

INTISARI

Konstipasi merupakan gangguan kesehatan yang dapat dialami oleh semua umur serta lebih sering terjadi pada wanita dibandingkan pria. Konstipasi adalah pembuangan tinja yang keras dengan frekuensi kurang dari tiga kali dalam seminggu. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi metode ceramah dan *leaflet* terhadap perubahan pengetahuan, sikap, dan tindakan swamedikasi konstipasi ibu-ibu PKK di dusun Nglawisan, Desa Tamanagung, Kecamatan Muntilan, serta mengetahui metode mana diantara keduanya yang lebih efektif terhadap perubahan perilaku swamedikasi konstipasi.

Jenis penelitian yang digunakan adalah eksperimental semu, dengan rancangan *pre-post test intervention with control group*. Dalam penelitian terdapat, dua kelompok intervensi berupa ceramah dan *leaflet* serta kelompok kontrol yang tidak diberi perlakuan. Pengambilan data dilakukan dengan cara masing-masing kelompok diberi *pretest* dan *posttest* menggunakan kuesioner setelah satu bulan untuk mengetahui efek perlakuan terhadap perubahan perilaku responden.

Dari hasil penelitian, diketahui efektivitas dari metode ceramah dapat meningkatkan pengetahuan ($p=0,002$) dan sikap ($p=0,000$) swamedikasi tetapi kurang efektif meningkatkan tindakan ($p=0,147$) swamedikasi. Efektivitas dari metode *leaflet* yaitu dapat meningkatkan sikap ($p=0,011$) dan tindakan ($0,001$) swamedikasi namun kurang efektif dalam meningkatkan pengetahuan ($p=0,277$) swamedikasi. Metode ceramah lebih efektif dibandingkan *leaflet* dalam meningkatkan sikap ($p=0,030$) swamedikasi. Sedangkan metode *leaflet* lebih efektif dibandingkan ceramah dalam meningkatkan tindakan ($p=0,000$) swamedikasi. Untuk peningkatan pengetahuan swamedikasi responden tidak terdapat metode yang lebih efektif antara metode ceramah dan *leaflet* ($p=0,055$).

Kata kunci : konstipasi, obat pencahar, ceramah, *leaflet*, perilaku

ABSTRACT

Constipation is a health disorder that could affect all ages and this problem is more likely to arise in women rather than men. Constipation is the disposal of hard stools where the frequency of secretion is less than three times per week. The aim of this study is to identify the changes in women's knowledge, attitude, and action on self-medication of constipation in PKK Nglawisan, Tamagung Village, Muntilan as the effect of educational information by using lecture and leaflet method. Moreover, it is also to determine which one of the two methods that is more effective in order to improve the self-medication's behavior of constipation.

The research method used was quasi-experimental by using pre-post test intervention with control group. There were two groups that intervened with lecture and leaflet. And the control group which did not receive any treatment. Data is collected by giving a test in pre and post treatment using questionnaire method to each group after one month to determine the effect of treatment in changing of respondent's behavior.

Based on the research, the affectivity of the lecture method could increase the knowledge ($p=0.002$) and attitude ($p=0.000$) of self-medication but less effective to improve the act of self medication ($p=0.147$). The effectiveness of leaflet method could improve the attitude ($p=0.011$) and act ($p=0.001$) of self-medication but less effective to improve the knowledge of self-medication ($p=0.277$). The lecture method was more effective than leaflet method in improving attitude of self-medication ($p=0.030$). In addition, leaflet method was more effective than lecture in improving act of self-medication ($p=0.000$). While, to improve the respondent knowledge of self-medication there were no methods that are more effective between lecture and leaflet method ($p=0.055$).

Key words: constipation, laxatives, lecture, leaflet, behavior.