

THE RELATIONSHIP BETWEEN DIET AND THE INCIDENCE OF GASTRITIS IN TEENAGE GIRLS

Serly Marcelina*¹

¹Public Health Study Program, Faculty of Health Science, Eleventh April University

Article Info

Article history:

Received May 12, 2023

Revised May 20, 2023

Accepted May 26, 2023

Keywords:

Gastritis

Knowledge

Young women

ABSTRACT

Gastritis is an inflammation of the gastric mucosa that is acute, chronic, diffuse or localized. Gastritis occurs in people who have an irregular diet and eat foods that stimulate the production of stomach acid. The purpose of this study was to determine the relationship between diet and the incidence of gastritis in female students at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency. This study used a descriptive analytic design using a cross sectional approach. The number of respondents in this study were 63 respondents. The sampling technique used in this research is simple random sampling. The statistical test used in this study is the Chi Square Test. The results showed that the incidence of gastritis in Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency reached 34 respondents (54.0%). The results of the chi square test showed a p-value of 0.002. If $p < 0.005$ then H_0 is rejected. H_a is accepted so that it can be interpreted that there is a relationship between diet and the incidence of gastritis. There is a relationship between diet and the incidence of gastritis in Al-MA'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency. For female students, it is hoped that they can improve their diet so that they can reduce the incidence of gastritis.



Copyright © 2023 PHSAJ. All rights reserved.

Corresponding Author:

Serly Marcelina

Public Health Study Program, Faculty of Health Science, Eleventh April University,

Jalan Cipadung No 54 Sumedang

Email: serlimarc@gmail.com

1. INTRODUCTION

Islamic boarding school is a non-formal educational institution that deepens Islamic religious knowledge or education and practices it as a guide to daily life by prioritizing morals in social life (Ummah Karimah, 2018). Pesantren can also be categorized as an educational institution that focuses on basic religious and social sciences, where the sciences of aqidah, worship, and akhlaq are instilled (Santoso, 2018). The santri culture is basically a culture where there are students who have a strong desire to study religious knowledge with a teacher who is considered capable and respected. This situation causes a student (in this case called santri) to always be by the side of a teacher (kyai) wherever the teacher goes, in other words, a student/santri must always follow, obey and obey a teacher/kyai and always be under his supervision (Hasan, 2021).

Santri according to the Big Indonesian Dictionary is a person who studies Islam; a person who worships earnestly; and a pious person. Santri in general is a term for someone who follows Islamic religious education in pesantren. Santri usually stay in that place until their education is complete. Some of the diseases that often appear in boarding schools include scabies/gudiken, shortness of breath, fever, cough and cold, and gastritis/stomach ulcers. Gastritis or more often we call it ulcer disease is a disease that can interfere with activities and can be fatal if not treated properly. People who often consume foods that can stimulate stomach acid production and have an irregular diet can usually get gastritis (Wicaksono, 2020).

Gastritis can also be caused by several microorganism infections. One of the symptoms of gastritis is pain in the solar plexus, besides that there can also be nausea, vomiting, weakness, decreased appetite, pale face, cold sweat, frequent burping and in severe conditions vomiting of blood can occur. Gastritis is an inflammation of the stomach lining (SiennyAgustin, 2021). Gastritis can be acute characterized by severe attacks lasting one or two days, or chronic with the most common symptoms being long-term loss of appetite, epigastric pain, nausea, vomiting, bloating, anorexia, and heartburn (Mahmoud, S. S., Gasmi, F. M., Solan, Y. O., et al., 2016). If left untreated, gastritis can last for years and lead to serious complications, such as peptic ulcers. Gastritis is divided into two types, namely acute and chronic gastritis (Pittara, 2021).

Diet is a way or effort in regulating the amount and type of food with a picture of information including maintaining health, nutritional status, preventing or helping cure disease (DepKes RI, 2009). The definition of diet according to Handjani is the behavior of a person or group of people in fulfilling food which includes attitudes, beliefs, and food choices, while according to Suhardjo, diet is defined as a way for a person or group of people to choose food and consume food against physiological, psychological, cultural and social influences (Putri, 2020).

