

ABSTRAK

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GAMBARAN PERILAKU PENCEGAHAN GASTRITIS PADA MAHASISWA *TEACHERS COLLEGE* DI SATU UNIVERSITAS DI KABUPATEN TANGERANG

(xiii + 86 Halaman; 1 bagan; 9 Tabel; 10 Lampiran)

Latar belakang: Gastritis dapat menimbulkan gejala seperti nyeri di daerah ulu hati, mual, muntah, lemas, kembung, terasa sesak, nafsu makan berkurang, wajah tampak pucat, suhu tubuh naik, pusing, keringat dingin, selalu bersendawa, dan muntah darah pada kondisi yang lebih parah. Berdasarkan hasil pengambilan data awal 20 responden didapatkan masih terdapat mahasiswa yang masih mengalami gejala gastritis yaitu mual, muntah, nyeri ulu hati dan sebagainya, yang diakibatkan karena pola makan yang tidak teratur, mengonsumsi kopi dan minuman bersoda, stres dan juga kesibukan perkuliahan dan organisasi. **Tujuan penelitian:** Untuk mengetahui gambaran perilaku pencegahan gastritis pada mahasiswa *Teachers College* di Satu Universitas di Kabupaten Tangerang. **Metode Penelitian:** penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif. Populasi adalah mahasiswa *Teachers College*. Sampel yang diambil sebesar 110 orang dengan teknik *Accidental Sampling*. Instrumen yang digunakan berupa kuesioner yang sebelumnya telah dilakukan uji validitas dan reliabilitas pada 30 responden dan diperoleh hasil 20 pernyataan valid dengan *cronbach alpha* 0,912. **Hasil:** Dari jumlah 110 responden mahasiswa *Teachers College* angkatan 2018 didapatkan hasil sebanyak 67,3% responden memiliki perilaku pencegahan gastritis yang sedang atau cukup dan 32,7% responden memiliki perilaku pencegahan gastritis yang baik. **Rekomendasi:** Pada penelitian selanjutnya diharapkan peneliti selanjutnya dapat meneliti menggunakan metode kualitatif serta dapat mencari hubungan dari setiap determinan perilaku yang ada dengan sampel yang lebih banyak dan mudah untuk dijangkau.

Kata kunci: Perilaku, Pencegahan, Gastritis, Mahasiswa
Referensi : 76 (2009-2021)

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DESCRIPTION OF GASTRITICAL PREVENTION BEHAVIOR IN STUDENT TEACHERS COLLEGE AT ONE UNIVERSITY IN THE CITY TANGERANG

(xiii + 86 pages; 1 charts; 9 table; 10 Attachments)

Background: Gastritis can cause symptoms such as pain in the gut area, nausea, vomiting, weakness, bloating, tightness, decreased appetite, pale face, increased body temperature, dizziness, cold sweat, always burping, and vomiting blood in this condition. Based on the results of the initial data collection of 20 respondents, it was found that there were still students who still experienced symptoms of gastritis, namely nausea, vomiting, heartburn and so on, which were caused by irregular eating patterns, consuming coffee and soft drinks, stress, and also being busy lectures and organization. **The research objective:** To determine the description of gastritis prevention behavior among Teachers College students at one university in Tangerang Regency. **Research Methods:** This study uses a descriptive method with a quantitative approach. The population is Teachers College students. Samples were taken of 110 people with the Accidental Sampling technique. The instrument used was a questionnaire that had previously tested the validity and reliability of 30 respondents and obtained 20 valid statements with cronbach alpha 0.912. **The Results:** From a total of 110 Teachers College student respondents' class 2018, 67.3% of respondents had moderate gastritis prevention behavior and 32.7% of respondents had good gastritis prevention behavior. **Recommendation:** In the next research, it is hoped that the next researcher will be able to research using qualitative methods and be able to find the relationship of each determinant of existing behavior with a larger sample that is easy to reach.

Keywords: Behavior, Prevention, Gastritis, Students

Reference:76 (2009-2021)