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Unhealthy Lifestyle Among Sufferers Of Gastritis On Young Adult Age

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Abstract: *Gastritis is generally experienced by young adults caused by unhealthy lifestyle patterns, including diet, sleep patterns, physical activity, and stress. This study aims to identify the description of the lifestyle of young adults with gastritis that includes diet, sleep pattern, physical activity, and stress. This research method used was quantitative with a cross-sectional design, using a lifestyle questionnaire which was distributed using a Google form to 133 students who were selected through total sampling. The results showed that the average age of respondents was 20.9 years and the majority were women. lifestyle profile found, the total healthy lifestyle was 46.6% unhealthy. Lifestyles include diet, sleep patterns, and physical activity indicating nearly the same results by about 51-52% in unhealthy categories. For stress levels, there were 70.7% respondents in the moderate category. The number of male respondents in the category of healthy lifestyles and do not have the same results (12.8%), whereas in women, 33.8% in the unhealthy category. On the male lifestyle profile, unhealthy categories on physical activity, while in women on eating habits. The conclusion of the study for lifestyle among respondents were in the unhealthy category. Young adults with gastritis are recommended to adopt a healthy lifestyle to avoid the complication of gastritis.*

Keywords: *Gastritis, Lifestyle, Young Adult*

INTRODUCTION

Gastritis is commonly experienced in the productive ages due to a lifestyle. Gastritis sufferers will experience an inflammation of the stomach that can cause inflammation triggered by increased secretion of stomach acid (Novitayanti, 2020). Increased secretion of stomach acid can trigger vagus nerve fibers toward the medulla oblongata through chemoreceptors containing epinephrine and serotonin, thus activating the stomach with nausea and vomiting (Eviani, Rositasari, & Astuti, 2016).

World Health Organization (WHO) data show the number of events occurring around 1.8-2.1 million from the population each year, in Britain (22%), China (31%), Japan (14.5%), Canada (35%) and France (29.5%) (WHO, 2017). The incidence of gastritis in Indonesia was high (40.8%) with a circulation of 274,396 cases from 238,452,952 people. West Java has a 31.2% case of gastritis, and Bandung has its own 153% (Kemenkes, 2015).

Gastritis sufferers will experience heartaches, nausea, vomiting, flatulence and can cause digestive hemorrhage (Novitayanti, 2020). Persistent effects of gastritis (ulcer) or ulcer, blood vomiting and complications (Ilham, 2019). Chronic gastritis can increase the risk of stomach cancer if there is continuous thinning of the wall of the stomach so that people must wake up and know the cause (Agustina, 2016). The reason why gastritis has no maintenance so that students do not set the pattern of healthful living (Novitasary & Ismail, 2017).

Lifestyle is a pattern of everyday individual behavior that leads to efforts to maintain physical, mental and social conditions in positive (Sulistiono & Winingsih, 2020). Lifestyles are influenced by diet, sleep patterns, physical activity, and increased stress as the college process activities go with a lot of work. The improvement of the college process causes students not to have time to establish a healthy routine of life. Unhealthy life patterns such as irregular eating, smoking, lack of physical activity, irregular sleep, and stress would cause gastritis (Novitayanti, 2020).

An irregular diet causes stomach acid (HCL) to increase, causing friction in both the stomach and the small intestine to develop a pain called ulcer (Mappagerang & Hasnah, 2017). The amount and frequency of meals need attention to help ease the work of the digestive tract where eating three meals a day in small portions (Tussakinah, Masrul, & Burhan, 2018). Irregular sleep patterns of less than eight hours would interfere with the working system of the gastrin cell to secrete a more effective stomach acid at night (Bayti, Indah, Jubaidah, Priani, & Jayanthi, 2021).

Lack of physical activity can trigger gastritis. Physical activity can stimulate the gut muscles so that it helps to expel food waste from the gut faster. Effective exercise for 30 minutes each day or a minimum of three to five days a week (Hammami, Harrabi, Mohr, & Krustrup, 2022). But excessive exercise can also increase the production of stomach acid that triggers gastritis. Stress may also reduce the production of useful prostaglandin to protect stomach acid and thus increase HCL production (Sitompul & Wulandari, 2021). Stress also has a negative effect through the neurological mechanism of the digestive tract that causes the risk of gastritis (Tussakinah et al., 2018). The genesis of gastritis is widely found in productive ages due to the prevalence of life and the pattern of neglecting its health (Rahayu,Ayu, & Rijai, 2016).

