

INTISARI

Limbah obat diklasifikasikan sebagai limbah berbahaya. Secara nasional terdapat 47% rumah tangga menyimpan obat sisa. Pembuangan obat-obat sisa yang tidak digunakan atau kedaluwarsa secara tidak tepat dapat berisiko pada kesehatan masyarakat dan lingkungan. Penelitian ini bertujuan untuk mengetahui praktik pembuangan obat; hubungan karakteristik rumah tangga, karakteristik penyakit, informasi cara pembuangan obat dengan praktik pembuangan obat; dan mengetahui biaya obat sedang digunakan dan persediaan, obat tidak digunakan, dan kedaluwarsa.

Jenis penelitian ini merupakan observasional analitik dengan desain *cross sectional*. Jumlah responden terpilih dari lima kecamatan sebanyak 400 orang secara *convenience sampling*. Teknik pengambilan data menggunakan kuesioner yang diwawancarakan dan observasi. Analisis data dilakukan secara deskriptif, uji *chi-square* dan analisis multivariat menggunakan uji regresi logistik berganda.

Hasil analisis univariat menunjukkan bahwa mayoritas praktik pembuangan obat yang dilakukan oleh rumah tangga di Kota Yogyakarta yaitu dibuang ke tempat sampah (67,3%, n = 191) dalam bentuk sediaan padat dan cair. Hasil analisis bivariat menunjukkan bahwa usia, tempat memperoleh obat, dan kondisi kesehatan berhubungan dengan praktik pembuangan obat ($p < 0,05$). Hasil analisis multivariat menunjukkan kondisi kesehatan paling berpengaruh terhadap praktik pembuangan obat (nilai Wald 16.131), dengan tingkat kepercayaan 95%. Hasil estimasi nilai ekonomi obat yang digunakan dan persediaan yaitu Rp. 5.668.570, obat tidak digunakan Rp. 1.273.921, dan obat kedaluwarsa Rp. 140.065. Berdasarkan hasil diatas dapat disimpulkan bahwa praktik pembuangan obat banyak dilakukan dengan dibuang ke tempat sampah. Usia, tempat memperoleh obat dan kondisi kesehatan memiliki hubungan dengan praktik pembuangan obat dan faktor paling berpengaruh adalah kondisi kesehatan. Hasil penelitian ini dapat berfungsi sebagai pelaksanaan program edukasi untuk meningkatkan kesadaran masyarakat terkait pembuangan obat secara tepat.

Kata kunci : obat yang tidak digunakan, obat kedaluwarsa, limbah medis, pembuangan obat, biaya.

ABSTRACT

Drug waste is classified as hazardous waste. Nationally, 47% of households stored leftover medicine. Inappropriate Disposal of residual drugs whether not used or expired can pose a risk to public health and environment. This study aimed to determine the practice of drug disposal; the relation between household characteristics, disease characteristics, information about how to dispose drugs with the practice of drug disposal; and describe the cost of used drugs and medical supplies, unused drugs and its expiration.

This research type was analytic observational with cross sectional design. The number of respondents selected from five sub-districts were 400 people by convenience sampling. Questionnaires, interview and observation were used as data collection techniques. Collected data were then analyzed descriptively and statistically by using chi-square test and multivariate analysis with multiple logistic regression tests.

The results of univariate analysis showed that majority of drug disposal practices carried out by households in Yogyakarta were by disposing in trash (67.3%, n = 191) both for solid and liquid dosage forms. The results of bivariate analysis showed that ages, places to get drug , and health conditions were related to the practice of drug disposal ($p < 0,05$). The result of multivariate analysis showed that health condition was the most influential reason of drug disposal practices (Wald value 16,131), with a 95% confidence. Estimated economic value of the used drugs and medical supplies were Rp. 5.668.570, unused drugs were Rp 1.273.921, and expired drugs were Rp 140.065. Based on the results above, it can be concluded that the practice of drugs disposal was mostly done by being dumped in the trash. Ages, places to get medicine and health conditions were related with the practice of drug disposal. The most influential factor was a health condition. The result of this study could function as the implementation of an education program for the community to increased public awareness regarding the proper disposal of drugs.

Keywords : Unused drugs, Expired drugs, Medical waste, Drugs disposal, Cost.