

Assess the Knowledge Regarding Risk Factors of Gastritis among Second Year Engineering Students

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Abstract

Background: Gastritis is a common medical problem among young adults due to certain factors like lifestyle, food pattern, stress, personal habits etc. The condition is diagnosed in as many as 10% of patients seeking emergency medical help for abdominal pain.

Objectives: To assess the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges. To associate the knowledge score regarding gastritis with selected demographic variables.

Materials and methods: An exploratory descriptive study was undertaken to assess the knowledge regarding risk factors of gastritis among 2nd year engineering students at Datta Meghe Institute of Engineering, Technology and Research, Wardha. The sample was selected using a purposive sampling method. In this study a total number of 100 students who fulfilled the inclusion criteria were selected. To assess their knowledge a self-structured questionnaire was developed.

Results: The study findings 18 (18%) were having average level of knowledge score, 65 (65%) were having good level of knowledge score, 17 (17%) were having very good level of knowledge score, 0(0%) were having very excellent of knowledge score regarding risk factors of gastritis. The overall knowledge was good among second year engineering students. There is significant association found between knowledge score with selected demographic variable such as age, dietary pattern, place of stay and specific health risk behavior.

Conclusion: This study was done to assess the knowledge regarding risk factors of gastritis among second year engineering students. The results showed that out of 100 students (majority) 65% were having the good knowledge regarding risk factors of gastritis. However, demographic factors like age, dietary pattern, place of stay and specific health risk behavior, shown significant association with knowledge scores.

Keywords: Knowledge; Gastritis; Risk factors

Introduction

Gastritis occur suddenly (acute gastritis) or gradually (chronic gastritis) and caused by the risk factors like smoking, alcohol consumption, tobacco use, spicy food, drugs, stress, swallowed foreign bodies and bacterial infection such as *Helicobacter pylori* will affect the normal lining of the stomach produce inflammation, irritation of gastric mucosa and excessive gastric secretion leads to manifestations like abdominal pain, indigestion, loss of appetite, nausea, vomiting and burning pain in epigastric region [1,2].

Helicobacter pylori (*H. pylori*) formerly called *Campylobacter pylori* is now a global public health problem, affecting about half of the world's population making it one of the most widespread infection in the world. Annually *H. pylori* infection is associated with over a third of a million deaths each year [3].

Gastritis is common among developing countries than developed countries. The prevalence of infection with gastric disease varies between and within countries in relation with race, ethnicity and geographical area of the population [4].

Objectives

To assess the knowledge regarding risk factor of gastritis among second year engineering student in selected colleges.

To associate the knowledge score regarding gastritis with selected demographic variables.

Methodology

Research design

Exploratory descriptive design was adopted to assess the risk factors of gastritis.

Setting of the study

The study was conducted at Datta Meghe Institute of Engineering, Technology and Research, Wardha.

Sample size

Total number of sample was 100 who fulfilled the inclusion criteria.

Sample technique

Sampling technique used by the investigator was non-probability purposive sampling technique.

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Sampling Criteria

Inclusion criteria

The study includes second year engineering students, who are,

- Available at the time of data collection.
- Willing to participate in the present study.
- The study included both male and female.
- Those are able to understand, read and write in English.

Exclusion criteria

- Students who have participated in similar type of study.

Description of the Tools

The instrument used for data collection was questionnaire. This was developed based on the objectives of the study and through review of literature. The instrument consists of two parts.

Section – I: This section consists of information about demographic Variables such as age, gender, marital status, type of family, place of stay, parent's education.

Section – II: This section consists of 30 questions related to self-structured questionnaire on knowledge regarding risk factors of gastritis.

Data Collection Procedure

The subjects were explained about the nature and purpose of study. A written consent was obtained from the participants prior to their recruitment in the study. They were assured about the confidentiality of the data. The multiple choice questionnaire knowledge regarding gastritis was administered to all the students. The study was carried out after obtaining permission from the Institutional Ethics Committee (IEC), Datta Meghe institute of medical sciences (Deemed university) Sawangi (Meghe), Wardha.

Demographic Variables	No. of students	Percentage (%)
Age (years)		
18-25	100	100%
26-35	00	0%
36-45	00	0%
≥ 46	00	0%
Gender		
Male	54	54%
Female	46	46%
Dietary patterns		
Vegetarian	50	50%
Non vegetarian	01	1%
Mixed vegetarian	49	49%
Place of stay		
Home	57	57%
Hostel	43	43%
Other	00	0%
Specific health risk behavior		
Smoking/chewing tobacco/gutkha	37	37
Alcohol	0	0
Pan Chewing	0	0
Other (no any bad habits)	63	63

Table 1: Percentage wise distribution of second year engineering students according to their demographic characteristics (n=100).

Level of knowledge	Score Range	Level of Knowledge Score	
		Frequency	Percentage
Poor	0-20%	00	00
Average	21-40%	18	18
Good	41-60%	65	65
Very Good	61-80%	17	17
Excellent	81-100%	00	00
Minimum score		09	
Maximum score		23	
Mean knowledge score		15.50 ± 3.17	
Mean % Knowledge Score		51.66 ± 10.56	

Table 2: Assessment of level of knowledge scores regarding risk factors of gastritis among second year engineering students (n=100).

Results

Table 1 shows that the 100% of the sample were in the age group of 18-25 years and majority of the samples 54% were males and 46% were females. Majority 50% of the samples were consuming vegetarian diet, 49% of the samples were consuming mixed diets and only 1% was consuming non – vegetarian diet. Majority of the samples 57% were place of stay at home and 43% were stay on hostel. Majority (63%) samples were not having the bad habits and 37% were having habits of smoking, chewing tobacco and gutkha.

The Table 2 showed that in majority 65 (65%) students were having good level of test score, 17 (17%) had very good level of test score, 18 (18%) had average level of test score.

The minimum test score was 9 and the maximum score was 23, the mean score was 15.50±3.17 with a percentage score of 51.66 ± 10.56%.

Discussion

In present study majority 65 (65%) students were having good level of test score, 17 (17%) had very good level of test score, 18 (18%) had average level of test score.

Study conducted by Padmavathi GV (2013) results revealed that majority of the subjects (60%) have moderate/ average knowledge scores and the majority of the subjects (88%) had less risk score for gastritis [2].

In present study there was a significant association found between the knowledge scores with demographic variables except the gender.

Study conducted by Padmavathi GV (2013) there was a significant association between the knowledge scores, factors influencing scores with selected demographic variables [2].

Conclusion

The study was carried out with the specific objectives of assessing knowledge regarding risk factors of gastritis among second year engineering students. It is important to develop good health practices and to overcome existing barriers to minimize gastritis. Hence the findings of this study can be used to take necessary measurements to increase the awareness about gastritis.

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