Young adults have irregular diet habits, such as fasting habits because they want weight loss and thus perform wrong diitation (Zerón-Rugerio,Cambras, & Izquierdo-Pulido, 2019). Gender also determines the occurrence of gastritis because women pay more attention to the image of their body so often postpone eating than men (Rahayu et al., 2016).

The phenomenon found among students that 5 (30%) students suffer from sleep disorders less than 8 hours because of work, 4 (25%) students complain of chronic liver pain when late eating and frequent consumption containing caffeine such as coffee, 3 (15%) students experience increased stress like anxiety due to college and final duties, 5 (30%) students lack physical activity such as walking and exercise. Nor did researchers find other studies regarding the lifestyle of genesis gastritis, so from this researchers was intrigued to examine young adult lifestyle of gastritis.

METHOD

This research is a quantitative method, descriptive design study with a cross-sectional approach. Descriptive design aims to capture images of phenomena occurring within a population made of a host of objects. The cross-sectional approach is a design for research to know observation identified in one time unit done only once to each variable in the same time. This study uses one variable, namely lifestyle.

This study using total sampling technique. The inclusion criteria on this research are active students who are experiencing gastritis and have a history of gastritis. The sample was obtained based on screening through questionnaires to the college student, it was obtained that completed the questionnaire which is 319. Some 133 students who are experiencing gastritis or have a history of gastritis. Total, 133 students were enrolled in the study.

Researchers designed lifestyle questionnaires that included diet, sleep patterns, physical activity, and stress by referring to previous studies (Bayti et al., 2021). A lifestyle questionnaire consisting of 30 questions about 10 diet questions, 7 sleep patterns questions, 5 questions about physical activity, and 8 questions for stress. Lifestyle questionnaires have been tested as valid and reliable of 30 college students who have a history of gastritis with a value of 0.381-0.570 means that the items are valid, and the reliability result was 0.736.

Data Collection

The present study was conducted using primary data by distributing questionnaires on respondents. Data collection spanned June to July 2022 at the private university in Bandung Barat, Indonesia. After approval by the Institutional Review Board, eligible participants were given a yes-no question to confirm their willingness to participate voluntarily. After reviewing the question, eligible

participants were asked to complete a self-assessment questionnaire. Furthermore, the researcher entered the respondents' data into computer software for processing and analysis.

Data Analysis

Descriptive statistics (mean, standard deviation, and percentages) were used to describe the demographic data, and measures for samples. The comparison lifestyle profiles based on gender were using Chi square test. Statistical analysis were conducted using the statistical software package SPSS version 24.

Ethical Consideration

Data were collected with the approval of the Ethics Review Boards (No.058/STIKes-SB/Etik/Has./VII/2022). Eligible participants who consent to participate receive the yes or no question (as signed declaration of consent) and are guaranteed confidentiality and data protection.

RESULT

Tabel 1. Demographic Characteristics and Lifestyle among Young Adults of a Young Adult Age

Characteristics		n	%
Age	20.90 ± 1.660		
	15-18 years (teen)	31	23.3
	>18 years (adult)	102	76.7
Sex	Female	99	74.4
	Male	34	25.6
Total Lifestyle	Healthy	71	53.4
	Unhealthy	62	46.6
Eating Habits	Healthy	64	48.1
	Unhealthy	69	51.9
Sleep pattern	Healthy	65	48.9
	Unhealthy	68	51.1
Stress	Low	21	15.8
	Moderate	94	70.7
	High	18	13.5
Physical activity	Healthy	64	48.1
	Unhealthy	69	51.9

Table 1 shows that the mean age of the respondents was 20.90 years and 74.4% are female. Furthermore, for the lifestyle profile found, the total healthy lifestyle was 46.6% unhealthy. Lifestyles include diet, sleep patterns, and physical activity indicating nearly the same results by about 51-52% in unhealthy categories. 70.7% of students have a moderate category of stress.

Table 2 shows that the number of male respondents in the category of healthy lifestyles and do not have the same results (12.8%), whereas in women, 33.8% in the unhealthy category. On the male lifestyle profile, unhealthy categories on physical activity, while in women on eating habits.

