

INTISARI

Latar belakang : obat-obatan untuk insomnia menolong pasien untuk tertidur dan menjaga kualitas tidur, tetapi sedative dan antidepressant mempunyai efek residual setiap harinya seperti aktivitas mengemudi. Pasien yang menggunakan sedative dan antidepressant dapat meningkatkan risiko kecelakaan lalu lintas. mengemudi di bawah pengaruh obat berisiko mengalami kecelakaan lalulintas yang perlu diwaspadai.

Metode : penelitian ini menggunakan analisis potong lintang. Kuesioner diberikan kepada responden dengan kriteria: 1) aktif dalam mengemudi, 2) berusia antara 18 sampai 64 tahun, dan 3) pasien dengan insomnia. Faktor pengetahuan dan catatan perilaku dalam mengemudi di bawah obat untuk insomnia dianalisis secara regresi linier berganda dan regresi logistik berganda.

Hasil : Sebanyak 100 kuesioner telah dianalisis, dan 40 % pasien berubah perilakunya, meliputi 17 % perubahan dalam frekuensi berkendara dan 36 % berubah dalam perilaku penggunaan obat insomnia yang mengganggu dalam berkendara. Pengetahuan pasien dapat memprediksi perubahan perilaku terhadap frekuensi mengemudi. Level pendidikan dan Informasi yang di terima dari tenaga kesehatan dapat memprediksi perubahan perilaku dalam mengemudi.

Kesimpulan : Perubahan perilaku dalam penggunaan obat insomnia yang dapat merusak dapat di perediksi melalui tingkat pendidikan dan informasi yang diterima dari tenaga kesehatan. Pengetahuan pasien dapat memprediksi perubahan perilaku dalam frekuensi mengemudi. Penelitian selanjutnya harus fokus pada informasi kepada tenaga kesehatan.

Kata Kunci : pengemudi, obat-obatan, pendidikan, catatan perilaku, insomnia.

ABSTRACT

Background : Medications for insomnia help patients who suffer from insomnia fall asleep and maintain sleep, but unfortunately sedative and antidepressant drugs often have residual effects that can affect daily activities such as driving a motor vehicle. The patients who use sedative and antidepressant medications increase the risk a traffic accident. Driving under the influence of medicines become a risk factor that can lead to accidents that needs to be aware of.

Methods : The research was conducted with a cross-sectional studies. The questionnaires were delivered to respondents who fulfill criteria as a token: 1) who are still active driving, 2) age between 18 and 64 years old, and 3) patients with insomnia. Factors affecting knowledge and reported behavior towards driving under the influence of insomnia medicines were analyzed using multiple linear regression analysis and multiple logistic regression analysis respectively.

Results : A total of 100 questionnaires were analysed. Patients have 40 % behavior change consist of 17 % changes in frequency of driving and 36 % changes in the use of driving-impairing medicines for insomnia. Patient's knowledge can predict the changes in behavior in term of frequency of driving. Educational level and information received from healthcare providers can predict the changes in behavior related to the use of driving-impairing medicines.

Conclusions : Behavioral changes in the use of driving-impairing medicines for insomnia can be predicted by the level of education and information received from healthcare providers. Patients's knowledge can predict behavior changes in driving frequency. Future research should focus on an information campaign for healthcare providers as it might contribute to improve communication with patients regarding the risks of driving under the influence of medicines.

Keywords: driver, medicines, knowledge, reported behavior, insomnia