# ABSTRAK

Pengaruh Sikap, Pengetahuan, dan Tindakan Terhadap Perilaku Swamedikasi Penyakit *Indigestion* Dikalangan Mahasiswa Non Kesehatan Universitas Peradaban Tahun 2024

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Kesehatan merupakan suatu hal yang sangat penting bagi semua mahluk hidup, terutama manusia. Tingkat status kesehatan seiring bergantinya zaman dapat ditingkatkan melalui berbagai cara, seperti pengobatan langsung ke dokter maupun pengobatan sendiri yang disebut sebagai swamedikasi. Peningkatan penyakit tidak menular sangat tinggi, termasuk *indigestion*. Tiga kelompok penyakit yang tergolong dalam penyakit *Indigestion* seperti GERD *(Gastroesophageal reflux disease)*, dispepsia, serta gastritis. Ketiga penyakit serupa, namun seiring dengan memburuknya gejala, gejala tambahan akan muncul dan memerlukan pengobatan yang berbeda. . Angka kejadian penyakit saluran pencernaan seperti penyakit lambung di provinsi jawa tengah pada tahun 2021 cukup tinggi sebesar 79,6%. Penyakit saluran pencernaan seperti penyakit lambung ini termasuk ke dalam sepuluh besar penyakit rawat inap RSUD (Rumah Sakit Umum Daerah) di Kabupaten Brebes tahun 2022. Penelitian bertujuan untuk mengetahui sikap, pengetahuan, sekaligus tindakan terhadap perilaku swamedikasi penyakit indigestion dikalangan mahasiswa Universitas Peradaban tahun 2024. Penelitian ini menggunakan metode deskripsi kuantitatif dengan menggunakan kuesioner dengan jumlah sampel sebanyak 93 orang. Metode analisis regresi linier berganda yang digunakan dalam penelitian ini dengan bantuan aplikasi SPSS versi IBM 26. Setelah dilakukan penelitian didapat suatu hasil responden bersikap baik sebanyak 14,5%, cukup baik sebanyak 84,1%, dan kurang baik sebanyak 1,4%. Responden yang berpengetahuan baik sebanyak 46,4%, cukup baik 53,6%, dan kurang baik 0%. Responden yang memiliki tindakan yang baik sebanyak 14,5%, cukup baik 85,5%, kurang baik 0%. Hasil analisis regresi linier berganda dari sikap dengan nilai *p Value* 0,016 yang artinya terdapat pengaruh terhadap perilaku swamedikasi penyakit *indigestion,* nilai pengetahuan dengan *p Value* 0,157 yang artinya tidak terdapat pengaruh pengetahuan terhadap perilaku swamedikasi, dan nilai tindakan dengan *p Value* 0,430 yang artinya tidak terdapat pengaruh pengetahuan terhadap perilaku swamedikasi.

**Kata kunci:** Mahasiswa non kesehatan, Swamedikasi, penyakit *Indigestion*

# *ABSTRACT*

*The Influence of Attitudes, Knowledge, and Actions on Indigestion Disease Self-Medication Behavior Among Non-Health Students of the University of Civilization in 2024*

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*Health is a very important thing for all living things, especially humans. The level of health status as the age changes can be improved through various ways, such as direct treatment to the doctor or self-medication called swamedication. The increase in non-communicable diseases is very high, including indigestion. Three groups of diseases that belong to Indigestion diseases such as GERD (Gastroesophageal reflux disease), dyspepsia, and gastritis. All three diseases are similar, but as the symptoms worsen, additional symptoms will appear and require different treatment. The incidence of gastrointestinal diseases such as gastric diseases in Central Java province in 2021 was quite high at 79.6%. Diseases of the gastrointestinal tract such as gastric diseases are included in the top ten inpatient diseases of hospitals (Regional General Hospitals) in Brebes regency in 2022. The research aims to determine attitudes, knowledge, as well as actions towards the behavior of indigestion disease swamedication among students of the University of civilization in 2024. This study uses a quantitative description method using a questionnaire with a sample of 93 people. Multiple linear regression analysis method used in this study with the help of SPSS application IBM version 26. After the study obtained a result of respondents being good as much as 14.5%, good enough as much as 84.1%, and less good as much as 1.4%. Respondents with good knowledge as much as 46.4%, quite good 53.6%, and less good 0%. Respondents who have good actions as much as 14.5%, good enough 85.5%, less good 0%. The results of multiple linear regression analysis of attitudes with p Value of 0.016 which means there is an influence on the behavior of indigestion swamedication disease, the value of knowledge with p Value of 0.157 which means there is no effect of knowledge on the behavior of swamedication, and the value of action with p Value of 0.430 which means there is no effect of knowledge on the behavior of swamedication.*

***Keywords****: Non health student, Swamedication, Indigestion disease*