

PENGETAHUAN SWAMEDIKASI BATUK PADA SISWA SMP DI BANTUL

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INTISARI

Latar Belakang: Swamedikasi merupakan suatu pengobatan yang dilakukan secara mandiri terhadap suatu penyakit, salah satunya batuk. Meskipun batuk merupakan gejala awal dari beberapa penyakit pernapasan, namun harus diobati dengan cara yang tepat. Belum semua siswa paham mengenai swamedikasi yang benar, oleh karena itu diperlukan media edukasi yang mudah digunakan, salah satunya *booklet*.

Tujuan: Untuk mengetahui pengaruh media edukasi *booklet* terhadap tingkat pengetahuan swamedikasi batuk pada siswa SMP di Bantul.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *quasi experimental, pretest posttest control group design*. Penelitian dilaksanakan pada Desember 2023-Januari 2024 berlokasi di SMP Negeri 1 Sanden dan SMP Negeri 4 Sewon. Sampel berjumlah 262 terbagi dalam dua kelompok yaitu kontrol sebanyak 112 responden dan intervensi sebanyak 150 responden. Teknik pengambilan sampel menggunakan *total sampling*. Instrumen penelitian menggunakan kuesioner dan telah melalui uji validitas dan reliabilitas yang dilakukan di SMPN 3 Kasihan. Adapun hasil uji validitas diperoleh nilai r hitung sebesar $0,372-0,641 > r \text{ tabel } 0,361$ dan hasil uji reliabilitas kuesioner di dapatkan nilai *alpha cronbach* $0,730 \geq 0,6$, dimana dari 24 pertanyaan dikatakan valid dan reliabel. Intervensi berupa edukasi tentang swamedikasi menggunakan *booklet*. Data dianalisis secara univariat dan analisis bivariat menggunakan uji *wilcoxon*.

Hasil: Hasil analisis tingkat pengetahuan swamedikasi batuk sebelum diberikan edukasi menggunakan *booklet* dalam kategori cukup sebesar 46%, dan setelah diberikan edukasi mengalami kenaikan dalam kategori baik sebesar 84,7%. Uji *wilcoxon* didapatkan nilai *p-value* 0,000 yang artinya terdapat pengaruh media edukasi *booklet* terhadap peningkatan pengetahuan swamedikasi batuk.

Kesimpulan: Media edukasi *booklet* berpengaruh dalam meningkatkan pengetahuan swamedikasi batuk pada siswa SMP di Bantul.

Kata Kunci: edukasi, *booklet*, pengetahuan, swamedikasi batuk

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THE INFLUENCE OF BOOKLET EDUCATIONAL MEDIA ON THE LEVEL OF KNOWLEDGE OF COUGH SELF-MEDICATION IN JUNIORHIGH SCHOOL STUDENTS IN BANTUL

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ABSTRACT

Background: Swamedication is a treatment that is carried out independently for an illness, one of which is cough. Although coughing is an early symptom of several respiratory diseases, it must be treated appropriately. Not all students understand correct self-medication, therefore educational media that is easy to use is needed, one of which is booklets.

Objective: To determine the effect of booklet educational media on the level of cough self-medication knowledge among junior high school students in Bantul.

Methodology: This research is a quantitative research with a quasi experimental research design, pretest posttest control group design. The research was carried out in December 2023-January 2024 located at SMP Negeri 1 Sanden and SMP Negeri 4 Sewon. The sample amounted to 262 divided into two groups, namely control with 112 respondents and intervention with 150 respondents. The sampling technique uses total sampling. The research instrument uses a questionnaire and has gone through validity and reliability tests carried out at SMPN 3 Kasihan. The results of the validity test obtained a calculated r value of $0.372-0.641 > r$ table 0.361 and the results of the questionnaire reliability test obtained a Cronbach's alpha value of $0.730 \geq 0.6$, where 24 questions were said to be valid and reliable. The intervention took the form of education about self-medication using a booklet. Data were analyzed by univariate and bivariate analysis using the Wilcoxon test.

Results: The results of the analysis of the level of cough self-medication knowledge before being given education using booklets were in the sufficient category at 46%, and after being given the education there was an increase in the good category at 84.7%. The Wilcoxon test obtained a p -value of 0.000, which means that there is an influence of booklet educational media on increasing knowledge of cough self-medication.

Conclusion: Booklet educational media has an influence in increasing knowledge of cough self-medication among junior high school students in Bantul

Keywords: *education, booklets, knowledge, cough self-medication*

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