

HUBUNGAN TINGKAT PENGETAHUAN TERHADAP PERILAKU SWAMEDIKASI DISMENORE PADA SISWI SMK N 2 TEMANGGUNG

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INTISARI

Latar Belakang: Masih banyak dari para remaja wanita yang mengalami gangguan terhadap menstruasi seperti keluhan nyeri yang terjadi. Untuk mengatasi hal tersebut umumnya para remaja wanita melakukan swamedikasi, namun tingkat pengetahuan dari risiko swamedikasi dismenore perlu diminimalisir untuk mencegah kesalahan pengobatan dan risiko lainnya.

Tujuan Penelitian: Mengetahui hubungan tingkat pengetahuan terhadap perilaku swamedikasi dismenore pada siswi SMK N 2 Temanggung.

Metode Penelitian: Penelitian ini dilakukan dengan metode deskriptif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan rumus Slovin dengan 102 responden dan menggunakan kuesioner sebagai alat ukur penelitian. Analisa data meliputi analisis univariat dan bivariat.

Hasil Penelitian: Hasil penelitian menunjukkan tingkat pengetahuan responden mengenai swamedikasi dismenore pada siswi SMK N 2 Temanggung, sebanyak 45 responden (44,1%) memiliki tingkat pengetahuan yang baik, sebanyak 57 responden (55,9%) memiliki tingkat pengetahuan yang cukup, dan sebanyak 0 responden (0,0%) memiliki tingkat pengetahuan yang kurang. Sementara, Tingkat perilaku responden mengenai swamedikasi dismenore pada siswi SMK N 2 Temanggung, sebanyak 22 responden (21,6%) memiliki tingkat perilaku yang baik, sebanyak 56 responden (54,9%) memiliki tingkat perilaku yang cukup, dan sebanyak 24 responden (23,5%) memiliki tingkat perilaku yang kurang.

Kesimpulan: Hasil analisis hubungan menunjukkan terdapat hubungan antara tingkat pengetahuan terhadap perilaku swamedikasi dismenore pada siswi SMK N 2 Temanggung.

Kata Kunci: Dismenore, Swamedikasi, Tingkat Pengetahuan, Perilaku.

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THE RELATIONSHIP BETWEEN KNOWLEDGE LEVEL AND DYSMENORRHEA SELF-MEDICATION BEHAVIOR IN SMK N 2 TEMANGGUNG STUDENTS

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ABSTRACT

Background: There are still many young women who experience menstrual disorders such as complaints of pain that occur. To overcome this, generally young women do self-medication, but the level of knowledge of the risk of dysmenorrhea self-medication needs to be minimized to prevent medication errors and other risks.

Purpose: This study aims to determine the relationship between the level of knowledge and self-medication behavior of dysmenorrhea in female students of SMKN 2 Temanggung.

Methods: This research was conducted with a descriptive method with a cross sectional approach. Sampling using the Slovin formula with 102 respondents and using a questionnaire as a research measuring tool. Data analysis includes univariate and bivariate analysis.

Research Results: The results showed that the level of knowledge of respondents about self-medication of dysmenorrhea in SMK N 2 Temanggung, as many as 45 respondents (44.1%) had a good level of knowledge, as many as 57 respondents (55.9%) had a sufficient level of knowledge, and as many as 0 respondents (0.0%) have a low level of knowledge. Meanwhile, the level of respondents' behavior regarding dysmenorrhea self-medication in SMK N 2 Temanggung students, as many as 22 respondents (21.6%) had a good level of behavior, as many as 56 respondents (54.9%) had a sufficient level of behavior, and as many as 24 respondents (23.5%) had a low level of behavior.

Conclusion: The results of the relationship analysis showed that there was a relationship between the level of knowledge on the self-medication of dysmenorrhea in students of SMK N 2 Temanggung.

Keywords: Dysmenorrhoea, Self-medication, Level of Knowledge, Behavior.

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