

ABSTRACT

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**DESCRIPTION OF SMOKING HABITS AND DIETARY HABITS IN
GASTRITIC PATIENTS IN THE WORK AREA OF MANAHAN
COMMUNITY HEALTH CENTER SURAKARTA**

ABSTRACT

Background: Gastritis is most common in people who have poor diet and stimulate stomach acid production. Gastritis is one of the top 10 diseases in hospitalized patients in Indonesia with 30,154 cases (4.9). The etiological factor of gastritis reaches 60%, namely excessive alcohol intake (20%), smoking (5%), spicy eating (15 %), drugs (18%), and therapeutic (2%). **Purpose:** to know the description of smoking habits and eating patterns of patients with gastritis in the Work Area of Manahan Community Health Center, Surakarta City **Methods:** This type of research is quantitative descriptive. Sampling using Stratified Random Sampling method with a sample of 74 respondents with research instruments using a check list. Data analysis uses Univariate Test. **Results:** Gastritis sufferers were the majority of eating frequency well, eating less, eating irritatingly, and the majority not smoking. **Conclusion:** eating patterns in people with gastritis are not good and no smoking

Keywords: Gastritis, dietary habits, and Smoking Habits