In general, diet has 3 (three) components consisting of: type, frequency, and amount of food. The factors that influence the formation of eating patterns are economic, socio-cultural, religious, educational, and environmental factors (Sulistyoningsih in Muchlisin Riadi, 2019). The nutritional needs of each age group can be seen in the recommended nutritional adequacy number (AKG). Which is based on age, occupation, gender, and living conditions as mentioned (Karlina Lestari, 2020).

Several countries in the world and get the results of the percentage of the incidence of gastritis in the world, found that the number of gastritis sufferers in the United Kingdom 22%, China 31%, Japan 14.5%, Canada 35%, and France 29.5% (Mawey, 2019). The percentage of gastritis incidence in Indonesia according to WHO is 40.8%. The incidence of gastritis in several regions in Indonesia is quite high with a prevalence of 274,396 cases out of 238,452,952 people (WHO, 2020).

Based on data on the incidence of gastritis in Indonesia, to be precise in the province of West Java, gastritis disease reached 31.2%. Based on the results of data from the Sumedang Regency Health Office in 2019 there were 35 health centers in Sumedang with a total of 81,620 people with a total of 21,643 men and 44,475 women (Ministry of Health, 2015). Judging from the results of data on the incidence of gastritis, which shows that the incidence of gastritis in women is 2 times more, researchers are interested in conducting research on female respondents.

Based on preliminary studies conducted by researchers at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Gunturmekar Village, Gunungdatar Hamlet on May 8, 2022, of 10 teenage girls at the Al-Ma'mun Islamic Boarding School obtained the results of 9 teenage girls at the Al-Ma'mun Islamic Boarding School having a history of gastritis where the characteristics of the eating patterns of teenage girls sometimes have breakfast, have a frequency of eating less than 3 times a day, always consume spicy and sour foods. And 1 has no history of gastritis, is healthy and has a regular diet.

Based on the facts found in the field, researchers took samples of adolescent girls, not male students because many adolescent girls often complain of heartburn accompanied by nausea, bloating, belching, and decreased appetite. Based on the results of the study on May 8, 2022, the facts found in the field are that many santri at the age of 12 to 18 years generally have an unhealthy lifestyle, such as paying less attention to the food consumed, both from the diet and the type of food.

Time availability is also very influential in the opinion of some adolescent girls, and some adolescent girls postpone breakfast time on the grounds that there is less time due to Quranic activities and cleaning in the morning. The variety of food is also very influential, because providing a variety of foods that are less attractive can cause boredom, thus reducing appetite, and some of them prefer fast food.

2. METHOD

This research is a quantitative study with a descriptive correlation design using a Cross Sectional approach. Where all variables were observed, measured at the time of the study. This study uses primary data to determine the relationship between diet and gastritis in adolescent girls of Al-Ma'mun Islamic Boarding School. Where the independent variable is diet and the dependent variable is the occurrence of gastritis will be collected at the same time.

Cross sectional is a study conducted by taking a certain time that is relatively short and a certain place, carried out on several objects of different levels (Sujarweni, 2014). This research was conducted through the distribution of questionnaires at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency. Population is a collection of subjects, variables, concepts, or phenomena. We can examine each member of the population to determine the nature of the population in question (Morissan, 2012). The population in this study were 173 adolescent girls of the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency with a sample size of 63 people.

The diet questionnaire that has been tested by Renzi Avionita S1 Keperawaan Stikes Bhakti Husada Mulia Madiun. The questions tested for validity were 17 about eating patterns. The results of the validity test for the eating pattern questionnaire were obtained from r hitung 0.571-0.895 valid question items if r count is greater than t table at $n = 20$, namely 0.444 thus the eating pattern questionnaire is said to be valid. In this study, bivariate analysis was conducted to determine the relationship between diet and the incidence of gastritis. Knowledge of this bivariate data analysis using SPSS computerized assistance. The statistical test used is the chi square test (Notoatmodjo, 2012).

