

INTISARI

Demam adalah manifestasi dari ketidaknormalan suhu tubuh dimana suhu pada mulut terukur lebih dari 37.8°C , ketiak 37.2°C , atau pada dubur lebih dari 38.8°C dan biasanya merupakan gejala dari suatu penyakit. Anak-anak biasanya lebih rentan terkena demam daripada orang dewasa. Walaupun demam merupakan suatu gejala yang dapat diobati sendiri dengan obat tanpa resep, namun jangan sampai pengobatan demam itu mengaburkan diagnosis sehingga dapat menutup gejala penyakit itu sendiri. Farmasis dan tenaga kesehatan lainnya dapat menurunkan resiko terjadinya komplikasi yang terjadi akibat demam dengan membantu memberikan informasi kepada konsumen untuk lebih mengerti tentang demam itu sendiri serta pengobatan demam yang rasional.

Penelitian ini termasuk penelitian non eksperimental. Rancangan penelitian yang digunakan adalah survei deskriptif dengan pendekatan kualitatif menggunakan metode survei dengan instrumen penelitian berupa kuesioner. Data yang diperoleh diolah secara analisis deskriptif. Dari penelitian ini diharapkan dapat diketahui pengetahuan, sikap, dan praktek pengobatan demam oleh orangtua pada anak-anak.

Hasil penelitian menunjukkan, berdasarkan hasil kuesioner terhadap 300 subjek penelitian didapatkan hasil bahwa semua anak pernah menderita demam (100%) dengan frekuensi anak menderita demam rata-rata 4-7 bulan sekali (43,67%), pada umumnya orangtua mengetahui anak mereka demam dari rabaan di dahi serta melihat tingkah laku yang anak yang lain dari biasanya (91,33%), dan sebagian besar orangtua menganggap bahwa demam merupakan gejala yang perlu diwaspadai dan harus segera diobati (79,33%). Jika anak demam maka sebagian besar orangtua melakukan pengobatan sendiri dan jika tidak berhasil baru pergi ke dokter (65%). Pengobatan sendiri dengan obat tanpa resep (OTR) lebih besar dari pengobatan tradisional (90,37%), alasan pengobatan sendiri dengan OTR karena biaya lebih murah daripada harus ke dokter (25,75%). Sebagian besar responden memperoleh OTR tersebut di apotek (62,85%) dan memperoleh informasi tentang merek OTR tersebut sebagian besar akibat pengaruh iklan di TV, radio, dan media cetak (38,98%). Hanya sedikit responden yang tahu zat aktif obat demam (41,03%). Bentuk sediaan yang paling sering digunakan adalah sirup (62,94%) Merek obat demam yang paling banyak digunakan adalah Bodrexin (26,48%).

Kata kunci : Demam, anak, pemilihan obat demam, pengobatan sendiri.

ABSTRACT

Fever is a manifestation from an abnormality of body temperature which the temperature of a oral is more than $37,8^{\circ}\text{C}$, axillary more than $37,2^{\circ}\text{C}$ or a rectal more than $38,8^{\circ}\text{C}$ and usually it is an indication from a disease. Children are usually more susceptible to have fever than adults. Although a fever is an indication of disease which can be treated by over the counter drug, but it is hoped that the fever medication does not obscure the diagnosis, so it can cover the indication of that disease it self. Pharmacists and other medical staff can decrease the risk of fever by giving information to the consumer to understand more about fever itself and the medication of fever that is rational.

This research was a non-experimental research. The research was categorized as descriptive research with qualitative approach using a questionnaire as the research instrument. From this research, hopefully it can be known a knowledge, behavior, and medication fever by parents toward their children.

Based on the research which was done toward 300 research subjects, it was gained that all children had suffered fever (100%) with the frequency of children suffer fever about once in 4-7 months (43,67%), generally parents knew that their children suffer fever was from their touching on children's forehead and also see children's behavior which was different from their habitual (91,33%), and most of the parents considered that fever was an indication which was necessary to be kept on guard and had to be treated immediately (79,33%). If the children had fever so most of the parents made the medication by them selves and if it did not succeeded, then they went to doctor (65%). Self medication using non prescription drugs was bigger than traditional medication (90,37%), the reason of self medication using non prescription drugs was because the expense was cheaper than they had to go the doctor (25,75%). Most of the respondent got the non prescription drugs from pharmacy (62,85%) and got information about the label of non prescription drugs caused from the influence of some advertisements of the television, radio, and printed media (38,98%). There were only few respondents who knew about active essence of fever medicines (41,03%). The form of available medicines which most used was syrup (62,94%). The label of fever medicines which was most used was Bodrexin (26,48%).

Key words: fever, children, choosing of fever medicines, self-medication