

## ABSTRAK

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### GAMBARAN PELAYANAN SWAMEDIKASI OBAT BATUK OLEH TENAGA TEKNIS KEFARMASIAN DI APOTEK X KOTA JAKARTA BARAT

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(XV + 30 halaman; 4 tabel; 5 gambar; 1 lampiran)

Di Indonesia, pengobatan sendiri merupakan salah satu metode pengobatan yang paling umum. Pengobatan sendiri adalah ketika seseorang memilih dan menggunakan obat-obatan modern, herbal, dan tradisional untuk mengobati gejala penyakit sebelum mencari bantuan medis. Alasan masyarakat lebih suka melakukan pengobatan sendiri adalah karena menganggap penyakit ringan dan obat yang digunakan mudah untuk diperoleh. Namun sering terjadi kesalahan dalam pelaksanaan swamedikasi karena kurang mendapatkan informasi mengenai obat. Apoteker berkewajiban untuk mengedukasi masyarakat tentang pengobatan sendiri, termasuk batuk, sehingga dapat menumbuhkan sikap dan perilaku yang positif. Tujuan penelitian ini ialah untuk mengetahui seberapa mahir Tenaga Teknis Kefarmasian dalam membantu memberikan pengetahuan swamedikasi obat batuk pada pasien di Apotek X Kota Jakarta Barat. Metode penelitian adalah survey dekskriptif dengan pengambilan sample secara prospektif di Apotek X Kota Jakarta Barat berjumlah 134 orang. Hasil penelitian pelayanan swamedikasi obat batuk oleh tenaga Teknis Kefarmasian berdasarkan pengamatan dengan menanyakan keluhan pasien sebanyak 132 (98,5%), penggunaan obat sebanyak 134 (100%), saran obat sebanyak 134 (100%), aturan pakai obat sebanyak 132 (98,5%), dan pada bagian efek samping penggunaan obat hanya 40 (29,85%). Keluhan batuk yang paling banyak adalah batuk berdahak sebanyak 91 (68,9%) dan pemilihan obat batuk berdahak yang paling banyak adalah yang mengandung bromhexin dan guaifenesin sebanyak 53 (58%). Keluhan batuk kering sebanyak 41 (31,1%) dan pemilihan obat batuk kering yang paling banyak adalah yang mengandung Dextromethrophan Hydrobromide dan Doxylamine Succinate sebanyak 22 (54%), pada bagian lama penggunaan dan penyimpanan obat sebanyak (0%).

Kata Kunci: Swamedikasi, Batuk, Apotek

Referensi: 15 (2011 – 2022)

## **ABSTRACT**

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### **DESCRIPTION OF COUGH MEDICINES SELF-MEDICATION SERVICES BY PHARMACEUTICAL TECHNICIANS AT PHARMACY X, WEST JAKARTA CITY .**

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*(XV + 30 pages; 4 tables; 5 pictures; 1 appendices)*

*In Indonesia, self-medication is one of the most common methods of treatment. Self-medication is when a person chooses and uses modern, herbal, and traditional medicines to treat the symptoms of an illness before seeking medical help. The reason people prefer to do self-medication is because they think the disease is mild and the drugs used are easy to obtain. However, errors often occur in the implementation of self-medication due to lack of information about drugs. Pharmacists have an obligation to educate the public about self-medication, including coughing, so that positive attitudes and behaviors can be fostered. The purpose of this study was to find out how proficient the Pharmacy Technical Staff were in helping to provide cough medicine self-medication knowledge to patients at Pharmacy X, West Jakarta City. The research method was a descriptive survey with prospective sampling at Pharmacy X, West Jakarta City, with a total of 134 people. The results of the research on cough medicine self-medication services by Pharmaceutical Technical staff based on observations by asking patient complaints were 132 (98.5%), drug use was 134 (100%), drug advice was 134 (100%), drug use rules were 132 (98.5%), and in the side effects section, only 40 (29.85%) use of the drug. The most frequent cough complaints were coughing up phlegm with 91 (68.9%) and the selection of cough medicine with the most phlegm contained bromhexin and guaifenesin in 53 (58%). There were 41 (31.1%) dry cough complaints and the most frequently used dry cough medicine containing Dextromethorphan Hydrobromide and Doxylamine Succinate was 22 (54%), on the length of use and storage of the drug cause (0%).*

*Keywords: Self-medication, Cough, Pharmacy*

*References: 15 (2011 - 2022)*