

# Pengaruh edukasi terhadap tingkat pengetahuan dan rasionalitas penggunaan obat swamedikasi pengunjung di dua apotek kecamatan Cimanggis, Depok = The influence of education on knowledge and rational drug use in self-medication of visitors at two pharmacies in Cimanggis Subdistrict, Depok

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## Abstrak

Swamedikasi, sebagai upaya yang paling banyak dilakukan untuk mengatasi penyakit ringan, masih terkendala oleh terbatasnya pengetahuan masyarakat mengenai obat dan penggunaannya. Penelitian ini dilakukan untuk menganalisis pengaruh edukasi menggunakan media leaflet terhadap tingkat pengetahuan dan rasionalitas penggunaan obat swamedikasi. Penelitian pra-eksperimental ini menggunakan desain studi one group pre-test/post-test. Responden adalah pengunjung berusia 18-59 tahun di dua apotek kecamatan Cimanggis, yang pernah menggunakan obat oral untuk mengobati demam, batuk, flu, nyeri, diare, dan gastritis dalam tiga bulan sebelum waktu penelitian. Responden diambil secara consecutive sampling. Pengambilan data dilakukan melalui wawancara bebas terpimpin menggunakan kuesioner yang telah diuji validitas dan reliabilitasnya. Leaflet yang berisi informasi tentang swamedikasi diberikan kepada responden setelah pre-test dilakukan. Jumlah responden yang diperoleh adalah sebanyak 97 responden. Seluruh responden tersebut dihubungi kembali melalui telepon setelah 4 - 5 minggu pemberian edukasi, untuk dilakukan post-test menggunakan kuesioner yang sama dengan yang digunakan pada saat pre-test. Uji Wilcoxon dan uji McNemar digunakan untuk menganalisis secara statistik data yang diperoleh. Berdasarkan hasil penelitian ini, dapat disimpulkan bahwa edukasi dapat secara bermakna meningkatkan pengetahuan swamedikasi ( $p = 0,000$ ) dan rasionalitas penggunaan obat swamedikasi responden ( $p = 0,015$ ).

.....Self-medication, as the most frequent effort that people do to treat minor ailments, is still constrained by the limitation of people's knowledge about drugs and their use. This research was conducted to analyze the influence of education using leaflet media on people's knowledge and rational self-medication's drug use. The one group pre-test/post-test study design was used in this pre-experimental research. Respondents were 18-59 years old visitors of two pharmacies in Cimanggis subdistrict, which used oral medicines for the treatment of fever, cough, cold, pain, diarrhea, and gastritis during the last three months before the research was conducted. They were taken consecutively. Data was collected through free guided interview using a pre-validated questionnaire. A leaflet which contained informations about self-medication was given to respondents after pre-test was held. Total of 97 respondents were obtained. All of them were contacted by telephone in the next 4 - 5 weeks after the intervention given to be post-tested using the same questionnaire as the one that used for pre-test. Wilcoxon test and McNemar test were used to analyze data statistically. Based on the result, it can be concluded that education could significantly improve respondent's knowledge about self-medication ( $p = 0,000$ ) and rational self-medication's drug use ( $p = 0,015$ ).