

**POLITEKNIK KESEHATAN TANJUNGPURWATI  
JURUSAN FARMASI  
Laporan Tugas Akhir, Juni 2021**

**Batras Ulan Risanti**

**Gambaran Swamedikasi Nyeri Haid (*Dismenorea*) pada Siswi SMA/Sederajat di Kecamatan Sekampung Tahun 2021**

**XVII+118 halaman, 13 tabel, 10 gambar, dan 12 lampiran**

**ABSTRAK**

Swamedikasi atau pengobatan sendiri merupakan pengobatan yang dilakukan oleh kebanyakan masyarakat untuk mengobati gejala sakit atau keluhan tanpa terlebih dahulu melakukan konsultasi kepada dokter. Berdasarkan data dari Badan Pusat Statistik tahun 2018 menunjukkan bahwa sebanyak 67,89% masyarakat melakukan swamedikasi. Swamedikasi biasanya digunakan untuk mengatasi penyakit ringan, seperti nyeri haid. Tahun 2019, ternyata sebanyak 85% persentase kejadian *dismenorea* pada siswi di MTS N 1 Lampung Timur dan mereka menggunakan obat sintetik maupun tradisional untuk mengatasi keluhan tersebut.

Tujuan penelitian ini untuk mengetahui gambaran swamedikasi nyeri haid berdasarkan alasan melakukan swamedikasi, pemilihan obat berdasarkan kandungan, golongan obat, sumber informasi tentang swamedikasi, tempat mendapatkan obat, jangka waktu penggunaan obat, tindak lanjut setelah swamedikasi, efek samping serta penyimpanan obat swamedikasi pada siswi SMA/ sederajat di Kecamatan Sekampung. Rancangan penelitian ini menggunakan metode deskriptif dan teknik pengambilan sampel menggunakan purposive sampling dimana pengambilan sampel berdasarkan kriteria tertentu dan pertimbangan dari peneliti. Hasil penelitian menunjukkan bahwa responden yang melakukan swamedikasi terbanyak yaitu umur 17 tahun 52,0%, dengan alasan melakukan swamedikasi karena praktis dari segi waktu 39,3%, golongan obat yang banyak digunakan ialah obat tradisional 62,0%, obat yang banyak digunakan ialah jamu kunyit 45,1% dengan kandungan kurkumin di dalamnya sebesar 48,6%, sumber informasi responden berasal dari keluarga 62,5%, responden mendapatkan obat swamedikasi dengan cara membeli di apotek 37,3%, dan menggunakan obat swamedikasi dalam jangka waktu 1-3 hari menstruasi 95,8%, selain itu 87,5% responden tidak mengalami efek samping, kebanyakan responden menyimpan obat swamedikasi di dalam kemasan asli, pada suhu kamar, terhindar dari matahari dan kelembaban sebesar 56,4%.

Kata kunci : swamedikasi, nyeri haid, tahun 2021

Daftar bacaan : 58 (1990-2021)

**TANJUNGPURBA HEALTH POLYTECHNIC  
PHARMACY DEPARTMENT**

***Final Project Report, June 2021***

***Batras Ulan Risanti***

***Overview of Menstrual Pain Self-Medication (Dysmenorrhoea) in High School / Equivalent Students in Sekampung District in 2021***

***XVII+118 pages, 13 tables, 10 images and 12 attachments***

**ABSTRACT**

*Self-medication or self-medication is a treatment carried out by most people to treat symptoms of illness or complaints without first consulting a doctor. Based on data from the Central Statistics Agency in 2018, it showed that as many as 67.89% of the people carried out self-medication. Self-medication is usually used to treat minor ailments, such as menstrual pain. In 2019, it turned out that as many as 85% percentage of the incidence of dysmenorrhoea in students at MTS N 1 East Lampung and they used synthetic and traditional drugs to overcome these complaints.*

*The purpose of this study was to find out the description of self-medication for menstrual pain based on the reasons for self-medication, drug selection based on, content, drug class, sources of information about self-medication, where to get medicine, duration of drug use, follow-up after self-medication, side effects and storage of self-medication for female students. SMA/equivalent in Sekampung District. This research design uses a descriptive method and the sampling technique uses purposive sampling where the sampling is based on certain criteria and considerations of the researcher. The results showed that the majority of respondents who did self-medication were aged 17 years 52.0%, with the reason for doing self-medication because it was practical in terms of time 39.3%, the drug class that was widely used was traditional medicine 62.0%, the drug that was widely used was herbal medicine 45.1% with curcumin content in it by 48.6%, respondents' sources of information came from families of 62.5%, respondents received self-medication by buying at a pharmacy 37.3%, and using self-medication within a period of 1 -3 days of menstruation 95.8%, besides that 87.5% of respondents did not experience side effects, most respondents kept self-medication drugs in the original packaging, at room temperature, protected from the sun and humidity of 56.4%.*

*Key words: self-medication, menstrual pain, year 2021*

*Reading list: 58 (1990-2021)*