



The Level of Public Knowledge About the Treatment of Gastritis at The Kyan Sehat Pharmacy

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Abstract

Gastritis is an inflammatory condition of the gastric mucosa, which can be acute or chronic, with a very high number of sufferers in Indonesia. Public knowledge and awareness about gastritis is still lacking, one of which is the adoption of an unhealthy lifestyle. If left continuously, it will damage the function of the stomach and will increase the risk of getting gastric cancer which can lead to death. This research was able to find out "Level of Public Knowledge About Gastritis Treatment at the Kyan Sehat Pharmacy". This type of research is observational by making descriptive observations, The data taken is done quantitatively. The data collected is in the form of quantitative data. This study describes how the level of public knowledge about the treatment of gastritis, explore the relationship between the level of knowledge and self-medication behavior using a survey method with a questionnaire as the main instrument. The results show that the level of knowledge of the respondents regarding the treatment of gastritis is 55% which is a good category, the sufficient category is 40% and the less category is 5%. And gastritis treatment behavior obtained data as much as 17% have gastritis (ulcer) treatment behavior which is in the good category, for the sufficient category, namely 70%, and the less category, namely 13%. So knowledge about gastritis (ulcer) treatment has good knowledge, namely as much as 55% and gastritis (ulcer) treatment behavior has sufficient behavior as much as 70%.

Abstrak

Gastritis merupakan keadaan peradangan mukosa lambung, dapat bersifat akut dan kronik, dengan angka penderita sangat tinggi di Indonesia. Pengetahuan dan kesadaran masyarakat mengenai gastritis masih kurang, salah satunya penerapan pola hidup yang tidak sehat. Jika dibiarkan terus menerus akan merusak fungsi lambung dan akan meningkatkan risiko terkena kanker lambung hingga menyebabkan kematian. Penelitian ini dapat mengetahui "Tingkat Pengetahuan Masyarakat Tentang Pengobatan Gastritis di Apotek Kyan Sehat". Jenis penelitian ini observasional dengan melakukan pengamatan yang bersifat deskriptif, Data di ambil dilakukan secara kuantitatif. Data yang dikumpulkan berupa data kuantitatif penelitian ini di deskripsikan bagaimana tingkat pengetahuan masyarakat tentang pengobatan gastritis, menelusuri hubungan antara tingkat pengetahuan dan perilaku pengobatan sendiri menggunakan metode survey dengan kuisioner sebagai instrumen utama. Diperoleh hasil tingkat pengetahuan responden terhadap pengobatan gastritis sebanyak 55% merupakan kategori yang baik, kategori cukup yaitu 40% dan kategori kurang yaitu 5%. Dan perilaku pengobatan gastritis diperoleh data sebanyak 17% memiliki perilaku pengobatan gastritis (maag) merupakan kategori baik, untuk kategori cukup yaitu 70% ,dan kategori kurang yaitu 13%. Maka pengetahuan tentang pengobatan gastritis (maag) memiliki pengetahuan yang baik yakni sebanyak 55% dan perilaku pengobatan gastritis (maag) memiliki perilaku yang cukup sebanyak 70%.

Keywords: Level, Knowledge, Treatment, Gastritis

Kata kunci: Tingkat, Pengetahuan, Pengobatan, Gastritis

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INTRODUCTION

Gastritis is a disease with a very high incidence, especially in Indonesia. Public knowledge and awareness about gastritis is still lacking. If left continuously, it will damage function Stomach and will increase the risk of gastric cancer to cause death. Many cases of gastritis suffer, apart from being caused by lifestyle and stress, nor his indifference and tendency to trivialize this disease. So that cases of gastritis are experienced by many people.¹²

Pharmacy is a health service facility that helps improve public health, as well as a place for pharmacists to carry out pharmaceutical work.⁹

People prefer to come to the pharmacy if they experience complaints of minor ailments rather than going to health agencies or doctors because according to them it can save money and time, they can do self-medication or drug counseling to pharmacists and pharmacists.

Due to the large number of people doing self-medication and the increasing number of drugs on the market, researchers want to know how the pattern of ulcer disease treatment to consumers who come to the kyan Sehat pharmacy.

Based on the description that has been presented, the researcher is interested in conducting research on “Level of Public Knowledge About Gastritis Treatment at Kyan Sehat Pharmacy”.

Gastritis can attack men or women, children and even the elderly. Teenagers are very prone to gastritis, where lifestyle and activities are not balanced, coupled with high density. The community is required to know the symptoms of gastritis (ulcer) so that they can anticipate, maintain, prevent, treat or cure a disease so it doesn't get worse. It is important for the public to know the definition of gastritis (ulcer) and its medication, which is expected to treat, prevent, and even cure oneself.

METHODOLOGY

The research method used is the observation method, descriptively. The descriptive method is research on a group of people, objects, in a condition or system of thought of an event in the present. The purpose of research is to reveal events or facts, circumstances, phenomena, variables and circumstances that occurred during the research by presenting what actually happened. The method of data collection in this study is Location selection method, observation method,



documentation method, interview method.

