

## INTISARI

Perubahan fisiologis dan hormonal selama kehamilan dapat menyebabkan keluhan seperti mual-muntah, sakit kepala, dan maag yang dapat diatasi menggunakan obat tanpa resep. Keamanan obat tanpa resep perlu diperhatikan terkait pengaruhnya baik terhadap ibu maupun janin. Penelitian bertujuan untuk mengetahui gambaran pengetahuan, penggunaan, dan keamanan obat tanpa resep pada ibu hamil di Kabupaten Tegal.

Penelitian dilakukan menggunakan metode noneksperimental *cross-sectional*. Pengambilan sampel dengan cara *convenience sampling* terhadap ibu hamil berdomisili di Kabupaten Tegal periode Maret-April 2021 (saat pandemi Covid-19). Pengambilan data menggunakan kuesioner dalam bentuk *google form* yang telah melewati uji validitas dan reliabilitas. Data dianalisis secara deskriptif dan uji statistik *Chi-Square* signifikansi  $p < 0,05$ .

Hasil penelitian terhadap 117 responden menunjukkan mayoritas memiliki kategori pengetahuan baik (47,01%). Sebanyak 20 responden (17,09%) menggunakan obat tanpa resep selama kehamilan dengan penggunaan paling banyak yakni parasetamol (35,71%). Mayoritas obat digunakan sebagai suplemen atau untuk mengatasi sakit kepala (masing-masing 35,71%); digunakan pada trimester pertama (53,57%); golongan “obat bebas” (80,0%); termasuk kategori A berdasarkan FDA (53,33%) dengan keseluruhannya suplemen kehamilan. Efek samping, kontraindikasi, dan interaksi tidak terdapat dalam penelitian ini. Terdapat hubungan antara pendidikan dengan pengetahuan, serta pekerjaan dengan penggunaan obat tanpa resep. Perlu adanya upaya edukasi terkait obat tanpa resep pada ibu hamil di Kabupaten Tegal.

*Kata kunci: ibu hamil, obat tanpa resep, pengetahuan, Kabupaten Tegal*

## ABSTRACT

*Physiological and hormonal changes during pregnancy may cause commonly medical problems such as nausea-vomiting, headache, and heartburn that can be addressed using non-prescription medicines. The safety of using non-prescription medicines during pregnancy is important because of the effect that can be posed to both the mother and fetus. This study aims to describe the knowledge, use, and safety of non-prescription medicines among pregnant women in Tegal Regency.*

*This study was conducted using the non-experimental cross-sectional method. A convenience sampling method was adopted on pregnant women who live in Tegal Regency on March-April 2021(during the Covid-19 pandemic) using an online questionnaire structure (google form) that was pre-tested before in the pilot study for the validity and reliability tests. The data obtained were analyzed by descriptive and a Chi-Square statistical test with significance at  $p < 0,05$ .*

*The result showed that from 117 respondents, the majority had a good knowledge (47,01%). A total of 20 respondents (17,09%) use non-prescription medicines during pregnancy with the most widely used are paracetamol (35,71%); as a supplement (35,71%) and headache treatment (35,71%); used in the first trimester (53,57%); belongs to “obat bebas” group (80,0%); and included A category (53,33%) based on FDA category which is entirely supplement. Side effects, contraindications, and interactions were not found in this study. There is a significant correlation between education with knowledge, and occupation with the use of non-prescription medicines. Educations related non-prescription medicines are needed for pregnant women in Tegal Regency.*

*Keywords: pregnant women, non-prescription medicines, knowledge, Tegal Regency*