

Hubungan Tingkat Pengetahuan Terhadap Sikap Pengobatan Mandiri Sindrom Dispepsia Pada Masyarakat di Daerah Istimewa Yogyakarta

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INTISARI

Latar belakang: Prevalensi dispepsia di Daerah Istimewa Yogyakarta termasuk ke dalam 10 penyakit tertinggi rawat jalan dan prevalensi masyarakat yang melakukan pengobatan mandiri sebesar 80,68%, tetapi seringkali terjadi kesalahan penggunaan obat (*medication error*) karena keterbatasan pengetahuan masyarakat.

Tujuan: Untuk mengetahui hubungan tingkat pengetahuan terhadap sikap masyarakat di Daerah Istimewa Yogyakarta terkait pengobatan mandiri sindrom dispepsia.

Metode: Penelitian ini dilakukan dengan metode observasional (*cross-sectional*) menggunakan kuesioner yang disebar secara *online* melalui media sosial. Pengambilan 400 responden sebagai sampel dilakukan secara *accidental sampling* pada bulan Juli-Agustus 2023. Uji statistik dianalisis dengan uji *Chi-Square* dan uji *Spearman-rho* menggunakan *SPSS* versi 26.0 for Windows.

Hasil: Sebagian besar yang melakukan pengobatan mandiri sindrom dispepsia yaitu laki-laki (51,8%), berusia 20-29 tahun (48,2%), lulusan perguruan tinggi (77,2%), memiliki pendapatan >Rp2.500.000 (78,0%), dan bekerja sebagai pegawai (87,6%). Tingkat pengetahuan masyarakat terbagi menjadi 3 kategori, yaitu baik (64,2%), cukup (30,4%), dan kurang (5,4%) sedangkan yang memiliki sikap positif sebesar (56,6%) dan sikap negatif (43,4%). Uji statistik menunjukkan tidak ada hubungan yang signifikan antara tingkat pengetahuan terhadap sikap pengobatan mandiri sindrom dispepsia dengan nilai *p-value* 0,706 (>0,05).

Kesimpulan: Tidak terdapat hubungan tingkat pengetahuan terhadap sikap pengobatan mandiri sindrom dispepsia pada masyarakat di Daerah Istimewa Yogyakarta.

Kata kunci: Pengetahuan, Pengobatan Mandiri, Sikap, Sindrom Dispepsia

The Relationship Between The Level of Knowledge and The Attitude of Self-Medication of Dyspepsia Syndrome in The Community in Special Region of Yogyakarta

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ABSTRACT

Background: The prevalence of dyspepsia in the Special Region of Yogyakarta is among the top 10 outpatient diseases and the prevalence of self-medication is 80.68%, but medication errors often occur due to limited knowledge.

Objective: To determine the relationship between the level of knowledge and the attitude of the community in the Special Region of Yogyakarta regarding self-medication of dyspepsia syndrome.

Methods: This study was conducted with an observational method (cross-sectional) using a questionnaire distributed online through social media. Taking 400 respondents as samples was done by accidental sampling in July-August 2023. Statistical tests were analyzed with the Chi-Square test and the Spearman-rho test using SPSS version 26.0 for Windows.

Result: Most of the people who self-medicated dyspepsia syndrome were male (51.8%), aged 20-29 years (48.2%), college graduates (77.2%), had an income >Rp2,500,000 (78.0%), and worked as employees (87.6%). The level of knowledge of the community was divided into 3 categories, namely good (64.2%), sufficient (30.4%), and deficient (5.4%) while those with positive attitudes amounted to (56.6%) and negative attitudes (43.4%). Statistical tests showed no significant relationship between the level of knowledge and the attitude of self-treatment of dyspepsia syndrome with a p-value of 0.706 (>0.05).

Conclusion: There is no relationship between the level of knowledge and the attitude of self-treatment of dyspepsia syndrome in the community in the Special Region of Yogyakarta.

Keywords: Knowledge, Self-medication, Attitude, Dyspeptic Syndrome