

# Hubungan Persepsi Sehat dengan Perilaku Swamedikasi Obat Bebas di Masa Pandemi COVID-19 pada Mahasiswa Universitas Indonesia = The Relationship between Healthy Perception and Self-Medication Behavior during the COVID-19 Pandemic in University of Indonesia Students

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## Abstrak

Di masa pandemi COVID-19, swamedikasi menjadi isu kesehatan yang meningkat. Salah satu populasi terdampak yaitu mahasiswa. Pandemi COVID-19 menyebabkan peningkatan pencarian informasi swamedikasi pada mahasiswa. Situasi pandemi COVID-19 juga dapat menyebabkan perubahan persepsi sehat pada individu yang memicu praktik swamedikasi. Kendati demikian hingga saat ini belum diketahui hubungan antara persepsi sehat dengan swamedikasi. Penelitian ini dilakukan dengan metode cross-sectional analitik dan pengumpulan sampel dengan metode purposive random sampling. Terdapat 152 responden yang merupakan mahasiswa Universitas Indonesia semester 5-8. Pengambilan data dilakukan dengan menyebarkan kuesioner secara daring dengan media google form. Diperoleh data persepsi sehat sebagian besar mahasiswa Universitas Indonesia selama pandemi COVID-19 baik. Proporsi mahasiswa yang melakukan swamedikasi obat bebas selama pandemi COVID-19 adalah 71,71%. Jenis obat bebas yang digunakan oleh mahasiswa selama pandemi COVID-19 sebagian besar adalah antitusif dan antipiretik. Terdapat hubungan signifikan antara persepsi sehat subvariabel kesehatan umum dengan perilaku swamedikasi obat bebas pada mahasiswa Universitas Indonesia selama pandemi COVID-19 ( $p=0.001$ ; OR 4,503; 95% CI 1,754 - 11,557).

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During the COVID-19 pandemic, self-medication has become an increasing health issue. One of the affected population is students. The COVID-19 pandemic has led to an increase in the search for self-medication information for students. The COVID-19 pandemic situation can also cause changes in health perception in individuals that trigger the practice of self-medication. However, until now there is no known relationship between the health perception and self-medication. This research was conducted by cross-sectional analytic method and sample collection by purposive random sampling. There are 152 respondents students at University of Indonesia semester 5-8. Data collection was done by distributing online questionnaires using google form media. In general, The health perception of most University of Indonesia students during the COVID-19 pandemic is good. The proportion of students who self-medicated with over-the-counter drugs during the COVID-19 pandemic was 71.71%. The types of over-the-counter drugs used by the students during the COVID-19 pandemic were mostly antitussive and antipyretic. There was a significant relationship between the perception of health in the general health sub-variable with self-medication behavior in University of Indonesia students during the COVID-19 pandemic ( $p=0.001$ ; OR 4,503; 95% CI 1,754-11,557).