

INTISARI

Swamedikasi merupakan tindakan pengobatan inisiatif yang dilakukan pasien atau pendamping terhadap gejala penyakit ringan,. Biaya kesehatan dapat ditinjau melalui beberapa perspektif, salah satunya pengguna jasa yang umumnya berasal dari biaya kantong pribadi individu. Penelitian bertujuan untuk mengetahui pola dan biaya swamedikasi, serta ada tidaknya perbedaan bermakna dari pola swamedikasi dan karakteristik sosiodemografi terhadap besaran biaya.

Metode penelitian yang digunakan dalam penelitian ini adalah observasional *cross sectional*. Instrumen kuesioner terdiri dari karakteristik sosiodemografi, pola swamedikasi, dan biaya kesehatan, disebarkan secara daring. Berdasarkan data terhadap 421 responden, dilakukan analisis data secara statistik deskriptif dan statistik inferensial.

Hasil penelitian menggambarkan pola swamedikasi yang dilakukan dalam lingkup rumah tangga dalam 3 bulan terakhir paling banyak terhadap keluhan sakit kepala/ nyeri (16,75%), flu (14,39%), batuk (14,14%), dan demam (11,95%). Obat yang paling banyak digunakan adalah parasetamol untuk sakit kepala/ nyeri (69,07%) dan demam (79,04%), dekongestan untuk flu (46,01%), dan ekspektoran untuk batuk (44,40%). Rata-rata biaya swamedikasi dalam lingkup rumah tangga per 3 bulan adalah Rp141.308. Hasil uji *mann-whitney* menunjukkan, jenis kelamin ($p\text{ value}=0,126$), jumlah tanggungan ($p\text{ value}=0,326$), jumlah gejala ($p\text{ value}=0,358$), dan frekuensi swamedikasi ($p\text{ value}=0,312$), tidak terdapat makna dengan besaran biaya swamedikasi ($p\text{ value} \geq 0,05$). Namun usia ($p\text{ value}=0,002$), domisili ($p\text{ value}=0,000$), pendidikan ($p\text{ value}=0,000$), pekerjaan ($p\text{ value}=0,012$), dan pendapatan ($p\text{ value}=0,000$) memiliki makna dengan besaran biaya swamedikasi ($p\text{ value} < 0,05$).

Kata Kunci : Pola swamedikasi, Biaya Kesehatan, Biaya Kantong Pribadi Individu, Rumah Tangga

ABSTRACT

Self-medication is an initiative treatment taken by the patient or the patient's companion for the symptoms of a minor illness. Health costs can be reviewed through several perspectives, one of which is the perspective of service users who generally come from out-of-pocket (OOP) money. This study aims to determine the pattern and cost of self-medication, and whether there were significant differences in the patterns of self-medication and sociodemographic characteristics in terms of cost..

The method used in this study is descriptive observational through a cross-sectional approach. The questionnaire instrument consist of sociodemographic characteristics, self-medication patterns, and health costs, were distributed online. Based on data on 421 respondents, data analysis was carried out using descriptive statistics and inferential statistics.

The results of the study illustrate that the pattern of self-medication carried out in the household within the last 3 months was mostly for headaches/pain (16.75%), flu (14.39%), cough (14.14%), and fever (14.14%). 11.95%). The most used drugs were paracetamol for headache/ pain (69,07%) and fever (79,04%), decongestan for flu (46,01%), and expectorants for cough (44,40%). The average expenditure for self-medication costs within a household per 3 months is IDR 141,308. The results of the Mann-Whitney test showed that gender (p value=0.126), number of dependents (p value=0.326), number of symptoms (p value=0,358), and frequency of self-medication (p value=0,312) are not significantly different to the cost of self-medication (p value ≥ 0.05). However, age (p value=0.002), domicile (p value=0.000), education (p value=0.000), occupation (P value=0.012), and income (p value=0.000) are significantly different to the cost of self-medication (p value < 0.05).

Keywords: Self-medication Behavior, Health Cost, Out of Pockets Money, Household