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The Relationship Between Patients' Knowledge and Attitude Regarding Gastritis Prevention in the Class 1 Treatment Room of Doloksanggul Regional Hospital

Mery Lestari Simanjuntak[1], Hengky Simamora[2]
STIKes Kesehatan Baru

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ABSTRACT
One of the factors influencing human resources is health, which plays a significant role. The purpose of this study was to determine the relationship between patient knowledge and attitudes regarding gastritis prevention.This study used a quantitative cross-sectional design. The population was 58 people and the sample size was 58, using a total sampling method. A 95% confidence level (α = 0.05) was used. The results of this study indicate a correlation between knowledge and attitudes. Using the chi-square test with a 95% confidence level (α = 0.05) and df = 4, the arithmetic mean square (A) was 15.204, > chi-square (Table 9.488). This indicates a correlation between knowledge and gastritis prevention. Using the Chi-square test with a 95% confidence level (α=0.05) and df=2, the calculated square was 10.979 > chi-square table 5.591, indicating a relationship between attitudes and gastritis prevention.

Corresponding Author:
Mery Lestari Simanjuntak
STIKes Kesehatan Baru
mery.simanjuntak@stikeskb.ac.id

INTRODUCTION

Gastritis is a common health problem and can reduce the quality of life of sufferers. Gastritis is an inflammation of the gastric mucosa, generally characterized by symptoms of heartburn, nausea, vomiting, bloating, and discomfort after eating. This condition can be acute or chronic, and if not properly treated, can develop into serious complications, such as gastric ulcers, gastrointestinal bleeding, and even stomach cancer.

The World Health Organization (WHO) reports that gastritis is among the top ten most common diseases worldwide, with a particularly high prevalence in developing countries. In Indonesia, gastritis is also a common health problem among both outpatients and inpatients. According to data from the Indonesian Ministry of Health, the incidence of gastritis reaches more than 40% in some regions, and it often affects people of productive age. This impacts decreased work productivity, increased healthcare costs, and reduced quality of life for patients.

The high incidence of gastritis is inextricably linked to risk factors, including irregular eating patterns, excessive consumption of spicy or acidic foods, smoking and coffee consumption, stress, and long-term use of non-steroidal anti-inflammatory drugs (NSAIDs).

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Furthermore, a lack of public awareness of this disease often leads to delays in prevention and early treatment.

A good understanding of gastritis will influence a person's attitude toward prevention. Patients who understand the causes, risk factors, and preventative measures for gastritis are expected to develop a positive attitude toward healthier lifestyle changes, such as maintaining a healthy diet, avoiding triggers, and undergoing regular health check-ups. Conversely, a lack of knowledge can lead to a neglect of preventive measures, which can increase the risk of gastritis recurring or worsening.

Doloksanggul Regional General Hospital, as a district-level referral health facility, frequently treats patients with gastrointestinal complaints, including gastritis. This demonstrates that gastritis is a significant health problem and requires attention, both from a medical service perspective and from a promotive and preventive perspective. Prevention efforts can only be effective if patients have adequate knowledge and a positive attitude toward preventive behaviors.

Based on this description, it is important to conduct research on the relationship between patient knowledge and attitudes regarding gastritis prevention at Doloksanggul Regional General Hospital. The results of this study are expected to provide an overview of patient conditions related to cognitive (knowledge) and affective (attitude) aspects, thus providing evaluation material and a basis for the hospital to design more effective health education programs to reduce the incidence of gastritis in this area.

METHODOLOGY

This type of research is descriptive analysis research using quantitative research methods with a cross-sectional or cross-sectional research design, namely to determine the correlation between risk factors and effects, and with an approach, observation or data collection at a certain time (Notoatmojo, 2002). The design in research is structured to be able to guide researchers so that they can help researchers obtain answers to research questions (Arikunto, 2013).

RESULTS AND DISCUSSION

Univariate Analysis

Univariate analysis was conducted to illustrate the data presentation of several variables in the form of a frequency distribution table, namely regarding the Relationship between Patient Knowledge and Attitudes Regarding Gastritis Prevention in Class I Treatment Wards at Doloksanggul Regional Hospital.

Table 1 Frequency Distribution of Respondents Based on Knowledge, Attitudes, and Gastritis Prevention in Class I Treatment Wards at Doloksanggul Regional Hospital

No	Variable	Total	Percentage (%)
1.	Knowledge Well	3	5,2
	Enough	7	12
	Not enough	48	82,8

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	Total	58	100
2.	Attitude		
	Positive	14	75,9
	negative	44	24,1
	Total	58	100
3.	Gastritis Prevention		
	Good	1	1,7
	Enough	17	29,3
	Not enough	40	69
	Total	58	100

Based on Table 1 It is known that of the 58 respondents, 3 (5.2%) had good knowledge, 7 (12.1%) had sufficient knowledge, and 48 (82.8%) had insufficient knowledge. Based on the attitudes of the 58 respondents, 14 (24.1%) had a positive attitude, and 44 (75.9%) had a negative attitude. Regarding gastritis prevention, it was found that of the 58 respondents, 1 (1.7%) had good gastritis prevention practices, 17 (29.3%) had adequate gastritis prevention practices, and 40 (69.0%) had inadequate gastritis prevention practices.

Bivariate Analysis

After the univariate analysis, further analysis was conducted using bivariate analysis. Data obtained from several variables were presented in the form of a frequency distribution table. The correlation test used was the chi-square test.

