

**STUDI KERASIONALAN PENGGUNAAN OBAT SETELAN DAN POLA
SWAMEDIKASI MASYARAKAT NELAYAN DAERAH CILACAP
SELATAN**

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ABSTRAK

Gaya hidup individu atau masyarakat mempengaruhi derajat kesehatan, di samping itu dipengaruhi oleh kebiasaan, adat istiadat, kepercayaan, pendidikan, sosial ekonomi dan perilaku lain. Kecamatan Cilacap Selatan memiliki penduduk yang sebagian besar adalah nelayan. Gaya hidup masyarakat di daerah tersebut memiliki kebiasaan swamedikasi yang menarik yaitu menggunakan pola penggunaan obat setelan yang dikenal dengan nama "obat rombongan" untuk swamedikasi. Obat setelan tersebut terdiri dari kombinasi obat bebas, obat bebas terbatas dan obat keras, mulai dari 3 sampai 6 macam obat dalam dosis sekali minum. Obat tersebut diklaim bisa mengobati segala jenis penyakit seperti rematik, demam, badan pegal linu hingga chikungunya dan memiliki harga yang murah, Obat setelan tersebut diperdagangkan secara bebas di toko-toko kelontong di sekitar daerah tersebut. Pada penelitian ini menggunakan metode deskriptif yang menggambarkan fenomena yang diteliti terjadi di dalam suatu populasi tertentu dengan model penelitian pendekatan cross sectional. Penelitian ini dilaksanakan dengan tujuan mengevaluasi kerasionalan penggunaan obat setelan dan pola swamedikasi obat setelan di tiga daerah nelayan yaitu Kelurahan Sidakaya, Kelurahan Cilacap, dan Kelurahan Tambakreja yang berada di Kecamatan Cilacap Selatan. Didapatkan hasil nilai pengetahuan masyarakat nelayan daerah Cilacap Selatan mengenai kesehatan dan swamedikasi tergolong buruk (58,4%) dan Rasionalitas penggunaan obat setelan sebagai pilihan obat untuk swamedikasi oleh masyarakat nelayan daerah Cilacap Selatan tergolong tidak rasional (95,3%)

Kata Kunci : Swamedikasi, Kerasionalan, Obat Setelan, Masyarakat Nelayan

RATIONALITY STUDY OF THE USE OF SUIT DRUGS AND PATTERNS OF SELF-STUDY OF SOUTH CILACAP FISHING COMMUNITIES

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ABSTRACT

The lifestyle of an individual or society affects the degree of health, in addition to being influenced by habits, customs, beliefs, education, socioeconomics and other behaviors. South Cilacap district has a population that is mostly fishermen. The lifestyle of people in the area has an interesting habit of self-study that uses a pattern of use of suit drugs known as "group drugs" for self-study. The suit consists of a combination of over-the-counter drugs, limited over-the-counter drugs and hard drugs, ranging from 3 to 6 types of drugs in one-time doses. The drug is claimed to be able to treat all kinds of diseases such as rheumatism, fever, body aches to chikungunya and has a cheap price, the suit drug is freely traded in grocery stores around the area. This study uses descriptive methods that describe the phenomena studied occur within a given population with a cross sectional approach research model. This study was conducted with the aim of evaluating the rigors of the use of suit drugs and patterns of drug self-sufficiency in three fishing areas, namely Sidakaya Village, Cilacap Village, and Tambakreja Village located in South Cilacap District. It was found that the knowledge value of the fishing community in the South Cilacap area regarding health and self-medication was classified as poor (58.4%) and the rationale for using suit drugs as a drug of choice for self-medication by the fishing community in the South Cilacap area was classified as irrational (95.3%)

Keywords: Selfmedication, Rationality, Suit Medicine, Fishing Society

