

**PROGRAM STUDI S-1 ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, 06 September 2018

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**Faktor-Faktor Yang Mempengaruhi Pola Makan Penderita Gastritis Di Wilayah
Puskesmas Mranggen 1 Demak**

xiii + 52 halaman + 15 tabel + 1 skema + 12 lampiran

Abstrak

Gastritis dapat disebabkan oleh pola makan yang tidak teratur meliputi frekuensi makan, jenis dan jumlah makanan. Tujuan penelitian ini adalah mengetahui gambaran faktor-faktor yang mempengaruhi pola makan pada penderita gastritis di wilayah puskesmas Mranggen 1 Demak. Rancangan penelitian ini menggunakan studi deskriptif dengan pendekatan cross sectional. Responden penelitian ini penderita gastritis yang melakukan pengobatan di Puskesmas Mranggen 1 Demak. Teknik yang digunakan adalah total sampling. Hasil penelitian didapatkan bahwa rata-rata usia responden adalah 33,44 tahun, sebagian besar faktor aktivitas fisik tidak aktif (61,0%), sebagian besar faktor psikologis tidak sehat (53,7%), sebagian besar faktor sosial budaya kurang (82,9%), sebagian besar faktor pengetahuan cukup (46,3%), dan sebagian besar pola makan dalam kategori tidak baik (51,2%). Masyarakat perlu memperhatikan pola makan dengan baik meliputi frekuensi maupun kualitas makanan.

Kata kunci : Pola makan, Gastritis.

Pustaka : 29 (2007 -2015)

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**Factors Affecting the Diet of Gastritis Patients in the Mranggen 1 Health Center
Demak Regency**

xiii + 52 pages + 15 tables + 2 schemes + 12 attachments

Abstract

Gastritis can be caused by irregular eating patterns including food frequency, type and amount of food. The purpose of this study was to determine the relationship of factors that influence the diet of gastritis sufferers in the Mranggen 1 Demak health center area. The design of this study was descriptive study with cross sectional approach. Respondents of this study were patients with gastritis who were treated at Mranggen Health Center 1. The sampling technique used was total sampling. The results showed that the average age of respondents was 33.44 years, most of the physical activity factors were inactive (61.0%), most of the psychological factors were not healthy (53.7%), most of the socio-cultural factors were lacking (82, 9%), most of the knowledge factors were sufficient (46.3%), and most of the diet was in the bad category (51.2%). The community needs to pay attention to eating patterns well, including applying diet both in terms of frequency and quality of food.

Keywords: Diet, Gastritis
Library: 29 (2007 -2015)

