

## **Level of use and public awareness in consumption of traditional medicines in work area of Health Center Gombang I**

**Naelaz Zukhruf Wakhidatul Kiromah<sup>1,\*</sup>, Tri Cahyani Widiastuti<sup>2</sup>**

<sup>1,2</sup>Pharmacy, STIKES Muhammadiyah Gombang, Yos Sudarso Street, Kebumen, Jawa Tengah, Indonesia  
zukhrufnaela@yahoo.com

\* corresponding author

Submission date: 10 Juli 2018, Receipt date: 10 Oktober 2019, Publication date: 1 April 2020

### **Abstract**

*Indonesia has 20,000 types of plants where 300 species have been used as traditional medicines. The use of traditional medicine as an alternative treatment in Indonesia that has been used by both rural and urban communities. The use of traditional medicine is considered safer than modern medicine. The purpose of this study was to identify the level of use of traditional medicine and public awareness in the use of traditional medicine in work area of Health Center Gombang I which consists of 5 villages. This research is a non-experimental and descriptive research that uses a questionnaire. Respondents who participated in this study were 140 people. The characteristics of respondents who participated in this study were the majority of men (50,71%), last educated of elementary school (41,43%), as housewives (27,86%). The majority of people in work area of Health Center Gombang choose treatment with modern medicine (64,29%). In addition there are 35,71% using traditional medicine and the majority use rhizome species (46%) for the treatment of minor ailments. In this study also showed that the majority of people do not know the safety of traditional medicines (50%) due to lack of information so that information is needed on the benefits and safety and the use of good and appropriate traditional medicines.*

**Keywords:** *use, traditional medicine*

---

### **INTRODUCTION**

Indonesia is a country that is rich in biodiversity and has the second largest tropical forest in the world (Ermas, 2004). Indonesia has 20,000 types of plants, such 1.000 species of plants have been documented and 300 species have been used as traditional medicines (Ningsih, 2016).

The use of traditional medicine as an alternative treatment has been carried out for a long time before there are health services using modern medicines (Jabbar et al., 2016). According to the Ministry of Health of the Republic of Indonesia, traditional medicine is a product made from natural ingredients, whose types and properties are very diverse, and have been used in a variety of ways for treatment based on experience (DepKes, 2007).

The use of traditional medicine as an alternative treatment has been carried out for a long time before there are health services using modern medicines (Jabbar et al., 2016). According to the Ministry of Health of the Republic of Indonesia, traditional medicine is a product made from natural ingredients, whose types and properties are



very diverse, and have been used in a variety of ways for treatment based on experience (DepKes, 2007).

In general, the use of traditional medicine is considered safer than modern medicine. However, it must be accompanied by the proper use of traditional medicine, to ensure its benefits and safety (Sari, 2012).

Therefore the purpose of this study is to identify the level of use of traditional medicine and public awareness in the use of traditional medicine in work area of Health Center Gombong 1 which consists of 5 villages namely Wero, Panjangsari, Kedungpuji, Patemon, and Banjarsari. This research is expected to provide information and an overview of the patterns and attitudes of the community in the use of traditional medicine, so that it can be a step in anticipation of the improper use of traditional medicine.

### RESEARCH METHODS

The type of research used is descriptive research, which is a form of research, which is intended to describe existing phenomena, both natural phenomena or man-made phenomena. This phenomenon can be in the form of forms, activities, characteristics, changes, relationships, similarities, and differences in phenomena with one another (Sukmadinata, 2006). This study uses a non-experimental research design and descriptive. In this study was used questionnaire as a medium to obtain information in the form of data. The population in this study was carried out in the work area of Health Center Gombong I which consisted of 5 villages namely Wero, Kedungpuji, Panjangsari, Patemon, and Banjarsari. The sample in this study was chosen randomly with a cluster sampling approach.

The inclusion criteria in the sample of this study are people who live in the village of work area of Health Center Gombong 1, are willing to become correspondents, they are at least 20 years old, at least complete elementary school (SD), and have signed a research approval sheet. Whereas the exclusion criteria of the research subject were the research subjects which had obstacles in the communication process, the research subjects were not in place during the study, and the research subjects refused to become respondents.

### RESULTS AND DISCUSSION

This research was conducted in March-June 2018 in the villages of Wero, Kedungpuji, Panjangsari, Patemon, and Banjarsari, Gombong District, Kebumen Regency. Respondents who participated in this study were 150 people who were representatives of each village. However, there were 10 respondents who could not follow this study. So that the number of respondents who can take part in this study is 140 people. The research data was obtained through filling out the questionnaire.

