

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN FARMASI**  
**Laporan Tugas Akhir, Juni 2022**

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**Gambaran Penggunaan Tanaman Obat Tradisional Untuk Meningkatkan  
Daya Tahan Tubuh Sebelum dan Semasa Pandemi COVID-19 di Desa  
Panutan Kecamatan Pagelaran Kabupaten Pringsewu Provinsi Lampung**

**xvii + 101 halaman, 10 tabel, 16 gambar, dan 12 lampiran**

**ABSTRAK**

COVID-19 merupakan penyakit akibat virus corona jenis baru yang muncul pada akhir 2019 pertama kali di Wuhan (China) yang saat ini menyebabkan pandemi hampir di seluruh dunia sejak virus COVID-19 telah menyebar secara global, beberapa varian telah muncul dan diidentifikasi di banyak negara di dunia. Ketakutan masyarakat akan penyebaran COVID-19 menyebabkan masyarakat lebih memilih mengobati diri sendiri dengan memanfaatkan tanaman obat tradisional yang ada di pekarangan tempat tinggalnya untuk upaya pencegahan COVID-19.

Penelitian ini bertujuan untuk mengetahui gambaran penggunaan tanaman obat tradisional untuk meningkatkan daya tahan tubuh sebelum dan semasa pandemi COVID-19 di Desa Panutan Kecamatan Pagelaran Kabupaten Pringsewu Metode penelitian yang digunakan yaitu *survey* deskriptif dengan teknik *Quota Sampling*, pengambilan data dengan cara wawancara kepada 100 responden menggunakan kuesioner. Berdasarkan dari penelitian ini karakteristik responden usia 26-45 tahun, dengan pendidikan SMA sebanyak 50% dan ibu rumah tangga sebanyak 64%. Sebelum dan semasa pandemi alasan masyarakat menggunakan tanaman obat tradisional karena bahannya alami 43,8% dan 39,8%. Sebelum dan semasa pandemi jenis tanaman yang digunakan Jahe 35,5% dan 36,2%. Sebelum dan semasa pandemi bentuk olahan yang digunakan dijadikan minuman herbal 97% dan 97%. Sebelum dan semasa pandemi cara penggunaan yang digunakan yaitu diminum 97%. Sebelum dan semasa pandemi tempat memperoleh tanaman yaitu tanaman sendiri sebanyak 47% dan 51,8%. Sebelum dan semasa pandemi kombinasi tanaman yang digunakan jahe+kunyit 37,7% dan 36,6%. Sebelum dan semasa pandemi frekuensi penggunaan yang digunakan yaitu 1x sehari 54% dan 49%. Sebelum dan semasa pandemi sumber informasi yang diperoleh dari info keluarga 53,3% dan 44,3%.

Kata kunci : tanaman obat tradisional, meningkatkan daya tahan tubuh,  
Desa Panutan  
Daftar Bacaan : 56 (2008-2020)

**TANJUNGPURBA HEALTH POLYTECHNIC  
DEPARTMENT OF PHARMACEUTICAL  
Final Project Report, June 2022**

**Aldi Fauzi**

*An overview of the use of traditional medicinal plants to increase body resistance before and during the COVID-19 pandemic in Panutan Village, Pagelaran District, Pringsewu Regency, Lampung Province*

*xvii + 101 pages, 10 tables, 16 pictures, and 12 attachment*

**ABSTRACT**

*COVID-19 is a disease caused by a new type of corona virus that appeared at the end of 2019 for the first time in Wuhan (China) which is currently causing a pandemic almost worldwide since the COVID-19 virus has spread globally, several variants have emerged and been identified in many countries. In this world. People's fear of the spread of COVID-19 causes people prefer to self-medicate by using traditional medicinal plants that are in their yards for COVID-19 prevention efforts.*

*This study aims to describe the use of traditional medicinal plants to increase body resistance before and during the COVID-19 pandemic in Panutan Village, Pagelaran District, Pringsewu Regency. The research method used is a descriptive survey with Quota Sampling technique, data collection by interviewing 100 respondents using a questionnaire. Based on this study the characteristics of respondents aged 26-45 years, with high school education as much as 50% and housewives as much as 64%. Before and during the pandemic the reason people used traditional medicinal plants because the ingredients were natural, 43,8% and 39,8%, respectively. Before and during the pandemic, 35,5% and 36,2% of ginger were used, respectively. Before and during the pandemic, 97% and 97% of the processed forms used were made into herbal drinks, respectively. Before and during the pandemic the method of use used was 97% drinking. Before and during the pandemic, the place to get the plants was the plants themselves as much as 47% and 51,8%, respectively. Before and during the pandemic, the combination of ginger + turmeric used 37,7% and 36,6%, respectively. Before and during the pandemic, the frequency of use used was 1x a day, 54% and 49%, respectively. Before and during the pandemic the source of information obtained from family information was 53,3% and 44,3%.*

*Keywords : traditional medicinal plants, increase body resistance, Panutan Village*

*Reading list : 56 (2008-2020)*