Tabel 2. Lifestyle Profile Between Female and Male Among Young Adults of a Young Adult Age

Variable	Female (n= 99)	Male (n= 34)	X^2	P-value
Lifestyle categorical (n, %)				
Healthy	54 (40.6)	17 (12.8)	0.210	0.647
Unhealthy	45 (33.8)	17 (12.8)		
Eating Habits (n, %)				
Healthy	49 (36.8)	15 (11.3)	0.293	0.558
Unhealthy	50 (37.6)	19 (14.3)		
Sleep pattern (n, %)				
Healthy	50 (37.6)	15 (11.3)	0.413	0.520
Unhealthy	49 (36.8)	19 (14.3)		
Stress (n, %)				
Low	14 (10.5)	7 (5.3)	0.831	0.660
Moderate	71 (53.4)	23 (17.3)		
High	14 (10.5)	4 (3.0)		
Physical Activity (n, %)				
Healthy	50 (37.6)	14 (10.5)	0.882	0.348
Unhealthy	49 (36.8)	20 (15.1)		

DISCUSSION

Lifestyle is an effort to apply habits that lead to maintaining positive, mental, and social conditions (Purwandari & Handono, 2019). A healthy lifestyle requires attention to the body, the mind, and the soul. Healthy, quality living is not easily achieved, but should be trained daily (Sumeru & Proverawati, 2018).

The results of this study indicate a lifestyle of 62 (46.6%) respondents, because still many students eat poorly, sleep patterns are irregular, lack of physical activity, and many suffer from stress due to their busy schedules of activities and many college assignments. The study goes hand in hand with previous studies that students do not often participate in sports when exercise can help relieve stress. Furthermore, the most important thing is a student's irregular diet resulting from a dense college schedule (Estefany, 2019).

Lifestyles are influenced by diet, sleep patterns, physical activity, and an increasing amount of stress in which a rigorous college schedule is scheduled. The college process causes students to miss out on making healthy living patterns (Novitayanti, 2020). Lifestyle of gastritis sufferers can be prevented, such as regular eating, an absence of caffeine/tea, sufficient rest, regular exercise, and avoiding stress (Hanifah, 2011).

Studies have shown that poor diet is as much as 69 (51.9%) respondents. The results of this study coincided with previous studies that young adults had irregular diet habits due to the course of instruction followed by numerous assignments. A poor (irregular) diet causes the stomach to become sensitive, so stomach acid increases. Excessive production of HCL (stomach acid) can cause friction in the walls of the stomach, and small intestine, resulting in pain or ulcers. Friction would be worse if the stomach was empty from an irregular meal that eventually resulted in bleeding from the stomach (Sitompul & Wulandari, 2021).

A diet is the way or habit that a person practices to consume a recurring diet (Imayani, Myrnawati, & Aritonang, 2017). Unhealthy eating habits, such as eating late, spicy, acidic, coffee, and alcohol (Futriani, Tridiyawati, & Putri, 2020). Skipping breakfast and drastically diet habits can also cause gastritis (Liliandriani, Abidin, & Inrawati, 2021). Too hot-eating, too cold or too hot and too fast-eating can also cause gastritis. If left unchecked, it will make things worse for the sufferer who causes the ulcer (Liliandriani et al., 2021). Furthermore, previous study found that there is an association between gastritis symptoms and eating habits or food preference both female and male. Males were more inclined than women to eat leftovers and dine out, whereas females favored sour meals more

than males (Li et al., 2020). A poor diet also includes the consumption of less than the body's needs, a poor variety of unhealthy foods, and an irregular eating frequency can cause gastritis (Yatmi, 2017).

According to the researchers, based on the responses to the questionnaires, most of the respondents have irregular eating habits caused by the many activities young adults must follow both on campus and off-campus. Furthermore, young adults also often consume spicy foods, drinks containing caffeine, such as coffee/tea which can cause increased stomach acid production and eventually lower strength in the stomach walls and can cause liver pain.

Gastritis is the result of an inability to digest food (indigestion), excessive stomach acid production, and a consumption of foods that triggers irregular relapses and meals (Tussakinah et al., 2018). Persistent gastritis causes ulcers or ulcers, blood vomiting and complications (Ilham, 2019). That explains why gastritis needs to maintain a healthy diet.

Research has found that young adult sleep patterns in students fall into a poor category of 68 (51.1%). The study coincided with an earlier study that students (52.5%) slept late and slept less for 8 hours because of the accumulated schoolwork making it difficult to get to sleep. When a person is affected by sleep disorders, it is the dopamine system of neurons in the body of one of the digestive systems (Bayti et al., 2021).

According to researchers, based on questionnaire answers, most respondents had less than eight hours of sleep due to heavy schoolwork and schedules. The activity requires a student to complete his or her duties so that it sometimes disrupts his or her sleep. The habits of students who often take on academic assignments until late into the night disturb their sleep patterns, so constant changes in sleep patterns can affect the digestive system that causes gastritis.