The following characteristics of respondents who obtained the results of the study can be seen in table 1. It was found that the majority of respondents aged 41-60 years were 68 people (48,57%) with the majority of male respondents 71 people (50,71%). Respondents used were people who lived in villages where based on the most recent education, there were 58 elementary school students (41,43%) while the least were 3 students (2,14%). Based on the work, the majority of respondents as housewives (IRT) were 39 people (27,86%).

**Table 1.** Characteristics of respondents

Characteristics	N	%
<b>Age</b>		
20-40	49	35
41-60	68	48,57
>61	23	16,43
<b>Gender</b>		
Male	71	50,71
Female	69	49,29
<b>Last education</b>		
Elementary School	58	41,43
Junior High School	32	22,86
Senior High School	47	33,57
Bachelor	3	2,14
<b>Job</b>		
Government employees	5	3,57
Private employees	15	10,71
Trader	2	1,43
Farmer	16	11,43
Labor	26	18,57
Student	26	18,57
House wife	39	27,86
Village apparatus	1	0,71

Traditional medicines are ingredients in the form, animal, mineral, galenic preparations, or mixtures of these materials which have been used for generations to be used for treatment, and can be applied in accordance with the prevailing norms in the community (Menteri Kesehatan Indonesia, 2016). Based on table 2 shows that out of 140 respondents studied, the majority of people in work area of Health Center Gombong 1 prefer modern medicine. This is because the access to health facilities is close, both to the health center or hospitals which these health facilities provide modern drug therapy rather than traditional medicine. However, there are still 50 respondents (35,71%) who choose traditional medicine.

**Table 2.** Frequency distribution of community decisions in choosing traditional medicine

Characteristics	N	%
<b>Age</b>		
20-40	49	35
41-60	68	48,57
>61	23	16,43
<b>Gender</b>		
Male	71	50,71
Female	69	49,29
<b>Last education</b>		
Elementary School	58	41,43
Junior High School	32	22,86
Senior High School	47	33,57
Bachelor	3	2,14
<b>Job</b>		
Government employees	5	3,57
Private employees	15	10,71
Trader	2	1,43
Farmer	16	11,43

Labor	26	18,57
Student	26	18,57
House wife	39	27,86
Village apparatus	1	0,71

The advantages of traditional medicine that compared to modern medicine include: relatively low side effects, in a mixture with different components having mutual support effects, in a plant has more than one pharmacological effect and more suitable for metabolic and degenerative diseases.

**Table 3.** Types of traditional medicines used by the community

Types of traditional	Frequency	%
Rhizome	23	46
Jamu Godog	4	8
Paitan	13	26
Jamu Pegal Linu	4	8
Kencur Rice	1	2
Asem Turmeric	4	8
Jamu Sidomuncul	1	2
Total	50	100

Based on Table 3 above, of the 50 respondents who chose to use traditional medicine, the majority of respondents used rhizomes such as ginger, turmeric, and kencur. Whereas what types of diseases are usually treated with traditional medicine are in table 4. Results of Riskesdas (2010) stated that the percentage of medicinal plants used were ginger (50,36%), *kencur* (48,77%), *temulawak* (39,65%), *meniran* (13,93%) and *pace* (11,17%).

**Table 4.** Types of diseases treated with traditional medicines

Type of deseas	Frequency	%
Dizziness	7	14
Maag	3	6
Coughs and Colds	8	16
Cough	3	6
Flu	9	18
Rheumatic pain	14	28
Diarrhea	1	2
Rheumatism	2	4
Masuk angin	3	6
Total	50	100

Based on Table 4 shows that the majority of people use traditional medicine to treat sciatica as many as 14 respondents (28%). People use traditional medicine to treat minor ailments such as dizziness, maagh, cough, flu, stiffness, diarrhea, rheumatism and colds. Traditional medicine can not only treat minor ailments but can be used for metabolic and degenerative diseases. This disease is caused by metabolic disorders due to consumption of various types of uncontrolled foods and body physiological disorders in line with the degeneration process. Diseases including metabilite include diabetes, hyperlipidemia, gout, kidney stones and hepatitis, while degenerative diseases include rheumatism, asthma, ulcer, haemorrhoid and lost of memory. These diseases require drug therapy for a long time so if using modern medicine it is feared to cause side

effects that accumulate and can harm health (Katno and Pramono, 2010). Therefore, the use of traditional medicine is more appropriate even though its use is long time but the side effects are relatively smaller so it is considered safer.

