

DESIGNING DYSPEPSIA EDUCATION MEDIA FOR GASTRIC HEALTH ON TEENAGERS IN BANDUNG

Abstract

Stomach is one of the organs in our body that is prone to injury, with an understanding of health that tends to be low making lack of awareness in healthy lifestyle and patterns in adolescents can cause factors that trigger gastric disease. Dyspepsia if left unchecked will be dangerous and has the potential to become more severe diseases such as gastritis, GERD, infection of the stomach, and gastric cancer. In all Bandung city health centers, dyspepsia is included in the 20 largest diseases with a total of 36,918, in hospitals including the 10 biggest diseases with an increase from 2017-2019. But there is no program from the health department that can provide awareness of the importance of maintaining gastric health, so the solution offered by the writer is to provide dyspepsia education to increase awareness by using a media application of gastric health control that can provide information, overcome, and help so that a lifestyle that occurs healthier in adolescents. The method that will be used in this study is a qualitative research method because the research used refers to the phenomena and facts that occur in society. Primary data collection methods by interview, questionnaire, and literature study. The analytical method uses comparison matrix analysis, SWOT, and sprint design. The author hopes that this application can reduce the impact of dyspepsia, by giving a deeper understanding of gastric health, a healthier lifestyle and self-control in adolescents

Keywords : Gastric, Health.