

## ABSTRAK

Gangguan saluran pernapasan menjadi masalah kesehatan di Indonesia, termasuk di Nusa Tenggara Timur (NTT). Pada pelaksanaannya, pengobatan mandiri menjadi sumber permasalahan terkait obat akibat terbatasnya pengetahuan masyarakat. Penelitian ini bertujuan untuk menggambarkan profil dan mengidentifikasi pengetahuan pengobatan mandiri gangguan saluran pernapasan di kalangan masyarakat Kecamatan Mauponggo, Kabupaten Nagekeo, NTT.

Penelitian ini merupakan observasional deskriptif dengan rancangan *cross-sectional*. Sampel yaitu masyarakat Kecamatan Mauponggo dengan jumlah 100 responden yang sudah memenuhi kriteria inklusi dan eksklusi. Pengambilan data menggunakan instrumen penelitian berupa kuesioner yang sudah divalidasi menggunakan *expert judgement* dan uji pemahaman bahasa. Kuesioner dibagikan kepada responden yang telah menandatangani *inform consent*. Data yang diperoleh dianalisis menggunakan metode statistik deskriptif dengan perhitungan persentase.

Hasil penelitian menunjukkan bahwa masyarakat melakukan pengobatan mandiri ketika mengalami gangguan pernapasan karena gangguan yang dirasakan masih ringan (41%) dengan pilihan obat modern (5%), tradisional (15%), serta keduanya (80%). Informasi obat diperoleh dari petugas kesehatan (62%) dan dari apotek (37%). Alasan pemilihan obat berdasarkan harganya yang murah (55%). Lama melakukan pengobatan mandiri selama < 4 hari (67%). Harga obat berkisar Rp 8.000,00 sampai Rp 15.000,00 (71%). Keluhan setelah menggunakan obat membaik (76%) dan akan kembali melakukan pengobatan mandiri (100%). Masyarakat tidak mengetahui adanya kontraindikasi obat yang digunakan (100%), aturan pakai obat yang tepat (100%), serta tanggal kadaluarsa obat dan cara mengetahui tanggal kadaluarsa obat (70%).

**Kata kunci :** Gangguan saluran pernapasan, Pengobatan mandiri, Pengetahuan

## ABSTRACT

Respiratory tract disorder is a health problem in Indonesia, including in East Nusa Tenggara (NTT). Self-medication practice potentially creates drug-related problems due to limited knowledge. This study aims to describe the profile and identify knowledge of self-medication of respiratory disorders among the people of Mauponggo District, Nagekeo Regency, NTT.

This study is a descriptive observational study with a cross-sectional design. Respondents were adult people of Mauponggo District. The number of respondents were 100 respondents who have met the inclusion and exclusion criteria. Data were collected using a validated questionnaires. Questionnaires were distributed to respondents who had signed an informed consent. The data obtained were analyzed using descriptive statistical methods with percentage calculations.

The results show that people took self-medication when experiencing mild respiratory problems (41%), used modern medicines (5%), traditional (15%), and both (80%). Drug information was obtained from health workers (62%) and from pharmacies (37%). The most reason for choosing the drug was cheap (55%). The duration of self-medication was < 4 days (67%). The medicine prices range from Rp. 8,000 to Rp. 15,000.00 (71%). Most respondents experienced improved health complaint (76%) and will return to self-medication (100%). The public does not know that there are contraindications to the drugs used (100%), the rules for using the right drugs (100%), as well as the expiration date of the drug and how to find out the expiration date of the drug (70%).

**Keywords:** Respiratory tract disorders, Self-medication, Knowledge