

***Correlation between Eating Frequency, Coffee and Tea Consumption with the Incidence of Gastritis at the Jenggawah Jember Community Health Center***

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**ABSTRACT**

*Gastritis is a disorder that attacks the human digestive tract caused by inflammation of the gastric mucosa. The prevalence of gastritis in East Java is 44.5%, with a total of 58,116 incidents and the prevalence of gastritis in Jember Regency with the highest gastritis rate is the Jenggawah Community Health Center with 975 gastritis sufferers. Several factors that influence gastritis include eating frequency, coffee consumption and tea consumption. The aim of this study was to determine the relationship between meal frequency, coffee and tea consumption on the incidence of gastritis at the Jenggawah Jember Community Health Center. This type of research is quantitative research, with a cross sectional research design, which means this research is non-experimental using primary data (observation). The number of research subjects was 53 respondents. Data were collected using the SQ-FFQ questionnaire and coffee and tea consumption questionnaire. Statistical analysis used SPSS 26.0 with the Spearman rank test. The results of the research showed that there was no significant relationship between eating frequency and the incidence of gastritis ( $p=0.777$ ), there was a significant relationship between coffee consumption and the incidence of gastritis ( $p=0.013$ ), and a significant relationship between tea consumption and the incidence of gastritis ( $p=0.042$ ). The conclusion of this study shows that there is no relationship between eating frequency and the incidence of gastritis, there is a relationship between coffee consumption and the incidence of gastritis and there is a relationship between tea consumption and the incidence of gastritis at the Jenggawah Jember Community Health Center.*

**Keywords:** *Gastritis, Eating Frequency, Coffee Consumption and Tea Consumption.*