

INTISARI

Kurangnya pengetahuan masyarakat terhadap penggunaan vitamin C yang tepat akan berpotensi menimbulkan masalah kesehatan. Penelitian ini bertujuan untuk mengevaluasi praktik penggunaan dan pengetahuan masyarakat di Kabupaten Subang terkait konsumsi suplemen vitamin C serta hubungannya dengan karakteristik sosiodemografi. Penelitian kuantitatif deskriptif dilakukan melalui pengumpulan data menggunakan kuesioner. Sampel diambil dengan cara *convenience sampling*. Analisis statistik deskriptif digunakan untuk menganalisis data, sementara hubungannya dianalisis dengan menggunakan uji *crosstabulation 2x2 chi-square*.

Hasil dari penelitian pada 123 responden menunjukkan bahwa larutan (68,29%) dan tablet hisap (62,60%) merupakan bentuk sediaan yang paling banyak dikonsumsi dengan mayoritas responden mengonsumsi 1 dosis per harinya. Alasan mereka mengonsumsi suplemen ini untuk mencukupi kebutuhan gizi. Sebanyak 19,51% responden melaporkan mengalami efek samping, dengan kram perut (7 orang) menjadi efek samping yang paling umum dirasakan. Apotek (56,10%) dan swalayan (45,53%) menjadi sumber utama untuk mendapatkan suplemen vitamin C. Sekitar 38,12% responden memiliki pengetahuan yang baik, dengan skor rata-rata pengetahuan sebesar $11,04 \pm 1,451$ dari skor tertinggi 15. Analisis hubungan menunjukkan tidak ada hubungan antara karakteristik sosiodemografi, praktik penggunaan, dan pengetahuan mengenai suplemen vitamin C karena memiliki nilai *p-value* di atas 0,05.

Masyarakat memerlukan program edukasi mengenai suplemen vitamin C, mengingat mayoritas responden memberikan jawaban yang kurang tepat dalam penelitian ini.

Kata Kunci: Praktik Penggunaan, Pengetahuan, Suplemen, Vitamin C

ABSTRACT

Lack of public knowledge about the proper use of vitamin C will potentially cause health problems. This study aims to evaluate the health practice and knowledge of the people in Subang Regency regarding the consumption of vitamin C supplements and their relationship with sociodemographic characteristics. Descriptive quantitative research was carried out through data collection using a questionnaire. Samples were taken by means of convenience sampling. Descriptive statistical analysis was used to analyze the data, while the relationship was analyzed using a 2x2 chi-square crosstabulation test.

The results of the study on 123 respondents showed that solution (68.29%) and lozenges (62.60%) were the most widely consumed dosage forms with the majority of respondents consuming 1 dose per day. The reason they take these supplements is to fulfill their nutritional needs. As much as 19.51% of respondents reported experiencing side effects, with stomach cramps (7 people) being the most common side effect. Pharmacies (56.10%) and supermarkets (45.53%) were the main sources for obtaining vitamin C supplements. About 38.12% of respondents had good knowledge, with an average score of 11.04 ± 1.451 from the highest score 15. There was no relationship between sociodemographic characteristics, health practices, and knowledge about vitamin C supplements because it had a p-value above 0.05.

The public needs a program regarding vitamin C supplements, considering that the majority of respondents gave incorrect answers in this study.

Keyword : Health Practice, Knowledge, Supplement, Vitamin C