

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN FARMASI
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**Gambaran Pengetahuan Swamedikasi Flu Dan Batuk Pada Anak Di
Kelurahan Langkapura Baru Kecamatan Langkapura Tahun 2025**

XVI+124 halaman, 12 tabel, 12 gambar dan 20 lampiran

ABSTRAK

Swamedikasi merupakan salah satu bentuk upaya pengobatan mandiri yang umum dilakukan masyarakat untuk menangani gejala penyakit ringan, termasuk flu dan batuk. Masyarakat Indonesia lebih dari 80% melakukan swamedikasi termasuk di Provinsi Lampung. Meskipun swamedikasi dinilai praktis dan ekonomis, praktik ini berpotensi menimbulkan risiko apabila tidak didasari dengan pengetahuan yang memadai, terutama jika dilakukan pada anak-anak yang memiliki kondisi tubuh lebih rentan. Berdasarkan survei awal di Kelurahan Langkapura Baru, ditemukan bahwa 8 dari 20 anak mengalami flu dan batuk yang berdampak pada penurunan berat badan dan potensi hambatan pertumbuhan. Banyak ibu melakukan swamedikasi dengan membeli obat langsung di apotek tanpa konsultasi dengan tenaga kesehatan.

Penelitian ini menggunakan metode deskriptif kuantitatif dengan pengambilan data melalui wawancara kepada 100 responden orang tua yang memiliki anak usia 0-18 tahun. Sampel dipilih menggunakan metode *accidental sampling* dengan perhitungan jumlah sampel menggunakan rumus slovin. Hasil penelitian menunjukkan bahwa mayoritas responden memiliki pengetahuan baik tentang definisi flu dan batuk (96%), gejala flu dan batuk (94%), penatalaksanaan non farmakoterapi (100%), dan aturan pakai obat (83%). Namun, pengetahuan responden tentang penatalaksanaan farmakoterapi flu dan batuk masih kurang (86%). Obat flu dan batuk yang paling sering digunakan adalah Hufagrip Flu dan Batuk (21%). Tempat mendapatkan obat paling banyak didapatkan responden di Apotek (94%). Sumber informasi paling banyak responden mendapatkan dari tenaga kesehatan (55%).

Kata Kunci : Anak, batuk, flu, pengetahuan, swamedikasi.
Daftar Bacaan : (2007-2025)

TANJUNGKARANG HEALTH POLYTECHNIC
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***Overview of Self-Medication Knowledge for Influenza and Cough in Children
in Langkapura Baru Subdistrict, Langkapura District, in 2025***

XVI+124 pages, 12 tables, 12 figures and 20 attachments

ABSTRACT

Self-medication is a common form of self-treatment used by the public to manage mild symptoms of illness, including the flu and cough. Over 80% of the Indonesian population engages in self-medication, including in Lampung Province. While self-medication is considered practical and economical, this practice poses potential risks if not based on adequate knowledge, especially when administered to children with more vulnerable physical conditions. Based on an initial survey in Langkapura Baru Village, it was found that 8 out of 20 children experienced flu and cough, which led to weight loss and potential growth delays. Many mothers practiced self-medication by purchasing medications directly from pharmacies without consulting healthcare professionals.

This study used a quantitative descriptive method with data collection through interviews with 100 respondents who were parents of children aged 0-18 years. The sample was selected using accidental sampling with the sample size calculated using the Slovin formula. The results of the study show that the majority of respondents have good knowledge of the definition of flu and cough (96%), symptoms of flu and cough (94%), non-pharmacological management (100%), and medication rules (83%). However, respondents' knowledge of pharmacological management of flu and cough was still lacking (86%). The most commonly used flu and cough medication was Hufagrip Flu and Cough (21%). Respondents most often obtained medication from pharmacies (94%). The most common source of information for respondents was health workers (55%).

Keywords: Children, cough, flu, knowledge, self-medication.

References: (2007–2025)