3. RESULTS AND DISCUSSION

3.1. Results

3.1.1 Frequency Distribution of Diet in adolescent girls at Pondok Pesantren Al-Ma'mun Tangungkerta District, Sumedang Regency

Table 1.
Frequency Distribution of Diet in adolescent girls at Al-Ma'mun Islamic Boarding School Tangungkerta District, Sumedang Regency

No.	Knowledge	f	%
1	Good	22	35%
2	Less	41	65%
Total		63	100 %

Based on table 1, it can be seen that the characteristics of respondents who showed a poor diet were 41 adolescent girls (65.1%).

3.1.2 Frequency Distribution of Respondents Based on Gastritis at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

Table 2.
Frequency Distribution of Respondents Based on Gastritis at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

NO	Gastritis	Total	Percentage
1	Gastritis	34	54,0%
2	No Gastritis	29	46,0%
Total		63	100%

Based on table 2, it can be seen that the characteristics of respondents who showed gastritis were 34 respondents (54.0%).

3.1.3 Relationship between Diet and the Incidence of Gastritis at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

Table 3.
Relationship between Diet and the Incidence of Gastritis in Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

Diet	Incidence of Gastritis				Total	
	Gastritis		No Gastritis			
	Frequency	%	Frequency	%	Frequency	%
Good	6	18%	16	55%	22	35%
Bad	28	82%	13	45%	41	65%
Total	34	54%	29	46%	63	100%
<i>p value</i>	0,002					

Based on table 3 above, it shows that the results of cross tabulation of the relationship between diet and the incidence of gastritis are known from 63 respondents, 28 respondents (82%) with a bad diet with gastritis, 16 respondents (55%) with a good diet do not have gastritis. And 13 respondents (45%) with a bad diet with no gastritis, 6 respondents (18%) with a good diet gastritis. To determine the relationship between diet and the incidence of gastritis at Al-Ma'mun Islamic Boarding School using the chi square analysis test. This test is used to prove the hypothesis of whether there is a relationship between diet and the incidence of gastritis. The results of statistical tests obtained a value of $p = 0.002 < \alpha = 0.05$ so that H_0 is rejected and H_a is accepted, which means that there is a relationship between diet and the incidence of gastritis at Al-Ma'mun Islamic Boarding School.

3.2. Discussion

3.2.1 Diet in adolescent girls at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

The results and this study showed that of the 63 respondents at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency, 22 respondents had a good diet, while 41 respondents had a poor diet. From the observations made by researchers related to the frequency of eating, some respondents often did not eat one day 3 times. Types of food such as vegetables, fruit, meat, tofu and tempeh, most young women cannot consume them every day. And the portion of food that is not in accordance with the recommendations is one of the causes of gastritis. Some respondents also often have no appetite or tend to get bored with the menu provided by the boarding school. Most of the respondents who had a good diet were 22 respondents, this can be seen from the results of the questionnaire which shows several questions that show dietary habits, types of food and meal portions.

According to the theory of Hudha (2012), the above can affect the diet is the way or behavior taken by a person or group of people in choosing, using food ingredients in food consumption every day which includes meal frequency, meal portions, and types of meals based on social, cultural factors where they live.

This is supported by previous research conducted by Bagas (2016) on the relationship between diet and the incidence of gastritis in adolescents at the Al-Hikmah Trayon Islamic Boarding School Karanggede Boyolali, which found that respondents with a poor diet were 20 respondents (66.7%), and respondents with a good diet were 10 respondents (33.3%), which means that a poor diet is twice as much as a good diet respondent.

Based on the explanation above, according to the researcher, the relationship between diet and the incidence of gastritis with the results obtained 22 respondents have a good diet, this can be seen from the results of the questionnaire which shows the respondents' good dietary habits such as, the frequency of eating 3 times a day and on time, the type of food consisting of carbohydrates, protein, vitamins and minerals, with portion sizes according to what has been recommended. While 41 respondents had a bad diet. this can be seen from the results of the questionnaire which shows bad dietary habits such as, the frequency of eating less than 3 times a day and not on time, the type of food that does not or rarely consists of carbohydrates, protein, vitamins and minerals, with portion sizes that are not in accordance with what has been recommended. With this, the researcher hopes that teenage girls will pay attention and maintain their daily diet.

