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Analisis Pola Pengobatan Sendiri Terhadap Low Back Pain Antara Pekerja Buruh dan Karyawan Kantor,
Studi Kasus di Dusun Kwasen, Srimartani, Piyungan
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ANALYSIS OF SELF-MEDICATION TREND AMONG CONSTRUCTION AND OFFICE WORKERS TO TREAT LOW BACK PAIN, CASE STUDY AT KWASEN VILLAGE, SRIMARTANI, PIYUNGAN

Abstract

Low back pain (LBP) is a common complain of to old adults encountered in medical practice. It is also a social problem as it cause the sufferer to not be able to perform his daily work. Certain jobs that involve the repeated movement of certain positions such as prolong bending during agricultural work and prolong carrying of loads during construction work can cause trauma to the lower back.

The majority of the public usually utilize self-medication before going to the community health center or medical practitioner for half when suffering from common complains such as LBP.

This study is to analysis the trend of self-medication among the public of Kwasen village especially among construction and office workers. With 50 respondent from each job category, it was found that 49 construction workers (98%) and 39 office workers (78%) had suffered from LBP.

From the total number of sufferers, it was found that 26 construction workers (52%) and 16 office workers (38%) chose self-medication for LBP. Out of that number, (75%) had suffered from LBP.

Modern medication used, besides analgesics, involved flu medication and drugs, in the form of pills, still not registered at the Ministry of Health known as *Super Jos*. This needs attention as its frequency is quite high (42 %).

The majority of respondents who chose self-medication did not need further treatment, while from the total the number of respondents who suffered from LBP, non-medical treatment was more preferred than medical treatment.