

## INTISARI

Swamedikasi merupakan pemilihan penggunaan obat oleh masyarakat karena keputusan diri sendiri untuk mengatasi berbagai penyakit dengan keluhan ringan. Parasetamol banyak digunakan dalam swamedikasi untuk meredakan keluhan nyeri dan demam. Perilaku kesehatan dipengaruhi oleh beberapa faktor, salah satunya pengetahuan dan sikap. Penelitian ini bertujuan untuk memberikan gambaran tingkat pengetahuan, sikap, dan praktik swamedikasi parasetamol pada masyarakat di Kabupaten Kebumen.

Penelitian dilakukan dengan metode kuantitatif *cross sectional* dengan teknik pengambilan sampel *convenience sampling* menggunakan instrumen kuesioner yang disebar secara luring maupun daring. Responden sejumlah 120 masyarakat Kabupaten Kebumen. Analisis data menggunakan statistik deskriptif dan analisis hubungan antar variabel. Penelitian dilakukan pada bulan November 2023.

Hasil analisis responden memiliki pengetahuan cukup (55,8%) dengan nilai *mean* 69,0 dan sikap baik (98,3%) dengan nilai *mean* 82,0 mengenai swamedikasi parasetamol. Sebagian besar praktik responden tepat dalam swamedikasi parasetamol terutama dalam dosis sekali minum (91,7%) dan frekuensi penggunaan (75,8%). Responden menggunakan parasetamol untuk demam (36,9%) dan sakit kepala (32,7%). Responden melakukan swamedikasi karena parasetamol mudah didapat (43,1%). Uji statistik menunjukkan adanya hubungan tingkat pengetahuan dengan karakteristik sosiodemografi usia ( $p=0,006$ ), jenis kelamin ( $p=0,031$ ), tingkat pendidikan ( $p=0,038$ ), pekerjaan ( $p<0,001$ ), dan penghasilan ( $p=0,006$ ). Terdapat hubungan antara sikap dengan tingkat pendidikan ( $p=0,016$ ), pekerjaan ( $p<0,001$ ), dan penghasilan ( $p=0,016$ ). Terdapat hubungan antara tingkat pengetahuan dengan sikap ( $p=0,005$ ).

**Kata kunci: pengetahuan, sikap, swamedikasi, parasetamol**

## **ABSTRACT**

*Self-medication is the choice to use drugs by the community because of their own decision to treat various diseases with minor complaints. Paracetamol is widely used in self-medication to relieve complaints of pain and fever. Health behavior is influenced by several factors, one of which is knowledge and attitude. This study aims to provide an overview of the level of knowledge, attitudes, and practices of self-medication with paracetamol among the community in Kebumen Regency.*

*The study was conducted using a quantitative cross-sectional method with a convenience sampling technique using a questionnaire instrument distributed offline and online. Respondents were 120 people in Kebumen Regency. Data analysis uses descriptive statistics and analysis of relationships between variables. The research was conducted in November 2023.*

*The results of the analysis showed that respondents had sufficient knowledge (55,8%) with a mean value of 69.0 and good attitude (98,3%) with a mean value of 82,0 regarding paracetamol for self-medication. Most of the respondents' practices were appropriate in paracetamol self-medication, especially in one-time dose (91,7%) and frequency of use (75,8%). Respondents used paracetamol for fever (36,9%) and headaches (32,7%). Respondents carried out self-medication because paracetamol was easily available (43,1%). Statistical tests showed a relationship between the level of knowledge and the sociodemographic characteristics of age ( $p=0,006$ ), gender ( $p=0,031$ ), level of education ( $p=0,038$ ), employment ( $p=<0,001$ ), and income ( $p=0,006$ ). There is a relationship between attitudes and level of education ( $p=0,016$ ), employment ( $p=<0,001$ ), and income ( $p=0,016$ ). There is a relationship between the level of knowledge and attitude ( $p=0,005$ ).*

**Keywords: knowledge, attitude, self-medication, paracetamol**