

INITISARI

Latar Belakang. Penggunaan tradisional marak di masyarakat termasuk oleh pasien diabetes mellitus tipe 2

Tujuan. Penelitian bertujuan mengetahui motivasi pasien diabetes mellitus tipe 2 di wilayah kerja Puskesmas Panjatan Kulonprogo menggunakan obat tradisional dan pengetahuan mereka tentang diabetes mellitus.

Metode. Penelitian ini penelitian kualitatif dengan pendekatan studi kasus. Data diperoleh melalui FGD terhadap 56 pasien. Data dianalisis dengan teknik analisis kualitatif dari Miles dan Huberman.

Hasil Penelitian. Motivasi pasien diabetes mellitus tipe 2 menggunakan obat tradisional antara lain: (1) ikut teman atau saudara yang sudah pernah menggunakan obat tradisional yang dianggap berhasil, atau (2) tidak percaya pada pengobatan dokter. Faktor ekonomi dan jarak tidak menjadi pertimbangan mereka. Pasien yang pernah menggunakan obat tradisional namun sekarang sudah berhenti ternyata disebabkan oleh beberapa hal, yaitu: (1) diminta berhenti oleh dokternya, (2) malas menggunakan karena tidak praktis cara meramunya, atau (3) bahan baku meramu obat habis. Selain itu, dari penelitian ini juga diketahui bahwa sebagian pasien memahami dengan baik penyakit yang dideritanya, sebagian yang lain tidak memiliki informasi yang cukup tentang diabetes mellitus tipe 2.

Kesimpulan. Penderita memutuskan menggunakan obat tradisional disebabkan berbagai faktor, yaitu kepercayaan terhadap dokter, mengikuti teman atau saudara, serta pemahaman terhadap efek obat tradisional. Penelitian ini juga menyimpulkan bahwa pasien diabetes mellitus tipe 2 tidak semuanya memahami penyakit yang dideritanya dengan baik.

Kata kunci: obat tradisional, diabetes mellitus tipe 2

ABSTRACT

Background: The consumption of traditional medicine is very much done in the society including by type 2 diabetes mellitus patients.

Purpose: This study is purposed to understand the reasons of type 2 diabetes mellitus patients at the Public Health Center of Panjatan in the Regency of Kulon Progo in consuming traditional medicine and their knowledge about type 2 diabetes mellitus.

Method: This study is a qualitative research with case study approach. The data is obtained through focus group discussion involved 56 type 2 diabetes mellitus patients. The data is analyzed by qualitative analysis techniques from Miles and Huberman.

Results: The reasons of type 2 diabetes mellitus patients in consuming traditional medicine, i.e. (1) they are following friends or relatives who has consumed traditional medicine that is considered successful, or (2) they are not believing in the medical doctor's treatment. The economic and distance factors are not their consideration. The type 2 diabetes mellitus patients who have consumed traditional medicine but have now stopped have the following reasons: (1) they are asked to stop in consuming traditional medicine by medical doctors; (2) they said that it is not practical how to mix traditional medicine so that they become lazy to consume traditional medicine; or (3) the mixing of traditional medicine is easily depleted. In addition, from this study also known that some type 2 diabetes mellitus patients understand very well about type 2 diabetes mellitus disease suffered, some others do not have enough knowledge about type 2 diabetes mellitus.

Conclusion: The type 2 diabetes mellitus patients in consuming traditional medicine are due to various factors, i.e. the trust of medical doctors, following friends or relatives as well as sufficient knowledge about the effects of traditional medicine. This study also founded that generally all type 2 diabetes mellitus patients understand the disease they suffered well.

Keywords: traditional medicine, type 2 diabetes mellitus