

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN FARMASI
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**Gambaran Swamedika Penggunaan Suplemen Sebelum Dan Semasa
Pandemi Covid-19 Pada Masyarakat Di Kota Bandar Lampung**

Xviii + 86 halaman + 3 gambar +10 tabel + 10 lampiran

ABSTRAK

Penyakit coronavirus merupakan masalah kesehatan yang terjadi pada masyarakat telah menjadi pandemi dan sangat mengancam bagi kesehatan diseluruh dunia. Upaya pencegahan dan pengendalian covid-19 dapat dilakukan dengan menjaga kesehatan tubuh seseorang dengan cara menjaga daya tahan tubuhnya, salah satu caranya dengan mengkonsumsi suplemen.

Tujuan penelitian ini untuk mengetahui gambaran swamedikasi penggunaan suplemen sebelum dan semasa pandemi covid-19 pada masyarakat di Kota Bandar Lampung. Penelitian ini menggunakan metode wawancara melalui *kuisisioner*. Kemudian hasil data disajikan dalam bentuk tabel distribusi persentase. Hasil penelitian ini terdapat 100 responden yang memenuhi kriteria inklusi dan eksklusi. Hasil penelitian ini menunjukkan persentase penggunaan suplemen di masa pandemi covid-19 yaitu pada perempuan 67%, usia 17-25 tahun 61%, tingkat pendidikan tamat SMA 68%, pekerjaan sebagai karyawan swasta 42%, nama suplemen Imboost sebelum dan semasa pandemi yaitu 43% dan 36,2%, zat aktif kombinasi yaitu 27,1% dan 28,1%, menggunakan 1 jenis suplemen yaitu 93% dan 73%, aturan pakai 1 kali sehari yaitu 93% dan 73%, menjaga daya tahan tubuh yaitu 58,9% dan 62,4%, sediaan tablet yaitu 70,1% dan 70,9%, lama penggunaan selama 3 hari yaitu 39% dan 23%, asal produsen PT. Soho yaitu 42,1% dan 37%, didapatkan di apotek yaitu 93%.

Kata kunci : Covid-19, Suplemen Kesehatan, Bandar Lampung
Daftar Bacaan : 19 (2007-2021)

TANJUNGPURING HEALTH POLYTECHNIC
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Final Project Report, August 2022

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Overview of Self-Medicine Use of Supplements Before and During the Covid-19 Pandemic in People in Bandar Lampung City

Xviii + 86 pages + 3 pictures + 10 tables + 10 annexes

ABSTRACT

Coronavirus disease is a public health problem that has become a pandemic and is very threatening to health around the world. Efforts to prevent and control COVID-19 can be done by maintaining a person's body health by maintaining his immune system, one way is by taking supplements.

The purpose of this study was to determine the description of self-medication using supplements before and during the COVID-19 pandemic in the community in Bandar Lampung City. This research uses interview method through questionnaire. Then the data results are presented in the form of a percentage distribution table. The results of this study were 100 respondents who met the inclusion and exclusion criteria. The results of this study indicate the percentage of supplement use during the COVID-19 pandemic, namely in women 67%, ages 17-25 years 61%, education level completing high school 68%, employment as a private employee 42%, the name Imboost supplement before and during the pandemic, namely 43 % and 36.2%, the combination active substances are 27,1% and 28,1%, using 1 type of supplement, namely 93% and 73%, the rule of use 1 time a day is 93% and 73%, maintaining body resistance is 58 ,9% and 62.4%, tablet preparations are 70.1% and 70.9%, duration of use for 3 days is 39% and 23%, from the manufacturer PT. Soho is 42.1% and 37%, obtained in pharmacies is 93%.

Keywords : Covid-19, Health Supplements, Bandar Lampung
Reading List : 19 (2007-2021)