

ABSTRAK

Khilyah Tasya Putri Arifiansyah

HUBUNGAN ANTARA STRESS DENGAN KEJADIAN KEKAMBUIHAN GASTRITIS PADA REMAJA DI PONDOK PESANTREN X KUDUS

Latar belakang: Gastritis adalah inflamasi yang dikarenakan infeksi atau iritasi pada mukosa lambung karena pola makan yang tidak teratur, konsumsi kopi, alkohol, konsumsi obat pereda nyeri jangka panjang, stress psikologis, stress fisik, dan infeksi oleh kuman *Helicobacter pylori*. Gastritis menyebabkan sakit perut, seperti kembung, mual, dan merasakan sakit kepala yang menyebabkan kegiatan sehari-hari terganggu, kanker lambung, bahkan kematian. Stress memiliki dampak negatif pada mekanisme neuroendokrin di saluran pencernaan, sehingga dapat berisiko terkena gastritis karena pada kondisi stress, asam lambung akan meningkat.

Metode: penelitian ini adalah penelitian kuantitatif *cross sectional*. Pengumpulan data menggunakan kuesioner dengan 120 responden meliputi 60 *case* 60 *control* dengan tehnik *purposive sampling*. Pengolahan data menggunakan uji *chi-square*.

Hasil: penelitian dilakukan pada responden jenis kelamin homogeny yang berjenis kelamin perempuan dan memiliki karakteristik kelompok *case* usia 16 tahun sebanyak 35 (30%), pendidikan SMA sebanyak 32 (53,3%), dan stress sebanyak 30 (50%). Hasil penelitian pada kelompok *case* menunjukkan bahwa stress sebanyak 30 (90,9%) dan tidak stress sebanyak 30 (9,1%).

Simpulan: terdapat hubungan antara stress dengan kejadian kekambuhan gastritis pada remaja di Pondok Pesantren X Kudus, dengan uji *chi-square* diperoleh hasil *p value* = 0,000.

Kata kunci: *Stress dan Kejadian Kekambuhan Gastritis*

ABSTRACT

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THE RELATIONSHIP BETWEEN STRESS AND THE EVENT OF GASTRITIC COMPLETION IN ADOLESCENTS IN PONDOK PESANTREN X KUDUS

Background: Gastritis is inflammation caused by infection or irritation of the gastric mucosa due to irregular eating patterns, consumption of coffee, alcohol, consumption of long-term pain relievers, psychological stress, physical stress, and infection by the *Helicobacter pylori* bacteria. Gastritis which causes stomach pain, such as bloating, nausea, and having a headache that causes uninterrupted daily activities, stomach cancer, and even death. Stress has a negative impact on the neuroendocrine digestive system, so you can be at risk of developing gastritis due to stressful conditions, and stomach acid will increase.

Methods: the study was a cross sectional quantitative study. Data collection using a questionnaire with 120 respondents consisting of 60 cases 60 controls with purposive sampling technique. Data processing used the chi-square test.

Results: The study was conducted on respondents who were homogeneous who were female and had the characteristics of the case group aged 16 years as much as 35 (30%), high school education as much as 32 (53.3%), and stress as much as 30 (50%). The results of the study in the case group showed that stress was 30 (90.9%) and no stress was 30 (9.1%).

Conclusion: There is a relationship between stress and the incidence of gastritis recurrence in adolescents at Pondok Pesantren X Kudus, with the chi-square test the result is p value = 0,000.

Key words: Stress and Gastritis Recurrence Incidence