

# Persepsi dan Sikap Apoteker Komunitas terhadap Swamedikasi pada Masa Pandemi COVID-19 di Indonesia berdasarkan Social Cognitive Theory = Perception and Behavior of Community Pharmacist about Self-Medication during COVID-19 Pandemic in Indonesia based on Social Cognitive Theory

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## Abstrak

Swamedikasi merupakan upaya yang paling sering dilakukan masyarakat untuk mengatasi gejala penyakit sebelum memutuskan untuk mencari pertolongan dari pelayanan medis. Pandemi COVID-19 mengakibatkan perubahan perilaku swamedikasi di masyarakat. Apoteker komunitas, yang ditemui pasien saat melakukan swamedikasi, memiliki peranan penting untuk memastikan praktik swamedikasi tetap rasional. Keputusan apoteker melayani swamedikasi dapat dipengaruhi oleh persepsinya dari berbagai faktor. Penelitian ini bertujuan untuk menganalisis persepsi apoteker terhadap praktik swamedikasi selama pandemi COVID-19 berdasarkan Social Cognitive Theory. Penelitian ini merupakan penelitian cross sectional dengan sumber data primer menggunakan kuesioner secara daring. Kuesioner dikembangkan berdasarkan literatur dan diuji validitas serta reliabilitasnya sebelum disebarkan kepada responden. Pengumpulan responden dilakukan dengan metode convenience sampling melalui akun Sistem Informasi Apoteker (SIAP) yang dapat diakses oleh apoteker seluruh Indonesia. Setelah dilakukan skrining kriteria inklusi dan eksklusi, diperoleh 434 responden dari 30 provinsi di Indonesia. Responden penelitian didominasi oleh apoteker komunitas dengan jenis kelamin wanita, berusia 25-44 tahun, tidak melanjutkan pendidikan setelah Profesi Apoteker, memiliki status Apoteker Penanggungjawab Apotek (APA) dengan pengalaman praktik di apotek 5 tahun, dan telah memenuhi standar minimal pelayanan dengan durasi praktik 5-10 jam/hari. Hasil penelitian menunjukkan faktor kognitif, lingkungan, dan perilaku memiliki hubungan yang saling meningkatkan. Peningkatan faktor kognitif akan meningkatkan faktor lingkungan ( $r=0,367$ ,  $p=0,000$ ) dan perilaku ( $r=0,442$ ,  $p=0,000$ ). Peningkatan faktor lingkungan turut mengakibatkan peningkatan faktor perilaku ( $r=0,283$ ,  $p=0,000$ ). Peningkatan faktor kognitif mengakibatkan peningkatan ketidaksesuaian praktik ( $r=0,201$ ,  $p=0,000$ ), sedangkan peningkatan faktor lingkungan ( $r=0,052$ ,  $p=0,284$ ) dan perilaku ( $r=0,051$ ,  $p=0,286$ ) tidak berdampak signifikan terhadap ketidaksesuaian praktik.

.....Self-medication is the most frequently and widely used method by community to overcome the symptoms of the disease before deciding to seek help from the healthcare service. The COVID-19 pandemic has resulted in changes in self-medication behavior in community. The community pharmacist, whom patient met when taking self-medication, has an important role to ensure that the practice of self-medication remains rational. The pharmacist's decision to give self-medication can be influenced by their perception of various factors. This study aims to analyze pharmacists' perceptions of self-medication practices during the COVID-19 pandemic based on Social Cognitive Theory. This research is a cross sectional study with primary data sources using online questionnaires. The questionnaire was developed based on the literature and tested for validity and reliability before distributed to respondents. Respondents were collected by convenience sampling method through Sistem Informasi Apoteker (SIAP) account which could be accessed by pharmacists throughout Indonesia. After screening, 434 respondents were obtained from 30 provinces in

Indonesia. Respondents were dominated by female and 25-44 years old community pharmacists who had a professional level of Pharmacist education, worked as Pharmacist In Charge of Pharmacy (APA) with experience in pharmacies for 5 years, and had met the minimum standard of service with a duration of practice 5-10 hours/day. The results showed that cognitive, environmental, and behavioral factors had a mutually enhancing relationship. An increase in cognitive factors increased environmental factors ( $r = 0.367, p = 0.000$ ) and behavioral factors ( $r = 0.442, p = 0.000$ ). An increase in environmental factors also increased behavioral factors ( $r=0.283, p=0.000$ ). The increase in cognitive factors also resulted in an increase in irrational self-medication practice ( $r=0.201, p=0.000$ ), while an increase in environmental factors ( $r=0.052, p=0.284$ ) and behavioral factors ( $r=0.051, p=0.286$ ) had no significant impact on irrational self-medication practice.