

ABSTRAK

Indonesia kaya akan sumber alam flora maupun fauna yang tersebar di setiap daerah dan dapat dimanfaatkan sebagai bahan dari obat tradisional. Masyarakat Indonesia memanfaatkan obat tradisional (OT) dengan banyak tujuan.

Tujuan penelitian adalah mengetahui gambaran profil pengetahuan dan penggunaan OT di kalangan pelajar pada salah satu SMA di Kota Yogyakarta. Dilakukan penelitian eksploratif, desain penelitian observasional deskriptif. Sampel diambil dari populasi siswa SMA tersebut di Yogyakarta. Teknik sampling yang digunakan adalah *sampling purposive*. Instrumen berupa kuesioner yang diuji validitas, reliabilitas, dan pemahaman bahasa. Analisa dengan *univariate* menggunakan program *Ms. Excel 2016*, hasil ditampilkan dengan tabel disertai pembahasan.

Profil pengetahuan masuk dalam kategori tinggi pada dimensi bentuk sediaan OT (83%) dan kategori sedang pada dimensi pengertian OT (62,333%), penggolongan OT (51,5%), dan efek samping OT (43,25%). Profil penggunaan OT didominasi jawaban pada alasan karena terbuat dari bahan alam (38,235%), tujuan menjaga kesehatan (31,111%), jenis penyakit batuk/pilek (48,734%), sumber informasi dari keluarga/tetangga/saudara (50,292%), menggunakan jamu (75,214%), dikonsumsi sebelum sakit untuk pencegahan (44,961%), meracik sendiri (30,337%), bentuk sediaan yaitu cair dalam kemasan (35,256%), cara penggunaan diminum (82,353%), penggunaan terkadang saja (42,157%), memperhatikan khasiat (35%), efek penggunaan sembuh (86,275%), tidak ada efek samping (77,228%), dan ketertarikan untuk terus menggunakan OT (73%).

Kata kunci : Pengetahuan, Penggunaan, Obat Tradisional, Remaja, SMA, *purposive sampling*.

ABSTRACT

Indonesia is rich in natural sources of flora and fauna that are scattered in every region and can be used as ingredients for traditional medicine. Indonesian people use traditional medicine (TM) for many purposes.

The aim of the study was to describe the profile of knowledge and use of TM among students at one of the high schools in the city of Yogyakarta. Exploratory research was carried out using a descriptive observational research design. The sample was taken from the population of the high school students in Yogyakarta. The sampling technique used is purposive sampling. The instrument in the form of a questionnaire was tested for validity, reliability and understanding of language. Analysis with univariate using the Ms. program. Excel 2016, results are displayed with tables accompanied by discussion.

The knowledge profile is in the high category in the dimensions of TM preparations (83%) and in the moderate category in the dimensions of definition of TM (62.333%), the classification of TM (51.5%), and the side effects of TM (43.25%) . The profile of the use of TM is dominated by answers on the reasons because it is made from natural ingredients (38.235%), the purpose of maintaining health (31.111%), the type sickness are cough/cold disease (48.734%), sources of information from family/neighbors/relatives (50.292%), using “jamu” (75.214%), consumed before illness for prevention (44.961%), self-mixing (30.337%), dosage form that is liquid in packaging (35.256%), how to use it orally (82.353%), use only occasionally (42.157%), pay attention to efficacy (35%), the effect of use is cured (86.275%), there are no side effects (77.228%), and interest in continuing to use TM (73%).

Keywords : Knowledge, Application, Traditional Medicine, Youth, High School, purposive sampling.