

Community Empowerment to Handling Non-Communicable Diseases Through Self-Medication and Use of Toga in Alale Village, Central Suwawa District, Bone Bolango Regency

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Abstract

Self-medication is an effort in treatment that is carried out independently. Based on data from the Central Statistics Agency (BPS) for 2019 regarding health indicators for the Indonesian population, it is known that the data obtained on self-medication by Indonesian people from 2017 to 2019 for self-medication has increased from 71.46%. In Gorontalo Province, self-medication has been carried out by 76.60% of the population. Preliminary studies that have been carried out, many people in Alale Village, Suwawa Tengah District, buy drugs at the weekly market with the intention of self-medication, but there is still a lack of knowledge of proper self-medication and the use of natural plant materials as an alternative treatment. This community service aims to apply the results of research related to self-medication carried out by the community in increasing immunity during the current COVID-19 pandemic. The application is manifested in the form of CBIA (Community Based Interactive Method) in the form of counseling in the form of lectures, discussions, consultations, educational games as well as training assistance for cadres/community groups related to procedures for making traditional ingredients using plants in the surrounding environment. This is to increase knowledge and understand procedures for self-medication using conventional medicines and traditional medicines in the form of Family Medicinal Plants (TOGA) in dealing with non-communicable diseases, especially at the location of the community service implementation. Community service activities in Alale Village, Central Suwawa District, Bone Bolango Regency were carried out in 2 (two) stages, where stage I included a pretest prior to socialization, providing material and outreach about self-medication, providing drug information services, providing training on how to make simple traditional concoctions. Phase II includes monitoring of self-medication actions, mentoring and monitoring of making samples of Family Medicinal Plants (TOGA), and evaluation through posttest. The evaluation results obtained from the survey on community service activities show that the community's understanding has increased from 55.5% to 90%. This shows that community service activities have succeeded in increasing the understanding of the people of Alale Village.

Keywords: Self-medication, TOGA, CBIA, Alale

INTRODUCTION

Community efforts to treat themselves are known as self-medication (Chusun & Lestari, 2020). Self-medication is the selection and use of drugs by individuals or family members without doctor's instructions, to treat conditions that are recognized or self-diagnosed (Jember et al., 2019). Self-medication that is not done properly will cause something undesirable, for example, the disease does not heal, exacerbates the disease or the emergence of new diseases due to the side effects of the drugs used (Syafitri et al., 2018).

Based on data from the Central Statistics Agency (BPS) for 2019 regarding health indicators for the Indonesian population, it is known that the data obtained on self-medication by Indonesian people from 2017 to 2019 has increased from 69.43% in 2017 to 71.46% in 2019, while those who go to the doctor/outpatient experience a lower percentage, namely around 46.32% in 2017 and 50.48% in 2019. The data shows that people prefer self-medication compared to seeing a doctor (Syafitri et al., 2018). However, the public needs to know that this self-medication must meet the criteria for rational drug use, including the accuracy of drug selection, the accuracy of the drug dosage, the absence of side effects, the absence of contraindications, the absence of drug interactions, and the absence of polypharmacy (Harahap et al., 2017).

Alale Village, located in Central Suwawa District, is one of the villages in Gorontalo Province which has abundant natural ingredients that have the potential to be used as traditional medicine. However, this is inversely proportional to the awareness of the community to try their own herbal-based medicines. Herbal-based medicines can be found around the yard and can be grown by every family member through medicinal plants (TOGA) (Setianto et al., 2021).

Based on the initial survey data, it was found that there were 76.60% of the incidents of buying drugs by the public at the weekly market with the intention of using them for self-medication. Easy access and one stop buying are the reasons people buy drugs independently at the Sunday market. In fact, purchasing drugs from facilities other than drugstores, pharmacies, or other pharmaceutical service facilities carries a risk of increasing potential of medication errors that can harm society. One of the reasons for purchasing drugs at this Sunday market was due to the lack of public knowledge of the rational use of drugs. Based on the survey results that have been conducted, the level of public knowledge regarding self-medication is only 55.5%. Therefore, it is necessary to make efforts to increase public knowledge regarding self-medication that meets the criteria for rational drug use. In addition, community empowerment related to the use of medicinal plants in conducting self-medication needs to be increased.