Time and Place of Research

This research was conducted at Kyan Sehat Pharmacy Jl. Raya Bojong-Sragi Complex Ruko No. 08, Bojong District, Pekalongan Regency, in November 2022.

Sampling of respondents at a kyan sehat pharmacy using the slovin formula. ²¹

Information :

n : Sample

N : Population

d : Degrees of Freedom (0.05)

= 83,33

Samples must be taken 83.33 gastritis respondents.

The sampling technique is Non-Probability sampling, purposive sampling, where the sampling technique is based on certain considerations. The technique that determines the research sample from several considerations aims to obtain more representative data. ²⁰

The questionnaire used in this study was taken from the journal Al Kautsar Gilang Yudhaputra Prakasa 2020 which has been tested for validity and reliability so that the questionnaire statements that will be distributed are valid and reliable.

Research variable

Variable is an attribute whose value is characteristic of a person, Or an activity that has certain variations that have been determined by researchers and studied to draw conclusions. ¹⁹

Inclusion criteria are the sample criteria that researchers want based on research objectives. While the exclusion criteria are special criteria that cause prospective respondents to fulfill.

Independent Variables or Internal Variables the independent variable is the variable where influence and cause change or emergence of the dependent variable The independent variables in this study were the treatment of gastritis (ulcer), its therapy and providing education using the leaflet method about the treatment of gastritis (ulcer).

Dependent variable or external variable Dependent variable is a variable which is influenced and becomes an effect because of the independent variable free the dependent variable in this study was treatment behavior seen from the aspects of knowledge, attitudes, and treatment of gastritis (maag) patients at the Kyan Sehat pharmacy.



Tools and materials

The equipment used in the research is a data collection sheet, Microsoft Excel Software, Questionnaire sheet. National Formulary research materials.

Research procedure

The research procedure consisted of three stages, namely the preparation stage, the implementation stage and the data processing stage along with the conclusions. The data collection process was taken from distributing questionnaires to patients who came to the pharmacy, preparation, data collection and data processing.

Data management and analysis

The data collected was processed manually with a questionnaire.

a. Editing

Questionnaire results obtained or collected through questionnaires need to be edited (edit). If there is still incomplete data or information, it is not possible to do a re-interview, then the questionnaire is dropped out.

b. Scoring

Assessment of data by giving a score on questions related to the knowledge of respondents.

Data analysis

The data that has been processed is then analyzed in the form of a frequency distribution table. According to,¹⁵ Machfoedz (2009), with the following formula:

$$P = \frac{f}{N} \times 100 \dots\dots\dots (1)$$

Information :

p : presentation

F : the number of correct answers

N : number of questions

According to, ¹⁴ in the 2018 PPSDMK Method book

Measurement of the level of knowledge is divided into 3, namely:

- a. Good: it is said if the respondent can answer questions 16-20 correctly 76% - 100%.
- b. Enough: it is said if the respondent can answer questions 12 -14 correctly 56% - 75%.
- c. CLess: it is said if the respondent can answer questions <11 correctly <55%.

RESULT AND DISCUSSION

The research was conducted in December 2022 at a healthy pharmacy. By observing patients who come with complaints of gastritis (ulcer). The study used a questionnaire given to patients who came to the kyan sehat pharmacy, data were taken



descriptively using Microsoft Excel, interviews were also conducted to support descriptive analysis.

Respondent characteristics include gender and age.

Gender

The number of samples in this study was 100 respondents. Consisting of men as many as 18 respondents (18%) while women were 82 respondents (82%). The highest number of female respondents compared to male respondents, where women are more willing to fill out the questionnaire given.

Age

Characteristics of respondents based on age,² The number of respondents in the age range of 12-16 years was obtained by 1 respondent (1%), age 17-25 years 62 respondents (62%), 26-35 years 34 respondents (34%), 36-45 years 1 respondent (1%), 46-55 years 1 respondent (1%), 56-65 years 1 respondents (1%). Most respondents aged 17-25 years were categorized as teenagers (Depkes RI at al. 2009). Factors that cause gastritis include eating patterns, irregular sleep, lack of rest, stress, and lots of activities to do.⁷

Education

Most of the education came from high school/vocational school

graduates with a total of 57 respondents (57%), then university graduates with 27 respondents (27%), then SMP/MTS with the number of graduates of 12 respondents (12%) and education at least comes from elementary school graduates with the number of respondents as many as 4 respondents or 4%. Age and education have an effect on the level of knowledge and behavior in medicine.

Knowledge About Gastritis Treatment

The level of public knowledge about gastritis (ulcer) at the Kyan Sehat Pharmacy, where the number of respondents who answered the knowledge level questionnaire was as follows.

