

# Hubungan persepsi kesehatan umum dengan perilaku swamedikasi obat bebas pada subjek pasca COVID-19 di Kelurahan Panjunan, Cirebon dan Sekitarnya = The relationship of general health perceptions with Self-medication behavior of Over-The-Counter drugs in Post-COVID-19 subjects in Panjunan Village, Cirebon and Nearby

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## Abstrak

### Latar Belakang

Di masa pandemi COVID-19, terjadi peningkatan suatu isu kesehatan yaitu swamedikasi obat bebas di kalangan masyarakat. Hal ini dikaitkan dengan persepsi sehat yang dimiliki oleh setiap individu sehingga memicu perilaku swamedikasi. Hingga saat ini, belum diketahui hubungan antara persepsi kesehatan umum dengan swamedikasi obat bebas pada subjek pasca COVID-19.

### Metode

Di masa pandemi COVID-19, terjadi peningkatan suatu isu kesehatan yaitu swamedikasi obat bebas di kalangan masyarakat. Hal ini dikaitkan dengan persepsi sehat yang dapat diukur menggunakan The Short Form 36 Health Survei Questionnaire (SF-36) dan dimiliki oleh setiap individu sehingga memicu perilaku swamedikasi. Hingga saat ini, belum diketahui hubungan antara persepsi kesehatan umum dengan swamedikasi obat bebas pada subjek pasca COVID-19.

### Hasil

Sebagian besar persepsi kesehatan umum pada subjek pasca COVID-19 di Kelurahan Panjunan, Cirebon adalah baik. Pada penelitian ini diketahui proporsi responden pasca COVID-19 yang pernah melakukan swamedikasi obat bebas selama 6 bulan terakhir adalah 61 responden (71,8%). Analisis antara persepsi kesehatan umum dan perilaku swamedikasi obat bebas subjek pasca COVID-19 di Kelurahan Panjunan Cirebon dan sekitarnya dengan Uji Fisher yang menunjukkan nilai  $p=0,029$  (OR 5,647; 95% CI 0,693-45,973) yang menunjukkan adanya hubungan signifikan.

### Kesimpulan

Terdapat hubungan signifikan antara persepsi kesehatan umum dan perilaku swamedikasi obat bebas subjek pasca COVID-19 di Kelurahan Panjunan Cirebon dan sekitarnya dengan Uji Fisher yang menunjukkan nilai  $p=0,029$  (OR 5,647; 95% CI 0,693-45,973). Alasan utama responden melakukan swamedikasi adalah karena hemat waktu.

### .....Introduction

During the COVID-19 pandemic, an increasing of a health issue is detected which causes an increasing of self-medication behavior of over-the-counter drugs among the public. This is associated with the decreased quality of life in post COVID-19 patients which can be measured by The Short Form 36 Health Survei Questionnaire (SF-36) about the perception of health that each individual has, thus triggering self-medication behavior. Until now, there is no known relationship between general health perceptions and over- the-counter drug self-medication in post-COVID-19 subjects.

### Method

This research was conducted by collecting samples using consecutive sampling method and cross-sectional

methods with 85 respondents which fulfilled the inclusion criterias in Panjunan Village, Cirebon, and surrounding areas.

### Results

In this study, it was found that the proportion of post-COVID-19 respondents who had self-medicated over-the-counter medications during the last 6 months was 61 respondents (71.8%). Analysis of general health perceptions and over-the-counter self-medication behavior of post-COVID-19 subjects in Panjunan Village Cirebon and its surroundings with Fisher's test showing a p value = 0.029 (OR 5.647; 95% CI 0.693-45.973) which indicates a significant relationship. Overall, the general health perceptions in Panjunan Village, Cirebon and its surroundings is good.

### Conclusion

There is a significant relationship between general health perceptions and self-medication behavior of the post-COVID-19 subjects in Panjunan Village, Cirebon and its surroundings with the Fisher Test showing a value of  $p=0.029$  (OR 5.647; 95% CI 0.693- 45.973). The main reason respondents carry out self-medication is because it saves time.