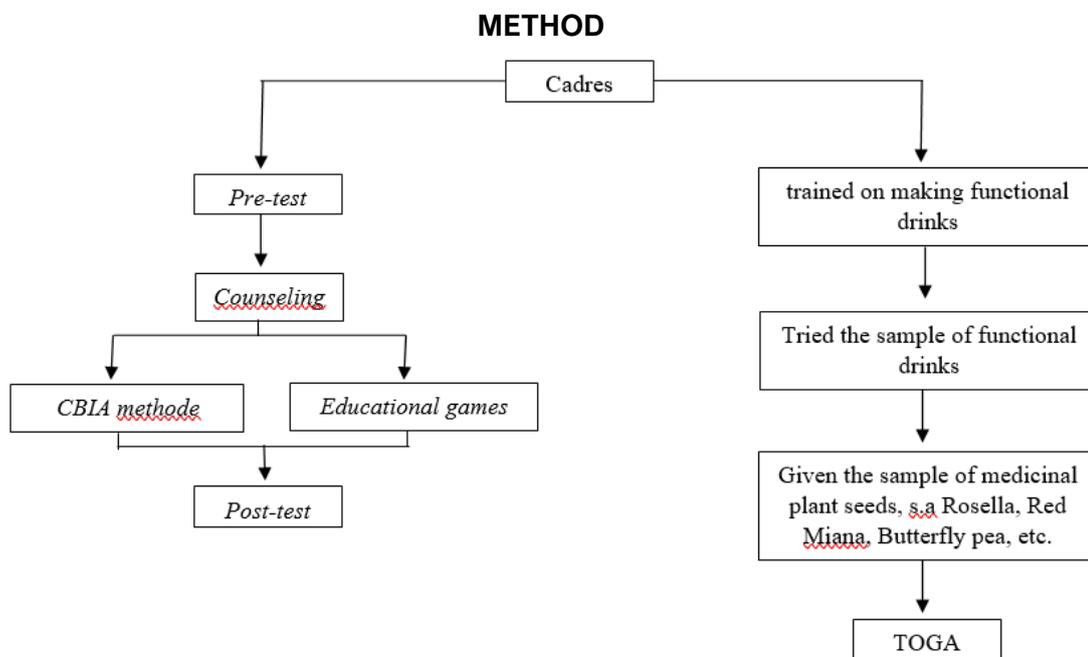


Figure 1. Implementation Method

RESULTS

1. Improving public understanding of the management of non-communicable diseases through self-medication and the use of TOGA

Based on the results of the pretest survey, it shows a value of 55.5% which increases in the posttest survey results to 90%. The description of the pretest and posttest results is as follows:

- a. Age demographics

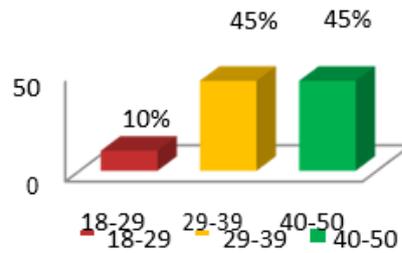


Figure 2. Age Demographics

Based on the graphic data in Figure 1, it shows that the ages of the 20 respondents who took part in community service activities were in the age category 18-29 years 10%, ages 29-39 years 45%, ages 40-50 years 45%.

b. Gender demographics

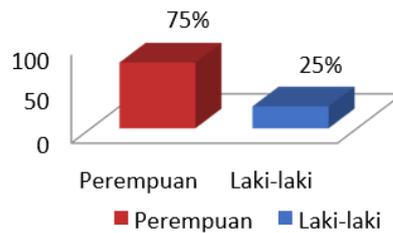


Figure 3. Gender Demographics

Based on the graphic data in Figure 2, it shows that the gender of the 20 respondents who participated in community service activities was 75% female and 25% male.

c. Community understanding

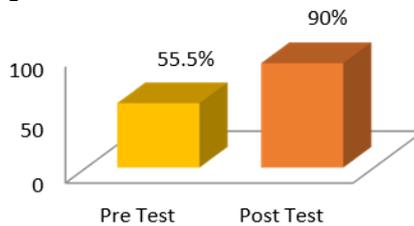


Figure 4. Comprehension chart based on pretest and posttest

Based on the graphic data in Figure 3, shows that from the 20 respondents who took part in community service activities there was an increase in understanding from 55.5% to 90%. This shows that community service activities have succeeded in increasing the understanding of the people of Alale Village.

2. Improving community skills in making functional drinks by utilizing family medicinal plants.
3. Establishment of at least 1 pilot TOGA that can be utilized by the community.

DISCUSSION

The Community Based Interactive Approach (CBIA) is one of the community empowerment activities that can be used in educating the public to choose and use the correct medicine for self-medication. Through this method it is hoped that the community, through the cadres, will be more active in seeking information about the drugs used by the family. This information can be useful, among other things, in order to be able to use and manage drugs in the household properly and to utilize plants around them to become traditional medicines. In addition, it is expected that self-medication goals can be achieved optimally (Gusnellyanti, 2014). This CBIA activity utilizes information sources in the form of leaflets and shows directly some parts of

plants that can be used as traditional medicine. A pre-test by distributing a questionnaire to the target group was conducted prior to outreach activities to find gaps in public knowledge on a topic (Hartati, 2022). After the CBIA and educative games were completed, participants underwent a post-test to measure changes in knowledge. Developing cadres' knowledge is the first way to develop understanding, which will change people's habits of purchasing medicines at non-pharmaceutical facilities, such as the Sunday market and increasing public interest in utilizing family medicinal plants.

Besides that, community service activities are also carried out in the form of training. Training is one of the talent programs that help communities develop their competencies, aimed at improving performance and productivity (Nasrudin, 2022). This training was conducted to improve the skills of Alale Village cadres to make functional beverage products sample made from family medicinal plants, such as Rosella, Ginger, lemongrass, cinnamon, and so on. Through this training, it is hoped that the cadres will be interested in developing similar products using local natural Gorontalo ingredients found in the area. It is expected that the cadres will be able to convey to the training of.

In this community service activity, plant seeds were also distributed which could be used as family medicine (TOGA). Family medicinal plants (abbreviated as TOGA) are home-cultivated plants that have medicinal properties. The benefits of family medicinal plants are very diverse, including as a complement to traditional family medicines. In addition, Cultivation of medicinal plants for the family (TOGA) can spur small and medium businesses in the field of herbal medicines even if they are carried out individually. Each family can cultivate medicinal plants independently and use them, so that the principle of independence in family medicine will be realized.

CONCLUSIONS and RECOMMENDATIONS

Based on the results of community service activities carried out, it can be concluded that Increasing the understanding of the people of Alale Village, Central Suwawa District, Bone Bolango Regency regarding the management of non-infectious diseases through self-medication and using TOGA based on pretest (55.5%) and posttest (90%). In addition, 1 pilot TOGA was also formed which could be utilized by the community. So that the pilot TOGA does not go to waste, the village government's support for the sustainability of the cultivation and maintenance of family medicinal plants by the community is very important.

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APPENDIX



Figure 4. CBIA and Educative Games



Figure 5. Demonstration How To Make Functional Drink



Figure 6. pilot TOGA



Figure 7. With The Cadres