Health Education Implementation on Eating Patterns for Increasing Adolescent Knowledge of Gastritis Patients in the Work Area of Putri Ayu Public

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**ABSTRACT**

**Background:** Adolescent health problems are increasingly prominent at this time where there is a fairly rapid increase in dietary changes. An irregular and unhealthy diet can cause disorders in the digestive system. Like gastritis, health education about diet in gastritis patients is very important to help increase knowledge

**Objective:** The purpose of this study is to find out the knowledge of adolescents before and after education about gastritis

**Method:** This study uses the Descriptive method. The sample in this study was 2 clients who suffered from gastritis. By using a questionnaire measuring tool on clients to see the client's knowledge about the diet in gastritis**.**

**Results:**The results of the pre and post-test for Nn.M showed that before and after education they got a score of 30% (lack of knowledge) and 70% (enough knowledge) while before and after education they got a score of 40% (lack of knowledge) and 80% ( good knowledge).

**Conclusion:** the client's knowledge increased after being given health education about the knowledge of Gastritis patients about diet.

**Suggestion:** It is hoped that the results of the study can be used as a source of information or reference regarding the importance of diet in gastritis.

**Keywords: Education, Gastritis, Diet**

**References: 21 books, 11 journals (2015-2024).**