

INTISARI

Swamedikasi didefinisikan sebagai pemilihan dan penggunaan obat yang dilakukan seseorang untuk menangani penyakit atau gejala yang sudah dikenali. Diare merupakan penyakit ringan maka sebagian besar masyarakat cenderung mengobati diare dengan cara swamedikasi. Penelitian ini bertujuan untuk mengetahui efektivitas pemberian edukasi dengan metode ceramah dan *leaflet* terhadap perubahan perilaku swamedikasi ibu-ibu PKK dusun Nglawisan Kecamatan Muntilan.

Penelitian ini merupakan jenis penelitian eksperimental semu (*quasi experimental research*) dengan rancangan penelitian *pre-posttest intervention with control group*. Jumlah responden sebanyak 90 terdiri dari 30 kontrol, 30 kelompok *leaflet*, dan 30 kelompok ceramah, dipilih secara purposive sampling pada tiap RT. Pengambilan data dilakukan dengan memberikan kuisioner kepada responden. Data dianalisis dengan uji normalitas, uji *Wilcoxon*, *Paired T-Test* dan *Mann Whitney U-Test*. *Pretest* dan *posttest* dianalisis uji *Paired T-Test* untuk terdistribusi normal, jika tidak terdistribusi normal menggunakan uji *Wilcoxon*. Kelompok kontrol dan perlakuan dibandingkan dengan analisis uji *Mann Whitney U-Test* untuk tidak terdistribusi normal, jika normal uji Independent T-Test.

Hasil penelitian menunjukkan efektifitas metode ceramah terjadi peningkatan pengetahuan dan sikap dan terjadi penurunan tindakan. Efektifitas metode *leaflet* terjadi peningkatan pengetahuan, sikap, dan tindakan. Pada metode *leaflet* dan ceramah terdapat perbedaan tidak bermakna antara pengetahuan dan sikap, sedangkan variabel tindakan kelompok ceramah dengan *leaflet* terdapat perbedaan yang bermakna.

Kata Kunci : swamedikasi, edukasi, metode ceramah, metode *leaflet*, diare

ABSTRACT

Self-Medication was defined as the selection and use of drugs made by a person to treat disease or symptoms that have been recognized. Diarrhea was a minor disease, the majority of people in Muntilan tend to treat diarrhea illness with self-medication. This study aims to determine the effectiveness of education with lecture method and *leaflets* on behavior change self-medication on PKK in the hamlet village Nglawisan Tamanagung District Muntilan.

This research was a type of quasi experimental study (quasi-experimental research) with the design of pre-posttest intervention with control group. The number of respondents as much as 90 consists of 30 controls, 30 groups of leaflets, and 30 groups of lectures, selected by purposive sampling in each village. Data were collected by giving questioner to the respondent. Data were analyzed with the test for normality with computer-assisted statistical analysis, Wilcoxon test, Paired T-Test and Mann Whitney U-Test. Pretest and posttest were analyzed Paired T-Test for normally distributed, if not normally distributed using the Wilcoxon test. The control group and treatment group compared with the analysis of Mann-Whitney U-Test for not normally distributed, if normal test Independent T-Test.

The results showed the effectiveness of the lecture method was increasing in the knowledge and attitude, but a decline in the action. Effectiveness *leaflet* method was increasing in the knowledge, attitude, and the action. In the leaflet and lecture methods are non-significant difference between knowledge and attitudes, while variable lectures with leaflets group action there are significant differences.

Keywords: self medications, education, lecture method, leaflet method, diarrhea