

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-MEDICATION RATIONALITY WITH DURATION OF SELF-ISOLATION IN COVID-19 PATIENTS WITH MILD SYMPTOMS IN BANDAR LAMPUNG CITY

By

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Background : Self-medication is an action to overcome the symptoms/complaints of a disease with drugs without a doctor's prescription. Since the COVID-19 pandemic, self-medication has been widely used to prevent or treat COVID-19 patients with mild symptoms who are self-isolating at home for at least 13 days. The implementation of self-medication can trigger medication errors, so self-medication must be carried out based on rationality criteria because there is a relationship between rational drug use and patient length of stay. This study was conducted to determine the relationship between self-medication rationality and the duration of self-isolation in patients with mild COVID-19 symptoms in Bandar Lampung City.

Methods : This type of research is an analytical observational cross sectional design with a retrospective approach which was conducted from February to May 2022 in Bandar Lampung City. The analytical test in this study used the Chi Square test.

Results : The results of the study were patients with an average age of 18-25 years, female, with the last education was high school, still student/in college, positive in February 2022 with an antigen swab examination, the most common symptom was fever, and using analgesic-antipyretic drugs obtained in pharmacies, based on the experience of using personal/family medicine, with the reason of mild illness on self-medication. The majority of patients did rational self-medication with 13 days of self-isolation. The bivariate test resulted a relationship between the rationality of self-medication and the duration of self-isolation in COVID-19 patients with mild symptoms in Bandar Lampung City ($p = 0.000$).

Conclusion : There is a relationship between the variables studied.

Keywords : COVID-19, rationality, self-isolation, self-medication

ABSTRAK

HUBUNGAN RASIONALITAS SWAMEDIKASI DENGAN LAMA ISOLASI MANDIRI PADA PASIEN COVID-19 GEJALA RINGAN DI KOTA BANDAR LAMPUNG

Oleh

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Latar Belakang: Swamedikasi merupakan tindakan untuk mengatasi gejala/keluhan suatu penyakit dengan obat-obatan tanpa resep dokter. Sejak pandemi COVID-19, swamedikasi banyak digunakan untuk mencegah atau mengobati pasien COVID-19 gejala ringan yang melakukan isolasi mandiri di rumah selama minimal 13 hari. Pelaksanaan swamedikasi dapat memicu terjadinya kesalahan pengobatan (*medication error*), maka swamedikasi harus dilakukan berdasarkan kriteria rasionalitas karena terdapat hubungan antara penggunaan obat yang rasional dengan lama pasien dirawat. Penelitian ini dilakukan untuk mengetahui hubungan rasionalitas swamedikasi dengan lama isolasi mandiri pada pasien COVID-19 gejala ringan di Kota Bandar Lampung.

Metode: Jenis penelitian ini berupa observasional analitik desain *cross sectional* dengan pendekatan retrospektif yang dilakukan pada bulan Februari hingga Mei 2022 di Kota Bandar Lampung. Hasil data dianalisis menggunakan uji *Chi-Square*.

Hasil: Hasil penelitian yaitu pasien rata-rata usia 18 – 25 tahun, perempuan, berpendidikan terakhir SMA/SMK/ sederajat, pelajar/mahasiswa, positif di bulan Februari 2022 dengan pemeriksaan swab antigen, gejala tersering demam, dan menggunakan obat golongan analgesik-antipiretik yang didapatkan di apotek, berdasarkan pengalaman penggunaan obat pribadi/keluarga, dengan alasan sakit ringan pada swamedikasi. Mayoritas pasien melakukan swamedikasi rasional dengan lama isolasi mandiri 13 hari. Uji bivariat menghasilkan hubungan antara rasionalitas swamedikasi dengan lama isolasi mandiri pada pasien COVID-19 gejala ringan di Kota Bandar Lampung ($p = 0,000$).

Simpulan: Terdapat hubungan antara variabel yang diteliti.

Kata Kunci: COVID-19, lama isolasi mandiri, rasionalitas, swamedikasi