

ABSTRAK

Swamedikasi merupakan upaya pengobatan mandiri yang umum dilakukan oleh mahasiswa, termasuk untuk mengatasi batuk sebagai salah satu keluhan kesehatan yang paling sering terjadi. Meski praktis dan hemat biaya, swamedikasi berpotensi menimbulkan kesalahan penggunaan (*medication error*) apabila tidak didasari pengetahuan yang memadai. Persepsi kesehatan yang dimiliki individu, sebagaimana dijelaskan dalam *Health Belief Model* (HBM), diyakini memengaruhi motivasi seseorang dalam mencari dan memahami informasi kesehatan, sehingga berdampak pada tingkat pengetahuannya. Penelitian ini bertujuan untuk mengetahui gambaran persepsi kesehatan dan tingkat pengetahuan swamedikasi batuk, serta menganalisis pengaruh persepsi kesehatan dan tingkat semester terhadap pengetahuan swamedikasi batuk pada mahasiswa non-kesehatan Kampus III Universitas Sanata Dharma Yogyakarta. Penelitian bersifat observasional analitik dengan desain *cross-sectional*. Sebanyak 176 responden dipilih menggunakan rumus *slovin*, terdiri dari 87 mahasiswa angkatan 2022 (semester 8) dan 85 mahasiswa angkatan 2025 (semester 2). Data dikumpulkan melalui kuesioner daring yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Fisher's Exact*, *Pearson Chi-Square*, dan korelasi *Spearman*. Hasil penelitian menunjukkan bahwa persepsi kesehatan sebagian besar responden berada pada kategori cukup (68,75%) dan sebagian besar responden memiliki tingkat pengetahuan swamedikasi batuk pada kategori tinggi (69,89%). Terdapat pengaruh yang signifikan antara persepsi kesehatan terhadap pengetahuan swamedikasi batuk (*Fisher's Exact* = 36,592; $p < 0,001$; *Spearman's* $\rho = 0,402$). Selain itu, tingkat semester juga berpengaruh secara signifikan terhadap pengetahuan swamedikasi batuk (*Pearson Chi-Square* = 14,293; $p < 0,001$; *Spearman's* $p = 0,275$). Penelitian ini menyimpulkan bahwa semakin tinggi kategori persepsi kesehatan yang dimiliki mahasiswa, semakin tinggi pula kategori pengetahuan swamedikasi batuk yang dimiliki, dan mahasiswa semester tinggi cenderung memiliki pengetahuan yang lebih baik dibandingkan mahasiswa semester rendah.

Kata kunci: swamedikasi, batuk, persepsi kesehatan, pengetahuan, *Health Belief Model*, mahasiswa non-kesehatan

ABSTRACT

Self-medication is a common practice of independent treatment carried out by students, including for managing cough as one of the most frequently occurring health complaints. Despite being practical and cost-effective, self-medication has the potential to cause medication errors if not supported by adequate knowledge. An individual's health perception, as explained by the Health Belief Model (HBM), is believed to influence one's motivation to seek and understand health information, thereby affecting their level of knowledge. This study aimed to describe health perception and the level of cough self-medication knowledge, as well as to analyze the influence of health perception and academic semester level on cough self-medication knowledge among non-health students at Campus III of Sanata Dharma University Yogyakarta. This study employed an analytical observational design with a cross-sectional approach. A total of 176 respondents were selected using the Slovin formula, consisting of 87 students from the 2022 cohort (8th semester) and 85 students from the 2025 cohort (2nd semester). Data were collected through an online questionnaire that had been tested for validity and reliability. Data analysis was conducted using univariate and bivariate methods, including Fisher's Exact test, Spearman's correlation, and Pearson Chi-Square test. The results showed that the health perception of most respondents fell into the sufficient category (68,75%), and most respondents had a high level of cough self-medication knowledge (69,89%). There was a significant influence of health perception on cough self-medication knowledge (Fisher's Exact = 36,592; $p < 0,001$; Spearman's $p = 0,402$). Furthermore, the academic semester level also significantly influenced cough self-medication knowledge (Pearson Chi-Square = 14,293; $p < 0,001$; Spearman's $p = 0,275$). This study confirms that a higher category of health perception is associated with a higher category of self-medication knowledge, and students in higher semesters tend to have better knowledge compared to those in lower semesters.

Keywords: self-medication, cough, health perception, knowledge, Health Belief Model, non-health students