3.2.2 Incidence of gastritis in adolescent girls at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

Based on the research results in table 4.2, it shows that most of the teenage girls at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency in 2022 had gastritis as many as 34 respondents. This can be seen from the questionnaire that mentions several questions that show the signs and symptoms of gastritis experienced by respondents, namely decreased appetite, heartburn, feeling nauseous,

vomiting, bloating, cold sweat, burping, most of the respondents, answered "yes" which means that the respondents experienced these symptoms.

This is in accordance with the theory of Widjadja (2015) such as burping or hiccups, hot throat, nausea, stomach feels kneaded, vomiting, no appetite, frequent cold sweats, weight loss, upper abdomen does not feel comfortable, stomach feels hot, bloated, full quickly and stomach often sounds. Other symptoms that rarely occur, but feel heavy are pain in the solar plexus accompanied by nausea, symptoms of anemia, namely dizziness and weakness, reduced body balance, as if fainting, vomiting. Based on the above results, it is concluded that most respondents have gastritis, this can be seen through signs and symptoms.

This is supported by previous research conducted by Bagas (2016) on the relationship between diet and the incidence of gastritis in adolescents at the Al-Hikmah Trayon Karanggede Boyolali Islamic Boarding School, which is known that 19 respondents with gastritis (63.3%), and 11 respondents with no gastritis (36.7%) can be interpreted as students with gastritis 2 times the respondents of students without gastritis.

The researcher believes that respondents often ignore eating badly and do not take gastritis prevention as an effort to avoid gastritis. And respondents often consume foods that tend to cause gastritis, such as spicy foods.

3.2.3 Relationship between Diet and the Incidence of Gastritis in adolescent girls at Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency

Based on the results of the cross table analysis of the relationship between diet and the incidence of gastritis in adolescent girls at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency, 28 respondents had a poor diet with gastritis and 16 respondents had a good diet without gastritis. From the analysis shows that a poor diet can cause gastritis. From the analysis shows that a poor diet can cause gastritis. From the results of statistical tests using chi square test analysis to obtain a p-value of 0.002. If $p < 0.005$ then H_0 is rejected and H_a is accepted so that it means there is a relationship between the relationship between diet and the incidence of gastritis at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency.

Syamsu (2017) argues that eating patterns (meal frequency, meal type, and meal portions) or various information that provides an overview of the various kinds and amounts of food eaten every day by one person and is typical for a group. The results showed that diet is very influential on the incidence of gastritis.

This is supported by previous research conducted by Bagas (2016) on the relationship between diet and the incidence of gastritis in adolescents at the Al-Hikmah Trayon Karanggede Boyolali Islamic Boarding School, which found that respondents with a poor diet were associated with a low incidence of gastritis totaling 7 respondents (15.0%), while the incidence of gastritis in the high category was 13 respondents (85.0%). On a good diet associated with the incidence of gastritis in the low category amounted to 4 respondents (20.0%), while the incidence of gastritis in the high category amounted to 6 respondents (80.0%). From this data it can be seen that the high incidence of gastritis is indicated by a poor diet. This means that there is a relationship between diet and the incidence of gastritis.

The researcher believes that the incidence of gastritis is largely due to an irregular diet such as most respondents only eating once a day or not at all. In addition, the amount of carbohydrates, protein, vitamins and minerals in the food consumed is not balanced. Researchers also argue that respondents often ignore eating badly and do not take gastritis prevention as an effort to avoid the occurrence of gastritis. And respondents often consume spicy foods that tend to cause gastritis.

4. CONCLUSION

Based on the results of the research that has been conducted and described in the discussion exposed in the previous chapter, the authors can provide the following conclusions:

1. Diet in adolescent girls at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency was poor, namely 65.1%.
2. Gastritis in adolescent girls at the Al-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency was gastritis, namely 54.0%.
3. There is a significant relationship between diet and the incidence of gastritis in adolescent girls at the AL-Ma'mun Islamic Boarding School, Tangungkerta District, Sumedang Regency with a p-value = $0.002 < \alpha 0.05$.

