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DESCRIPTION OF THE USE OF TRADITIONAL MEDICINE FOR SWAMEDICATION IN THE COMMUNITY OF BAYUNING VILLAGE, KADUGEDE DISTRICT, KUNINGAN REGENCY

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Abstract

This study aims to describe the use of traditional medicine for self-medication in the community in Bayuning Kadugede Kuningan Village. The type of research conducted is non-experimental research on respondents who live in Bayuning Village with 35 respondents using a questionnaire. Sampling is done by quota sampling. Analysis of the use of traditional medicine for self-medication was carried out descriptively. The description of the use of traditional medicine in Bayuning Village is that traditional medicine is used in various dosage forms to treat minor ailments, degenerative diseases and some are used to treat infections. Most of the traditional medicines used do not cause side effects (81%), when side effects occur, some respondents stop traditional medicine, but some go to the doctor or switch to modern medicine. The dosage of use is based on personal experience or passed down from family and most of them do not know the dosage of using these traditional medicines.

Keywords: *self-medication, traditional medicine, bayuning village*

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INTRODUCTION

Health is very important for life. Someone who feels sick will make efforts to get his health back. Options for seeking healing from an illness include going to a doctor or self-medicating.

Part of the Indonesian population (49.5%) still uses traditional medicine in the form of herbs, 4.5% of them consume traditional medicine every day and the rest consume it occasionally. These traditional medicines can be in the form of their own concoction of traditional medicine or industrial ones (Ismiyana, 2013). The country of Indonesia has its own wealth in traditional medicine, of the 30,000 species of plants, 7,000 of which are plants that can be used as medicine spread throughout the region. Indonesia also has around 280,000 traditional medicine practitioners in various regions (Sembiring, 2015).

Self-medication is a self-medication effort. Self-medication is usually carried out to treat complaints and minor ailments that many people experience, such as fever, pain, dizziness, cough, influenza, stomach ulcers, worms, diarrhea, skin diseases and others. Drugs that are included in the group of over-the-counter and limited-free drugs are relatively safe to use for self-medication (Depkes, 2006).

Susenas data from the Central Bureau of Statistics shows that more than 60% of the community self-medicates. The results of the 2013 Basic Health Research show that 35.2% of Indonesians keep medicines at home, either obtained from a doctor's prescription or purchased freely themselves, of which 27.8% are antibiotics (Kemenkes, 2011).

Traditional medicine and traditional medicine have been integrated into the community, used in overcoming health problems. The ability of the community to self-medicate, regarding symptoms of disease and maintain health needs to be improved in order to maintain health for all levels of society (Notoatmodjo, 2012). For this reason, traditional medicine and herbal medicine have great potential because they are well known to the public, easy to obtain, relatively cheap prices, and are part of the social culture of the community (Ismiyana, 2013).

The results of research conducted in the community of Warung Kondang Sub-district, Cianjur Regency, West Java, showed that the community carried out self-medication on the grounds that the illness was mild, cost-effective, time-saving and temporary in nature, namely the first response before going to the puskesmas or mantri. Correct self-medication is still low because people generally buy drugs in retail so they cannot read the information listed on the drug packaging. In this study, the data obtained came from: RT heads, RW heads, teachers, health cadres and housewives (Supardi & Notosiswoyo, 2005).

METHOD

The type of research used is non-experimental research with a survey method, the data were analyzed descriptively. The data needed for this research was obtained through a field survey (observation). The data are obtained directly from respondents who are in the area that has been determined by the researcher. To obtain information from respondents, a questionnaire was used that contained several semi-open questions, namely in the form of *multiple choices* that the respondent could choose and an essay that could be answered as desired. This data will later become primary data because it is obtained directly from sources or respondents. Questionnaire data in the form of answers filled out by respondents were analyzed descriptively to determine the percentage of the existence of the questionnaire in the population (Sugiyono, 2017).

In this study, the population is the entire community in Bayuning Kadugede Kuningan Village. From the village population data, the total population is 4,145 people.

The sample size for this traditional medicine self-medication study was 100 respondents, sampling was done by giving the desired quota or number in Bayuning Village. Obtained 100 respondents who are willing to become respondents with the inclusion criteria that have been determined by the researcher. Sampling for this research can be done by means of *quota sampling technique*. The questionnaire was distributed from January to February 2021 with 100 respondents.

RESULT AND DISCUSSION

Based on the results of the answers from 100 respondents who have filled out the questionnaire voluntarily taken from Bayuning Village. The demographics of the respondents were obtained which included age, gender, occupation, and last education.

Characteristics of respondents in the study with the title description of the use of traditional medicine for self-medication in the community in Bayuning Kadugede Kuningan Village can be seen in table 1.

Table 1. Characteristics of Respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No.	Characteristics of Respondents	Total	Percentage (%)
1.	Age (years)		
	17-30	57	57
	31-60	43	43
2.	Gender		
	Male	61	61
	Female	39	39
3.	Occupation		
	Entrepreneurs	20	20
	Students	16	16
	IRT	15	15
	Farmers	13	13
	Private employees	13	13
	Civil servants	8	8
	Labor	8	8
	Students	6	6
	Retired	1	1
4.	Last Education		
	Senior High School	75	75

College	25	25
Total	100	100

Sources of information on traditional medicines can be seen in table 2.

Table 2. Sources of Information on Traditional Medicines Obtained by Respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	source of information	Total	Percentage (%)
1.	Ancestral/family traditions	29	29
2.	Relatives / neighbors	23	23
3.	Print or electronic media	48	48
	Total	100	100

Most of the information obtained is from print/electronic media. Meanwhile, the family has an important role in providing information about traditional medicine. Family is a group of people who live together in the same residence. The family is the closest party to the respondent, so it is from this family that the respondent obtains information about traditional medicine.