Table 2 Frequency Distribution of Respondents Based on Knowledge of Gastritis Prevention in Class 1 Treatment Wards at Doloksanggul Regional Hospital

		Gastritis Prevention									
Knowledge		Good		Sufficient		Poor		Total			
		n	%	n	%	n	%	n	%	Df	X^2
1	Well	0	0	3	5,2	0	0	3	5,2	4	9,488
2	Cukup	1	1,7	1	1,7	5	8,6	7	12		
3	Kurang	0	0	13	22,4	35	60,3	48	82,8		

Based on Table, it can be seen that of the 3 respondents, none had good knowledge of gastritis prevention, while 3 respondents had sufficient knowledge. (5.2%). Of the 7 respondents who had sufficient knowledge, 1 person (1.7%) had good gastritis prevention, 1 person (1.7%) had sufficient gastritis prevention and 5 people (8.6%) had poor gastritis prevention. Of the 48 respondents who had poor knowledge, there was no good gastritis prevention, 13 people (22.4%) had sufficient knowledge and 48 people (82.8%) had insufficient prevention. Using the Chi-square test with a 95% confidence level (0.05%) and df = 4, the calculated chi-square value was 15.204 > the chi-square value of 9.488. Therefore, Ha was accepted and Ho was rejected, indicating a relationship between knowledge and attitudes regarding gastritis prevention in the Class 1 ward of Doloksanggul Regional Hospital.

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Table 3 Frequency Distribution of the Relationship between Patient Attitudes regarding Gastritis Prevention in the Class 1 ward of Doloksanggul Regional Hospital.

		Gastritis Prevention									
		good		sufficient		poor		Total		Df	X^2
	Attitude	n	%	n	%	n	%	n	%		
1	Negatif	0	0	9	15.5	35	60.3	44	75.9	2	5,591
2	Positif	1	1,7	8	13.8	5	8,6	14	24.1		

Based on table 3, of the 58 respondents, there were no negative attitudes, 9 (15.5%) had moderate attitudes toward gastritis, and 35 (60.3%) had moderate attitudes. Of the 14 respondents, 1 (1.7%) had positive attitudes, 8 (13.8%) had moderate attitudes, and 5 (8.6%) had moderate attitudes.

Using the Chi-Square Test with a 95% confidence level (α=0.05) and df=2, the calculated chi-square value was 10.979, exceeding the chi-square value of 5.591. Ha is accepted and Ho is rejected, indicating a relationship between patient knowledge and attitudes regarding gastritis prevention in the Class 1 Treatment Ward of Doloksanggul Regional Hospital.

Based on Table 2, it can be seen that of the three respondents with good knowledge regarding gastritis prevention, 3 respondents (5.2%) had no knowledge, and 3 respondents (5.2%) had adequate knowledge. Of the 7 respondents with adequate knowledge, 1 respondent (1.7%) had good knowledge of gastritis prevention, 1 respondent (1.7%) had adequate knowledge, and 5 respondents (8.6%) had inadequate knowledge. Of the 48 respondents with inadequate knowledge, 1 respondent (22.4%) had no knowledge, 13 respondents (22.4%) had adequate knowledge, and 48 respondents (82.8%) had inadequate knowledge.

The results of this study also align with Zaqyyah Huzaifah's (2020) study on "The Relationship Between Knowledge of the Causes of Gastritis and Gastritis Prevention Behavior," which showed that 124 respondents (44.8%) had good knowledge and positive gastritis prevention behavior, and 22 respondents (7.9%) had good knowledge and negative behavior. The description of adequate knowledge with positive preventive behaviors was 56 respondents (20.2%), and negative behaviors were 50 respondents (18.1%). The description of inadequate knowledge with positive behaviors was 3 respondents (1.1%), and negative behaviors were 22 respondents (7.9%). Based on the Spearman Rank correlation test, r = 0.465 and p = 0.000. The p value < α = 0.05, and Ha was accepted, indicating a relationship between knowledge about the causes of gastritis and gastritis preventive behaviors among undergraduate nursing students at Muhammadiyah University of Banjarmasin with a low strength scale.

Table 3 shows that of the 44 respondents, none had a negative attitude, 9 (15.5%) had a moderate attitude toward gastritis, and 35 (60.3%) had a poor attitude. Of the 14 respondents, 1 (1.7%), 8 (13.8%), and 5 (8.6%) had a poor attitude. Previous research by Ivandus Sholihim et al. (2018) in Probolinggo revealed a statistical test result showing a significant number or probability value (0.001), much lower than the standard significance

level of 0.05 (p<a). Therefore, Ho is rejected and Ha is accepted, indicating a significant relationship between health and students' attitudes toward gastritis prevention at the Hidayatus Islam Islamic Boarding School in Probolinggo Regency. Regarding the pre-test attitudes of control respondents, the results showed that 34 respondents (48.6%) had negative attitudes and 36 respondents (51.4%) had positive attitudes.

CONCLUSION

Based on the research results and discussion on the relationship between patient knowledge and attitudes regarding gastritis prevention in the Class 1 Treatment Ward of Doloksanggul Regional Hospital, Humbang Hasundutan Regency, in 2023, with 58 respondents, the researchers concluded: There is a relationship between patient knowledge and attitudes regarding gastritis prevention in the Class 1 Treatment Ward of Doloksanggul Regional Hospital; There is a relationship between patient attitudes and attitudes regarding gastritis prevention in the Class 1 Treatment Ward of Doloksanggul Regional Hospita; There is a relationship between patient knowledge and attitudes regarding gastritis prevention in the Class 1 Treatment Ward of Doloksanggul Regional Hospital.

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