REFERENCES

- Almatsier, Sunita. 2010. Basic Principles of Nutrition Science. Jakarta: PT Sun.
- Ambarwati. Respati. Fitri. 2011. Nutrition and Reproductive Health. Surabaya: Cakrawala Science.

- Ariani, Putri, Ayu. 2016. Nutrition Science. Muara Bungo : Numed.
- Arikunto, Suharsimi. 2010. Research Procedures A Practical Approach. Jakarta: Rineka Cipta.
- Asady, A. N., & No, J. I. S. (2017). Sms Gateway Based Santri Licensing and Violation Application with Borland Delphi. Lampung Utara, 1-17.
- Azwar, Saifuddin. 2013. Research Methods. Yogyakarta: Student Library Offset.
- Bagas.2016. The Relationship of Diet with the Incidence of Gastritis in Adolescents at AL-HIKMAH Cottage Trayon Karanggede Boyolali. (online) <http://eprints.ums.ac.id/47262/> (accessed on December 16, 2018).
- Dahlan.Sopiyudin.M. 2014. Statistics for Medicine and Health. Jakarta: Salemba Mendika.
- Desty, E. R. (2020). Relationship between Diet and the Incidence of Gastritis in Adolescents Class X at MA Walisongo, Kebonsari District, Madiun Regency in 2019 (Doctoral dissertation, STIKES BHAKTI HUSADA MULIA MADIUN). 2019 (Doctoral dissertation, STIKES BHAKTI HUSADA MULIA MADIUN).
- Diatsa, B., Abi Muhlisin, S. K. M., Kep, M., & Yulian, V. (2016). Relationship between Diet with the incidence of gastritis in adolescents at Pondok Al-hikmah, Trayon, Karanggede, Boyolali (Doctoral dissertation, University of Surakarta). Muhammadiyah Surakarta).
- Diaz, H. R. (2019). Abraham, C. & Shanley E. 1997. Social Psychology for Nurses. Jakarta: EGC medical book. Adnani, H. 2011. Public Health Science. Yogyakarta: Nuha Medika. Arikunto, S. 2010. Research Procedure: A Practice Approach. Jakarta: PT Rineka Cipta. Atipah. 2016. Factors Affecting Community Interest in Jamkesda Program Participation in Banjarlor Village, Banjarharjo Sub-district, Brebes Regency. Thesis, Semarang State University. Azwar, S. 2012. Reliability and Validity. (Doctoral dissertation, Stikes Bhakti Husada Mulia Madiun).
- Gusti, P. N. F., Rawi, R. D. P., & Sofia, S. (2021). The Effect of Human Relations and Work Motivation on Employee Performance at PT. Bank Rakyat Indonesia (Persero) TBK Sorong Branch. Journal of Effective Economics, 3(4), 456-463.
- Hendro, Adeleida. Bryan. 2015. Relationship between Eating Habits and Prevention of Gastritis in Class X Students at Likupang High School (online) <https://ejournal.unsrat.ac.id/index.php/jkp/article/view/5215> (accessed on December 16, 2018)
- Herniti, E. (2013). Sexist Language in the Big Indonesian Dictionary. Adabiyat: Journal of Language and Literature, 12(1), 116-133.
- Irianto.Djoko. 2011. Complete Nutrition Guide for Families and Sportsmen. Yogyakarta: Andi Yogyakarta.
- Jannah, M. (2017). Adolescents and their developmental tasks in Islam. Psychoislamedia: Journal of Psychology, 1(1).
- Karimah, U. (2018). Islamic boarding schools and education: its relevance in education goals. MISYKAT: Journal of Al-Quran, Hadith, Shari'ah and Tarbiyah Sciences, 3(1), 137.
- Kusmiran, Eny. 2013. Reproductive Health of Adolescents and Women. South Jakarta: Salemba Medika.
- Kusumawardani, M. P., & Hendratno, H. (2020). THE EFFECT OF DEBT TO EQUITY RATIO, CURRENT RATIO, TOTAL ASSET TURNOVER, AND SIZE ON RETURN ON EQUITY. Journal of Management Partners, 4(8), 1234-1248.
- Loanda, E., Margaret, A. L., & Hidayat, J. (2016). Daily sugar intake from complementary ingredients. Andalas Medical Magazine, 39(1), 21-27.
- Mardalena. Ida. 2017. Nursing Care for Patients with Digestive System Disorders Digestive System Disorders. Yogyakarta: PT New Library.
- Musyayyib, R., Hartono, R., & Pakhri, A. (2018). Knowledge and Diet with Adolescent Nutritional Status at Nahdlatul Ulum Islamic Boarding School Soreang Maros. Makassar Health Polytechnic Health Media, 12(2), 29-38.
- Notoatmodjo, S. (2012). Health research methodology.

