

ABSTRAK

Swamedikasi obat tradisional adalah mengobati segala keluhan pada diri sendiri menggunakan obat tradisional yang secara turun temurun telah digunakan dan dapat dibeli bebas di apotek, toko obat atau didapatkan langsung dari lingkungan sekitar atas inisiatif sendiri tanpa nasihat dokter. Penelitian ini bertujuan untuk mendapatkan gambaran penggunaan, motivasi dan hambatan penggunaan obat tradisional untuk swamedikasi diare di Desa Plembutan, Playen, Gunungkidul.

Jenis penelitian ini adalah observasional deskriptif dengan rancangan *cross sectional*. Responden penelitian yakni masyarakat Desa Plembutan berusia 18-65 tahun, pernah menggunakan obat tradisional untuk swamedikasi diare dan bersedia mengisi kuesioner dengan menandatangani *informed consent*. Pengambilan sampel dilakukan dengan teknik *purposive sampling* dan dianalisis secara *univariate*. Hasil analisis dalam bentuk distribusi frekuensi dan persentase, ditampilkan dalam bentuk tabel disertai pembahasan.

Hasil penelitian ini menunjukkan responden menggunakan daun jambu biji untuk swamedikasi diare (53,18%), obat tradisional diare yang digunakan sudah pernah digunakan sebelumnya (100%), diperoleh di halaman rumah (37,83%) dan penggunaannya dimakan langsung (27,24%). Motivasi penggunaan obat tradisional untuk swamedikasi diare adalah murah dan mudah didapat (31,56%) dan sudah cocok dengan obat tradisional (58,99%) sehingga responden tidak perlu memeriksakan diri ke Puskesmas. Hambatan menggunakan obat tradisional untuk swamedikasi diare adalah tidak langsung sembuh dan tidak ada hambatan dalam memperoleh obat tradisional diare.

Kata kunci: swamedikasi, obat tradisional, penggunaan, motivasi, hambatan, diare, masyarakat Desa Plembutan.

ABSTRACT

Traditional medicine self-medication is treating all complaints to yourself using traditional medicines that have been used from generation to generation and can be purchased freely at pharmacies, drugstores, or obtained directly from the surrounding environment on one's own initiative without doctor's advice. This study aims to obtain an overview of the use, motivation, and barriers to using traditional medicines for self-medicating diarrhea in Plembutan Village, Playen, Gunungkidul.

This type of research is descriptive observational with a cross-sectional design. Research respondents namely the people of Plembutan Village aged 18-65 years, who had used traditional medicine for self-medication for diarrhea and were willing to fill out a questionnaire by signing informed consent. Sampling was done by using the purposive sampling technique and analyzed by univariate. The results of the analysis are in the form of frequency distributions and percentages, displayed in tabular form accompanied by discussion.

The results of this study showed that respondents used guava leaves for self-medicating diarrhea (53.18%), traditional diarrhea medicine that is used has never been used before (100%), obtained on the home page (37.83%) and its use is eaten directly (27.24%). The motivation for using traditional medicine for self-medicating diarrhea is cheap and easy to obtain (31.56%) and is compatible with traditional medicine (58.99%) so that respondents do not need to go to the Puskesmas. Barriers to using traditional medicines for self-medicating diarrhea were not immediately cured and there were no obstacles in obtaining traditional medicine for diarrhea.

Keywords: self-medication, traditional medicine, use, motivation, barriers, diarrhea, Plembutan Village community.