From the table above, it is explained that the highest respondent's knowledge at the kyan sehat pharmacy regarding gastritis (ulcer). Where respondents already know, feel that gastritis (ulcer) is abdominal pain in the stomach. "Ulcer is abdominal pain in the stomach" is the right statement and all respondents or 100% answered "TRUE" to the question "definition of ulcer" in accordance with the Permenkes literature where gastritis (ulcer) is an increase in stomach acid production can cause irritation of the stomach, symptoms of pain in the pit of the stomach or discomfort even though you have just finished eating, Irregular



eating patterns, lots of thoughts (stress) that make this disease appear or recur¹⁷

Table 1. Level of Knowledge of Respondents About Treatment of Gastritis

| Category | Amount | Percentage |
|-----------|--------|------------|
| Tall | 55 | 55% |
| Currently | 40 | 40% |
| Low | 5 | 5% |
| Total | 100 | 100% |

The results are according to the data diagram, namely the level of knowledge of respondents to the treatment of gastritis (ulcer) in the high category as much as 55%, the sufficient category is 40% and the less category is 5%.

Level of Knowledge and Behavior of Gastritis (Ulcer) treatment

Based on the research data, it is known that the level of knowledge of the people who come to the kyan pharmacy is quite good with a percentage of 55%.

If the higher or better the level of one's knowledge, the more successful the respondent is in carrying out self-medication so that healing is obtained.

Knowledge is a process carried out to generate understanding and skills.³ Knowledge is the basis for doing work, activities and behavior. With sufficient knowledge, treatment can be carried out appropriately and in accordance with the doctor's

instructions. Knowledge can form beliefs that provide a basis for decision making. Both in the treatment process so that it can alleviate and even cure disease ¹.

Self-medication is a treatment that is carried out independently either with lifestyle, Diet and even use of drugs usually use over-the-counter drugs and limited over-the-counter drugs that are sold in the market without using a doctor's prescription. With knowledge can minimize errors in drug use. In the principle that "prevention is better than cure". Where Treatment must be carried out in accordance with the procedures and rules of drug consumption. Aims to relieve, speed up the healing process. Improper treatment is a way in which drug administration is not according to the rules and can have a bad effect on the body.

The highest behavior for gastritis (ulcer) treatment at the kyan



pharmacy is that drugs that have passed their expiration date may not be used. Most of the respondents already know, drugs that have passed the expiration date (ED) should not be consumed and drugs that are damaged, the content of efficacious substances has been reduced, the effects are gone so that it affects the therapeutic effect and can even cause poisoning.⁵

While the behavior of the lowest respondent about taking ulcer medicine is only when there is pain. Where the respondents did not know the rules for using ulcer drugs, and do not understand the dosage of a drug, they only take medicine if they feel sick and if the symptoms they feel have improved they will stop taking it¹⁰

Table 2. Respondents' Behavior About Gastritis Treatment

| Category | Amount | Percentage |
|-----------|--------|------------|
| Tall | 17 | 17% |
| Currently | 70 | 70% |
| Low | 13 | 13% |
| Total | 100 | 100% |

Based on the data it is known that the respondent's behavior towards gastritis treatment, the high category is 17%, the sufficient category is 70% and the less category is 13%. Factors that influence the formation of behavior there are internal factors and external factors. Internal factors, namely intelligence, knowledge, perception, emotions and motivation and external factors include environment, association, climate, social, economy and culture. Organization, a person's psychological processes can provide a predisposition to respond and perform an action on an object. The level of knowledge greatly influences a

person's treatment behavior.¹⁴ As a principle says "Prevention is better than treatment" which means treatment must be carried out according to procedures and rules, aims to accelerate the healing process, avoid the adverse effects caused.

Gastritis is a common disease that can affect anyone from young children to the elderly. Gastritis can be self-treated, so that the standard of living is good and healthy. The relationship between the level of knowledge and the behavior of treating gastritis at the Kyan Sehat Pharmacy, Calculations between knowledge and behavior in gastritis treatment using



questionnaire data analysis were then processed using Microsoft Excel to determine the level of relationship between knowledge and behavior of respondents, has 2 discussions, namely the tabulation between knowledge and behavior of treatment.

Knowledge and behavior in self-medication are closely related to healing a disease. The research that has been done shows that the level of knowledge and self-medication at the kyan pharmacy is quite adequate.

Good science treatment will be treated quickly and precisely. Self-medication must be done correctly and accordingly. Knowledge includes timely consumption, the right rules, the right dose, the right medicine and a healthy lifestyle. Self-medication will run smoothly if it is supported by science and good behavior.

CONCLUSION

Obtained from 100 respondents in the study, the level of public knowledge about the treatment of gastritis at a healthy pharmacy is:

The results showed that the level of knowledge of the respondents regarding the treatment of gastritis was 55% which was a good category, 40% sufficient category and 5% less

category. And gastritis treatment behavior was obtained by 17% having gastritis (ulcer) treatment behavior which was in the good category, 70% in the sufficient category, and 13% in the less category. So knowledge about the treatment of gastritis (ulcer) has good knowledge that is as much as 55% and the behavior of treating gastritis (ulcer) has sufficient behavior as much as 70%.

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