Sleep is a relatively tranquil state of unconsciousness without essential activity to the body because during sleep most of the internal organs of the body will rest (Haryati, Yunaningsi, & Junuda, 2020). Irregular sleep patterns of less than eight hours would disrupt the working system of the gastrin cell to secrete stomach acid that works more effectively at night (Bayti et al., 2021). This excess stomach acid can cause gastritis and the appearance of gastritis (Artini, Prasetyo, & Lestari, 2022). Methods used to prevent the rise of stomach acid need to regulate sleep patterns. Enough sleep for the adults 7-8 hours. Late night sleep and messy bedtime can interfere with individual biological clocks (Haryatno, 2014). Consumption of coffee, cigarettes, and caffeine can cause sleep patterns (Latif, 2022).

Research results have shown that stress in young adults is 94 (70.7%) in the moderate category. The study is consistent with previous studies conducted on students in 2020/2021's obtained data, 0% of mild stress, 61.7% moderate and 21.3% heavy. Stress affects the workings of the neuroendocrine system. In stress, fluctuations like anxiety, panic, and haste can increase stomach acid (Wijaya, Antony, Suhartina, & Nasution, 2022).

Stress causes hormonal changes in the body that can stimulate excess gastrointestinal cells (Widiyanto & Khaironi, 2014). Stress will also increase sympathetic neural activity that stimulates increased gastric acid production (Mappagerang & Hasnah, 2017). An increase in HCL could be quantified by a chemical medium released by sympathetic neurons such as epinephrine (Merbawani, Sajidin, & Munfadlila, n.d.). Stomach acid production will increase under stress conditions, such as anxiety, fear, or haste (Suwindri, Tiranda, & Ningrum, 2021).

Mechanisms of control for managing stress prevent stomach acid from increasing by healthy and nourishing feeding, engaging in such activities as hobbies and adequate rest (Sukadiyanto, 2018). A healthy diet is a minimum of three meals a day, and the menu is four healthy five (Almatsier, 2001). Engaging in a high-interest activity will help to avoid stress aimed at boosting the appearance of endorphin hormones within the individual (Mentari, Liana, & Pristya, 2020). Data results based on questionnaires show that most have a moderate degree of stress because of hours spent densities in each period and field practice accompanied many student assignments. The student was required to complete his assigned duties on a deadline and thus create feelings of anxiety and anxiety if not completed. The state of stress, anxiety and anxiety can increase the stomach acid that causes gastritis.

Research has provided data that shows the physical activity of gastritis sufferers in an unhealthy category 69 (51.9%). The results coincided with previous studies that 62.5% of respondents rarely

engage in sports because of a tight schedule. Physical activity aims to improve health and preserve physical freshness as therapeutic (restoring organ systems) and body physiology. Regular, precise exercise to achieve its functions can also maintain health mainly in the occurrence of gastritis (Bayti et al., 2021).

Physical activity can stimulate intestinal muscle activity and help get food waste out of the gut faster (Firmanti, 2014). Excessive exercise can also increase the production of stomach acid and trigger gastritis, causing symptoms such as nausea and tingling. This is because the stomach produces acid to digest food in a regular schedule (Rimbawati & Wulandari, 2022). The stomach keeps producing acid even though no food has to be destroyed (Suryono & Meilani, 2017). Therefore physical activity needs to be done properly, not too long or too short.

Physical activity such as walking and exercise can take place in 5-10 minutes, and then an increase of up to 30 minutes each (Wicaksono, 2020). Regular exercise is performed in short and repeated times, rather than immediately performing long periods because it increases the production of stomach acid (Swesti, Nurcahyo, & Barlian, 2021). Activities that suit health and fitness conditions such as walking or running, cycling, gymnastics and so on (Munasinghe et al., 2020).

Data obtained based on questionnaires' answers indicates that the majority of respondents rarely engaged in sports activities. Many students had not had time to spend exercising because of the rigor of working on his college assignments and causing the labor of gastritis

CONCLUSION

The occurrence of gastritis is caused by an unhealthy lifestyle profile: unhealthy diet, irregular sleep patterns, lack of physical activity, and stress. The present study provides information that almost a half of the respondents had an unhealthy lifestyle. The findings suggest that students will be able to adopt healthy patterns of diet, sufficient rest, exercise and reduce stress, thus avoiding more severe complications of gastritis. Furthermore, with a focus on distinct gender groups of gastritis, some specific lifestyle profile such as dietary habits, sleep pattern, and physical activity that would be very important in the control of gastritis should be given more attention.

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