

Hubungan Persepsi Sehat dengan Perilaku Swamedikasi Obat Tradisional di Masa Pandemi COVID-19 pada Mahasiswa Universitas Indonesia = The Relationship of Health Perception with Traditional Medicine Self-Medication Behavior during the COVID- 19 Pandemic in University of Indonesia Students

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Abstrak

Latar belakang: Swamedikasi merupakan penggunaan obat-obatan atas inisiatif diri sendiri salah satunya dengan menggunakan obat tradisional. Swamedikasi obat tradisional dilakukan oleh berbagai kalangan termasuk mahasiswa dan kemungkinan penggunaannya mengalami peningkatan selama masa pandemi COVID-19 . Salah satu faktor yang mempengaruhi swamedikasi obat tradisional yaitu persepsi individu mengenai kondisi kesehatannya. Oleh karena itu, penelitian ini ditujukan untuk menjelaskan mengenai hubungan persepsi sehat individu dengan perilaku swamedikasi menggunakan obat tradisional pada mahasiswa.

Metode: Penelitian dilakukan dengan metode studi potong lintang pada mahasiswa di Universitas Indonesia. Kuesioner SF-36 digunakan untuk mengukur persepsi sehat individu dan kuesioner perilaku swamedikasi obat tradisional disebarkan ke mahasiswa program pendidikan sarjana di Universitas Indonesia. Selanjutnya data diolah dan dianalisis dengan SPSS versi 25.

Hasil: Diperoleh data dari 152 responden mahasiswa di Universitas Indonesia. Secara umum mahasiswa Universitas Indonesia memiliki skor persepsi sehat yang baik. Proporsi penggunaan obat tradisional selama masa pandemi COVID-19 yaitu 62,5%. Tidak terdapat hubungan yang signifikan antara persepsi sehat dengan perilaku swamedikasi di masa pandemi COVID-19 pada mahasiswa Universitas Indonesia.

Kesimpulan: Proporsi penggunaan obat tradisional pada mahasiswa Universitas Indonesia cukup tinggi, namun tidak berhubungan dengan persepsi sehat pada individu.

.....Introduction: Self-medication is the use of medicines on one's own initiative, one of which is using traditional medicine. Self-medication of traditional medicines is carried out by various groups including students and the possibility of their use has increased during the COVID-19 pandemic. One of the factors that influence self-medication of traditional medicine is the individual's perception of his health condition. Therefore, this study is aimed at explaining the relationship between individual health perceptions and self-medication behavior using traditional medicine in students.

Method: The research was conducted using a cross-sectional study method on students at the University of Indonesia. The SF-36 questionnaire was used to measure the individual's health perception and the traditional medicine self-medication behavior questionnaire was distributed to students of undergraduate education programs at the University of Indonesia. Furthermore, the data is processed and analyzed with SPSS version 25.

Result: Data were obtained from 152 student respondents at the University of Indonesia. In general, University of Indonesia students have a good health perception score. The proportion of traditional medicine use during the COVID-19 pandemic is 62.5%. There is no significant relationship between health perceptions and self-medication behavior during the COVID-19 pandemic in University of Indonesia

students.

Conclusion: The proportion of using traditional medicine among University of Indonesia students is quite high, but it is not related to the perception of health in individuals.