**Table 5.** Distribution of public information frequency on the safety of traditional medicine

Information	Frequency	%
Safe	50	35,71
Not safe	20	14,29
Do not know	70	50
Total	140	100

Based on the table above shows that out of 140 respondents, the majority of people do not know about the safety of traditional medicine as many as 70 respondents (50%). While 50 respondents (35,71%) stated that traditional medicine was safe to use. Sources of information on the use of traditional medicines can be seen in table 6. Information is the basis used in the delivery of messages and is used in order to strengthen the message itself (Katno and Pramono, 2010). Information can be in the form of people, institutions, reading books, documents, news in print or electronic media. In obtaining information must pay attention to the credibility of the source (trust) and current information. If the community misses the source, then the expected results will not be achieved, especially regarding the benefits and safety of traditional medicine as an alternative treatment.

More effective and reliable information can be in the form of counseling. Counseling for the community is very necessary to provide information or increase knowledge about the benefits and safety of traditional medicines. The counseling is expected to be able to provide good knowledge to the community so that it can change the behavior of people who do not like to consume traditional medicine and still assume that dangerous traditional medicines become interested in taking traditional medicines. Based on table 6 shows that the majority of people get information about the safety of using traditional medicine from friends, relatives or neighbors as many as 20 respondents (40%). From these results, it is needed counseling about the benefits and safety of traditional medicine treatment and the use of correct and appropriate traditional medicines.

**Table 6.** Sources for getting safety information on the use of traditional medicines

Source	Frequency	%
Health Service	7	14
Hospital/health center/clinic	4	8
Doctors and health workers	6	12
Friends, relatives, neighbors	20	40
Interne	8	16
Television	5	10
Total	50	100

Side effects of traditional medicine are relatively smaller when used correctly and accurately. Traditional medicine can be useful to improve public health, especially in preventive and promotive efforts when used appropriately. The accuracy depends on the right dose, the method and time of use and the selection of ingredients which are in accordance with the indications of their use. Conversely traditional medicine can be harmful to health if it is not properly used, either the method, dosage, time or selection

of ingredients or indeed deliberately misused. Therefore, complete information is needed about traditional medicine to avoid things that are detrimental to health.

### CONCLUSION

The conclusions in this study are the majority of people in work area of Health Center Gombong using modern medicine (35,71%) compared to traditional medicine (64,29%), traditional medicines that are widely used for treatment are types of rhizomes (ginger, galingale, turmeric) and treated diseases are minor diseases such as cough, flu, maag, sciatica, rheumatism, diarrhea, dizziness and colds, as many as 50% of the people do not know the information about the safety of traditional medicines. Therefore it is advisable to conduct counseling on the benefits, safety, and use of traditional medicines that are good and appropriate.

### REFERENCES

- DepKes, 2007. Kebijakan Obat Tradisional. Departemen Kesehatan Republik Indonesia.
- Dewanto, H.R., 2007. Pengembangan Obat Tradisional Menjadi Fitofarmaka : Untuk Pemanfaatan Pada Pelayanan Kesehatan.
- Ermas, T., 2004. *Keunggulan biodiversitas hutan tropika Indonesia dalam merencanakan model molekul alami*. Surabaya : ITS.
- Harmanto, N., Subroto A, 2018. Pilih Jamu dan Herbal Tanpa Efek Samping. <https://www.bukupedia.com/id/book/id-47-42920/kesehatan-gaya-hidup/pilih-jamu-dan-herbal-tanpa-efek-samping.html> (accessed 9.20.18).
- Jabbar, A., Musdalipah, Nurwati, A., 2016. Studi Pengetahuan, Sikap dan Tindakan Terhadap Penggunaan Obat Tradisional Bagi Masyarakat di Desa Sabi-Sabila Kecamatan Mowewe Kabupaten Kolaka Timur. *Maj. Farm. Sains Dan Kesehat.* 3, 19–22.
- Katno, S., Pramono, S., 2010. *Tingkat Manfaat dan Keamanan Tanaman Obat dan Obat Tradisional (Press release)*. Yogyakarta: Fakultas Farmasi UGM.
- Menteri Kesehatan Indonesia, 2016. Peraturan Menteri Kesehatan Nomor 6 Tahun 2016 Tentang Formularium Obat Herbal Asli Indonesia. Menteri Kesehatan Indonesia.
- Ningsih, I.Y., 2016. Studi etnofarmasi penggunaan tumbuhan obat oleh suku tengger di kabupaten lumajang dan malang, jawa timur. *Pharmacy* 13, 10–20.
- Sari, L.O.R.K., 2012. Pemanfaatan obat tradisional dengan pertimbangan manfaat dan keamanannya. *Pharm. Sci. Res.* PSR 3, 1–7.
- Sukmadinata, 2006. *Metode Penelitian Pendidikan*. Bandung: Remaha Rosdakarya.