; they should only focus on taking care of their family (Natoatmodjo Soekidjo, 2010).

Distribution by gender was 35.63% male (31 respondents), 64.37% female (56 respondents). The results showed that the majority of respondents were female, with 56 respondents (64.37%).

Education is a crucial factor influencing a person's level of knowledge. The higher an individual's education, the greater their ability to receive, understand, and process information, including information about health. According to Notoatmodjo (2014), education can help someone think rationally and objectively when making decisions, especially those related to health maintenance. In the context of gastritis, people with higher levels of education tend to have better knowledge of its causes, symptoms, prevention, and treatment. Conversely, low levels of education can hinder understanding of health information, increasing the risk of a lack of awareness of the importance of gastritis prevention.

A descriptive correlative study in Indragiri Hulu Regency found a significant relationship between education level and knowledge of gastritis sufferers regarding recurrence prevention efforts. These results are consistent with the general understanding in public health literature that low education levels correlate with low health literacy—thus increasing the risk of poor understanding of health conditions and prevention efforts (Wijayanti et al. 2024). This is because education provides literacy skills and broader access to health information, whether through print, electronic, or internet media. Conversely, low levels of education can be a barrier to understanding health information, which ultimately impacts health-care behavior Notoatmodjo (2012).

Based on the research results, the most common occupation of respondents was farming, at 29 respondents (33.33%). Occupation is one factor that can influence a person's level of knowledge. The type of work undertaken will determine the extent to which an individual is exposed to new information, experiences, and skills. Individuals working in certain fields, particularly those requiring high levels of intellectual skills and social interaction, will have a greater opportunity to acquire knowledge compared to individuals whose jobs are routine and offer minimal access to information. This aligns with Notoatmodjo's (2012) opinion, which states that a person's work can provide specific experiences and knowledge, both directly and indirectly. Therefore, the more complex and demanding a job is, the greater the potential for an individual to develop knowledge.

A person with extensive knowledge will be better able to live a healthy life, especially in managing gastritis. Technological developments such as television, mobile phones, and social media have a significant impact on a person's level of knowledge. Electronic mass media, such as television, can be a source of educational information that broadens horizons and shapes an individual's perception of social reality, as explained in cultivation theory, which states that long-term media exposure can shape a person's view of the real world (Gerbner et al., 2010).

Mobile phones and social media, on the other hand, provide fast and broad access to a variety of information and support dynamic social interactions. Research by Khalvani and Nurizzati (2019)

shows a positive relationship between smartphone use and social interactions among students. Furthermore, a study by Firdaus et al. (2024) revealed that gadget and television use impacts digital literacy, although it also triggers dependency and sleep disturbances. The use of social media in an educational context has also been shown to improve material comprehension and collaboration through the concept of social TV (Ziani et al., 2020). However, if not controlled, social media can reduce the quality of learning and cause information overload which has a negative impact on knowledge absorption (Rozgonjuk et al., 2019). Thus, although technology has great potential in increasing knowledge, its use needs to be directed wisely so that its benefits can be optimized without ignoring its negative impacts.

Level of Public Knowledge Regarding Gastritis

Based on the results of research conducted on 87 respondents in Pangombusan Village, Sosor Sihobuk Hamlet, it was found that the majority of the community had a good level of knowledge regarding gastritis, namely 86 people (98.85%), while only 1 respondent had sufficient knowledge (1.15%).

This indicates that the public generally has an adequate understanding of gastritis. This good level of knowledge is likely influenced by several factors, including public education, access to information through print and electronic media, and personal or family experience with gastritis. According to Notoatmodjo (2012), Education and information are important factors influencing a person's level of knowledge. The higher the education and the wider the access to information, the greater the knowledge possessed.

The results of this study align with previous research. For example, a study in Gedong Village, East Jakarta, found that 75% of respondents had good knowledge about gastritis. Similar results were also found in Gagaan Village, Blora Regency, with 92.9% of respondents having high knowledge (Ida et al., 2024). However, another study at the Bendo Community Health Center in Kediri Regency found that 45% of respondents had inadequate knowledge and only 22% had good knowledge. This finding is supported by other studies showing that despite increasing awareness, many people still underestimate this disease and pay little attention to stomach health.

This assumption suggests that people with good access to information have higher levels of health knowledge, and vice versa, those with less knowledge will also have lower levels of knowledge. It is hoped that a good understanding of gastritis will encourage people to take preventative measures, such as maintaining a healthy diet, avoiding foods that stimulate stomach acid production, and reducing the use of medications that can irritate the stomach.

CONCLUSION

Based on the results of a study on the level of community knowledge about gastritis in Pangombusan Village, Sosor Sihobuk Hamlet, Parmaksian District, it can be concluded that the majority of the community has good knowledge. Of the 87 respondents, 86 (98.85%) had good knowledge, and 1 (1.15%) had fair knowledge. These results indicate that the community of Pangombusan Village, Sosor Sihobuk Hamlet, generally has a good understanding of gastritis, including its causes, symptoms, and prevention efforts. This good level of knowledge is expected to encourage the community to adopt healthy lifestyles to prevent gastritis and its complications.

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