The types of diseases most suffered by the community are described in table 3.

Table 3. Types of diseases that have been suffered and self-treated by respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	Type of Disease	Total	Percentage (%
1.	Cough	51	28.98
2.	Fever/fever	56	31.82
3.	Diarrhea	33	18.75
4.	Hypertension	36	20.45
Total		170	100

Generally, diseases that are often self-treated are: cough, fever/fever, digestive disorders, and hypertension. Respondents from the Bayuning village community treated using homemade traditional medicine in the form of a decoction or steeping such as to treat fever using boiled ginger or lime water, to treat hypertension using boiled water from cat whiskers or bitter leaves while to treat diarrhea using a decoction of guava leaves. Respondents from the Bayuning village community who use boiled ginger or lime water to reduce fever are 56%, and those who use decoction of cat whiskers and bitter leaves to treat hypertension are 36%, while respondents who use guava leaf decoction to cure diarrhea by 33%.

The most common types of traditional medicines used are described in the table 4.

Table 4. Types of Traditional Medicines Ever Used by Respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	Type of Medicine	Total	Percentage (%)
1.	Jamu	48	34.29
2.	Herbal Medicine	69	49.29
3.	Phytopharmaca	23	16.49
	Total	140	100

Types of traditional medicines that have been used by respondents in Bayuning village are Jamu, Standardized Herbal Medicine and Fitofarmaka. The herbs referred to here are all traditional medicinal preparations, both purchased freely and the results of their own concoction. Examples of standardized herbal medicines are OBH Herbal, Tolak Angin, Kiranti then examples of Fitofarmaka drugs are Stimuno, Tensigard, Xgra, Nodiar, Inlacin, VipAlbum plus, Rheumaneer.

Respondents in Bayuning Village using or consuming herbal medicine by 48%, this indicates that the community is quite interested in consuming herbal medicine because the price is affordable and the side effects are relatively small to cure the disease. Meanwhile, Standardized Herbal Medicines (OHT) are 69% more in demand because they appear more often in mass media advertisements so that people in Bayuning village use drugs more according to advertising media information sources. Respondents who consume phytopharmaca drugs are 23%. The low value of the use of Fitofarmaka drugs is because the Bayuning village community does not know about Fitofarmaka drugs.

In general, the people of Bayuning Village use dosage forms which can be seen in table 5.

Table 5. Traditional Medicine dosage forms used by respondents in Bayuning Kadugede Kuningan Village in 2012 (n=325)

No	Dosage form	Total	Percentage (%)
1.	Ginger or lime water decoction	56	46,67
2.	Bitter leaf water decoction or cat whiskers leaves	36	30
3.	Guava leaf water decoction	33	27.5
	Total	120	100

The processing of traditional medicines varies greatly, ranging from those that are still carried out in simple ways such as boiling or brewing to those using advanced technology that are packaged. The people of Bayuning Village themselves mostly use preparations in the form of herbal medicine because herbal medicine is easy to obtain, namely by using plants that are around. The most side effects caused can be seen in table 6.

Table 6. Side Effects Experienced by Respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	Side effects	Total	Percentage (%)
1.	No side effects	81	81
2.	Nausea	11	11
3.	Dizziness	8	8
Total		100	100

Most respondents did not appear harmful side effects of drugs while using traditional medicines, from these results it can be concluded that traditional medicines are considered safe in their use because the side effects are relatively very small.

Actions taken when there are side effects that most respondents take are described in table 8.

Table 7. Actions taken when there are side effects by respondents in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	Action	Total	Percentage (%)
1.	Check with the doctor	18	9
2.	Switch to modern medicine	70	35
3.	Left	12	6
4.	Keep going	25	12.5
5.	Stop taking traditional medicine	75	37.5
Total		200	100

Respondents in bayuning village prefer to switch to treatment using modern medicine if there is a side effect or feel a side effect, which is 70% in addition to switching to treatment using modern medicine, there are also respondents in bayuning village who immediately check with a doctor if they feel side effects, which is equal to 18% due to worry that something unwanted will happen and there are also respondents who let it feel the side effects because the perceived side effects are not so bad the respondents chose to let it go, out of a total of 100 respondents only 12% chose to let the side effects of using traditional medicine alone . Respondents who continue to take traditional medicine as much as 25% and 70% of the total respondents who do not continue to use traditional medicine.

Knowledge of the dose of the respondent's traditional medicine use is described in table 8.

Table 8. Knowledge of the dose of the respondent's traditional medicine use in Bayuning Kadugede Kuningan Village in 2021 (n=100)

No	**Side Effects**	**Total**	**Percentage (%)**
1.	Knowing the dose of traditional medicine use.	28	28
2.	Do not know the dose of traditional medicine use	72	72
	Total	100	100

Respondents in the village of Bayuning more who do not know the dose of traditional medicine that is 72% while those who know the dose of use are 28%.

CONCLUSION

Gambaran penggunaan obat tradisional di Desa Bayuning adalah obat tradisional digunakan dalam berbagai bentuk sediaan untuk mengatasi penyakit ringan, penyakit degeneratif dan ada yang menggunakan untuk mengatasi infeksi. Obat tradisional yang digunakan kebanyakan tidak memunculkan efek samping (81 %), ketika muncul efek samping beberapa responden menghentikan obat tradisional, tetapi ada yang pergi kedokter atau beralih ke obat modern. Dosis pemakaian di dasarkan atas pengalaman pribadi atau turun temurun dari keluarga. Masyarakat desa Bayuning masih banyak yang tidak mengetahui dosis penggunaan obat tradisional.

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