

**Relationship Between Meal Time and Types of Irritative Food with Gastritis
Symptoms in Students of Association Organisation
at State Polytechnic of Jember**

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ABSTRACT

One of the digestive problems in the stomach is gastritis or ulcer. Gastritis can develop when the stomach lining becomes thinner or damaged, leading to inflammation or irritation of the stomach due to excess stomach acid production. Excessive production of stomach acid, such as frequent eating of sour and spicy foods, irregular eating habits, or having a poor diet. The prevalence of gastritis in Jember Regency is 10,095 incidents and from initial data collection on students of the departmental association organisation at Jember State Polytechnic out of 31 people there are 17 who have gastritis. This study aims to determine the relationship between meal times and types of food with gastritis symptoms. The research was quantitative in nature using cross-sectional research methods. The population in this study were 418 subjects with sampling techniques using Simple Random Sampling with a sample of 74 subjects. Data collection was done by interview using gastritis symptoms questionnaire, meal time questionnaire, and FFQ questionnaire. Statistical data analysis using SPSS with Chi-Square test. The results showed that there was a significant relationship between meal time and gastritis symptoms ($p=0.009$), and there was no significant relationship between the type of irritative food and gastritis symptoms ($p=0.297$) in Students of Association Organisation at State Polytechnic of Jember.

Keywords: Gastritis, Irritating Food Types, Meal Times, Organization, Students