- Nursalam. 2013. *Nursing Science Research Methodology Practical Approach*. Third Edition. South Jakarta: Salemba Medika.
- Potter & Perry. 2005. *Fundamentals of Nursing, Concepts, Processes and Practice*. Jakarta: EGC.
- Putri, R. F., & Putri, R. F. (2019). THIRD LEVEL IN FINANCIAL ACCOUNTING CONCEPTUAL FRAMEWORK FACTORS. *Journal of Social Humanities Education Research*, 4(2), 525-530.
- Restiana, D.E. (2019). Thesis on the relationship between diet and the incidence of gastritis in class X adolescents in MA Walisongo, Kebonsari District, Madiun Regency.
- Rista, Rumpiati, Syamsu. 2017. The Relationship of Diet with the Incidence of Gastritis in Adolescents (online) <http://jurnal.csdforum.com/index.php/GHS/article/view/100> (accessed on December 16, 2018).
- Rofii, M. (2021). *Theory and Philosophy of Nursing*.
- Sandi, D. E. (2020). The Relationship of Dietary Regularity with the Incidence of Functional Dyspepsia in Adolescents: A Systematic Review.
- Saputro, K. Z. (2018). Understanding the characteristics and developmental tasks of adolescence. *Aplikasia: Journal of Applications of Religious Sciences*, 17(1), 25-32.
- Soetjningsih, C. H. (2018). *Developmental psychology series: child development from conception to late childhood*. Kencana.
- Sugiyono. 2010. *Statistics for Research*. Jakarta: Alfabeta CV.
- Sujarweni W. 2014. *Nursing Research Methodology*. Jakarta: Gava Media.
- Sutana, I. G., & Dwipayana, A. P. (2020). Consumption Behavior of Jamu Covid-19. *COVID-19: Perspectives on Religion and Health*, 41.
- Syafnidawati, S., & Mahardhika, E. A. Promotion of Water World Citra Raya Tangerang in the Form of Video Advertising. *Cyberpreneurship Innovative and Creative Exact and Social Science*, 5(2), 204-211.
- Waspadji, Suyono, Sukardji. 2010. *Assessment of Nutritional Status Epiemiologic Studies and Research in Hospital*. Jakarta: FKUI Publishing House.
- Widjadja R. 2009. *Chronic Disease*. Jakarta: Bee Media Indonesia
- Wijaya, A., & Santoso, S. (2015). Marriage Sirri Among Santri Case Study Nidaul Ummah Boarding School Gilang Harjo Pandak Bantul (Marriage Sirri Among Santri Case Study Nidaul Ummah Boarding School Gilang Harjo Pandak Bantul). *Ulumuddin Journal*, 4, 33-44.
- Winasih, R., Nursalam, N., & Kurniawati, N. D. (2015). Cultural organization and quality of nursing work life on nurses performance and job satisfaction in Dr. Soetomo Hospital, Surabaya. *Ners Journal*, 10(2), 332-342.
- Yusfar, K. M. (2019). THE RELATIONSHIP BETWEEN GASTRITIS RISK FACTORS AND THE INCIDENCE OF GASTRITIS IN HIGH SCHOOL AND JUNIOR HIGH SCHOOL STUDENTS. *Healthy Journal*, 7(1), 9-21.