

ABSTRAK

Indonesia merupakan negara yang memiliki ribuan spesies tanaman yang digunakan untuk pengobatan tradisional. Penelitian ini bertujuan untuk mendapatkan gambaran terkait profil pengetahuan dan penggunaan tanaman obat di kalangan masyarakat Desa Nuamuri, Kecamatan Kelimutu, Kabupaten Ende, Nusa Tenggara Timur.

Penelitian ini merupakan penelitian deskriptif eksploratif dengan menggunakan rancangan penelitian *cross sectional*. Penelitian bertujuan untuk mengetahui profil pengetahuan dan penggunaan tanaman obat di kalangan masyarakat Desa Nuamuri, Kecamatan Kelimutu, Kabupaten Ende, NTT. Jumlah sampel dalam penelitian ini sebanyak 92 responden diambil menggunakan teknik *purposive sampling*. Penelitian menggunakan kuesioner sebagai alat pengumpulan data, kemudian data diolah menggunakan metode statistik deskriptif dengan analisis univariat dan disajikan dalam bentuk persentase.

Berdasarkan hasil penelitian kepada 92 responden, karakteristik responden sebagian besar berjenis kelamin laki-laki (57%), usia 51-60 tahun (33%), pekerjaan petani (84%), pendidikan terakhir SD (71%), dan pendapatan perbulan Rp. 500.000 – Rp. 1.000.000 (85%). Sebesar 38% responden menggunakan jahe, bagian tanaman obat yang paling banyak digunakan rimpang (47%). Sumber informasi terkait tanaman obat dari keluarga (54%), sumber tanaman obat dari kebun (53%). Terkait harga tanaman obat, responden memilih jawaban diperoleh dari lingkungan sekitar atau kebun milik sendiri (72%). Keluhan/penyakit yang ditangani dengan tanaman obat yaitu batuk (40%), lama penggunaan 1-3 hari (33%). Efek mulai munculnya setelah digunakan 3 hari (28%). Cara pengolahan sebelum digunakan direbus (52%), dan cara penggunaan tanaman obat diminum/dimakan (68%). Penggunaan terakhir kali 1 bulan lalu (34%) dan alasan memilih tanaman obat untuk pengobatan mudah didapat (21%). Efek setelah menggunakan tanaman obat yaitu sembuh (100%) dan tidak merasakan efek samping (98%).

Kata Kunci: Tanaman obat, Pengetahuan, Penggunaan

ABSTRACT

Indonesia is a country that has plant species used for traditional medicine. This study aims to obtain an overview of the profile and use of medicinal plants among the people of Nuamuri Village, Kelimutu District, Ende Regency, East Nusa Tenggara.

This research is an exploratory descriptive study using a cross-sectional research design. This study aims to determine the profile of knowledge and use of medicinal plants among the people of Nuamuri Village, Kelimutu District, Ende Regency, NTT. The number of samples in this study as many as 92 respondents was taken using a purposive sampling technique. The study used a questionnaire as a data collection tool, then the data was processed using descriptive statistical methods with univariate analysis and presented in the form of percentages.

Based on the results of research on 92 respondents, the characteristics of the respondents were mostly male (57%), age 51-60 years (33%), farmer occupation (84%), education last elementary school (71%), and monthly income Rp. 500,000 – Rp. 1,000,000 (85%). As many as 38% of respondents used ginger, most widely used medicinal plant part was the rhizome (47%). Sources of information related to medicinal plants are from families (54%) and sources of medicinal plants from gardens (53%). Regarding the price of medicinal plants, respondents chose answers obtained from the surrounding environment or their garden (72%). Complaints/diseases handled by medicinal plants are cough (40%) and duration of use 1-3 days (33%). Effects began to appear after use which is 3 days (28%). The method of processing before use is boiling (52%), and the way of using medicinal plants is to drink or eat them (68%). The last use was 1 month ago (34%), the reasons for choosing medicinal plants for treatment were easy to obtain (21%). The effects after using medicinal plants are cured (100%), and don't feel any side effects (98%).

Keywords: Medicinal plants, Knowledge, Use