

POLITEKNIK KESEHATAN TANJUNKARANG
JURUSAN FARMASI
Laporan Tugas Akhir, Juli 2022

Wida Afif Alaudin

**Gambaran Pemanfaatan Tanaman Obat Pada Masyarakat Desa Merak
Batin Kecamatan Natar Kabupaten Lampung Selatan 2022**

xix + 71 halaman, 6 gambar, 14 tabel, dan 8 lampiran

ABSTRAK

Hidup sehat tanpa mengalami gangguan kesehatan adalah dambaan setiap orang. Terlebih di era modern ini, oleh karena itu kesehatan sangat penting dan menjadi barang berharga yang harus dirawat. Salah satu upaya pencegahan yang dapat dilakukan adalah dengan mengonsumsi obat tradisional dari tanaman obat. Tanaman obat dapat ditanam di pekarangan rumah atau lingkungan sekitar rumah. Penelitian ini bertujuan untuk mengetahui gambaran pemanfaatan tanaman obat di Desa Merak Batin Kecamatan Natar Kabupaten Lampung Selatan Tahun 2022. Penelitian ini dilakukan dengan metode penelitian deskriptif dengan 100 responden dan alat ukur penelitian menggunakan kuesioner. Populasi dalam penelitian ini adalah masyarakat Desa Merak Batin dengan kriteria inklusi laki-laki dan perempuan yang tinggal di Desa Merak Batin yang pernah atau sedang memanfaatkan tanaman obat dan bersedia diwawancarai.

Hasil penelitian menunjukkan bahwa responden dengan karakteristik jenis kelamin terbanyak yaitu perempuan 65%, karakteristik usia terbanyak yaitu 16-25 tahun sebanyak 42%, berpendidikan terakhir tamat sma sebanyak 72%, pekerjaan terbanyak yaitu ibu rumah tangga sebanyak 34% dan sumber informasi terbanyak dari orang tua sebanyak 38%. Terdapat 21 jenis tanaman obat yang sering digunakan oleh responden dengan bagian yang umum digunakan adalah rimpang/umbi sebanyak 49% dan di olah dengan cara direbus menjadi rebusan dan digunakan dengan tujuan pengobatan penyakit, pencegahan penyakit dan meningkatkan daya tahan tubuh sebanyak 71%. Tanaman yang paling banyak digunakan yaitu jahe sebanyak 25,8%. Terdapat sedikit responden yang mengembangkan tanaman obat menjadi sediaan yang dapat dijual sebanyak 7%.

Kata Kunci: Tanaman Obat, Tradisional, Desa Merak Batin.
Daftar Bacaan: 28 (2004-2021).

**POLYTECHNIC OF HEALTH TANJUNGPUR
PHARMACEUTICAL DEPARTMENT
Final Project Report, July 2022**

Wida Afif Alaudin

**Description of the Use Medicinal Plants in Merak Batin Village Natar
District South Lampung Regency**

xix + 71 pages, 6 pictures, 14 tables, and 8 attachments

ABSTRACT

Living a healthy life without experiencing health problems is everyone's dream. Especially in this modern era, therefore health is very important and becomes a valuable item that must be cared for. One of the prevention efforts that can be done is by consuming traditional medicines from medicinal plants. Medicinal plants can be planted in the yard or the environment around the house. This study aims to determine the description of the use of medicinal plants in Merak Batin Village, Natar District, South Lampung Regency in 2022. This research was conducted using a descriptive research method with 100 respondents and the research measuring instrument used a questionnaire. The population in this study was the people of the Inner Merak Village with inclusion criteria of men and women living in the Batin Merak Village who had or were using medicinal plants and were willing to be interviewed.

The results showed that the respondents with the most gender characteristics were women 65%, the most age characteristics were 16-25 years as much as 42%, the last education was high school graduates as much as 72%, the most occupations were housewives as much as 34% and the most sources of information were people old as much as 38%. There are 21 types of medicinal plants that are often used by respondents with the part commonly used is rhizomes/tubers as much as 49% and processed by boiling into a decoction and used for the purpose of treating disease, preventing disease and increasing body resistance by 71%. The most widely used plant is ginger as much as 25.8%. There are a few respondents who develop medicinal plants into preparations that can be sold as much as 7%.

*Keywords: Medicinal Plants, Traditional, Inner Merak Village.
Reading List: 28 (2004-2021.)*