




Self-medication counseling at Muhammadiyah learning center in Kepong, Kuala Lumpur

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 <https://doi.org/10.31603/ce.8259>

Abstract

Self-medication is an effort to treat the symptoms of minor illnesses which can be performed by the community. The purpose of self-medication is to relieve symptoms of minor illnesses as well as provide first aid. Regarding the importance of self-medication, community service related to self-medication was carried out. The participants were 20 student parents of Kepong Muhammadiyah learning center, Kuala Lumpur, Malaysia. The community service was conducted on September 2, 2022 and was delivered through counseling by using PowerPoint Presentations (PPT) media. To check the participants' understanding of self-medication materials, pretest and post-test questionnaires were distributed. The result indicated an increase in the knowledge of self-medication as it was assessed by the difference between pretest scores (78) and post-test scores (93.9). To sum up, this community service is considered successful in increasing participants' knowledge of self-medication.

Keywords: Self-medication; Counseling; Community service

Penyuluhan Swamedikasi di sanggar bimbingan Muhammadiyah Kepong, Kuala Lumpur

Abstrak

Swamedikasi merupakan upaya pengobatan gejala penyakit ringan yang dapat dilakukan oleh masyarakat. Tujuan pengobatan sendiri adalah untuk meredakan gejala penyakit ringan serta memberikan pertolongan pertama. Terkait pentingnya swamedikasi, kegiatan pengabdian kepada masyarakat dilaksanakan. Peserta kegiatan ini adalah 20 orang tua siswa di Sanggar Bimbingan Muhammadiyah di Kepong, Kuala Lumpur, Malaysia. Pengabdian kepada masyarakat dilakukan pada tanggal 2 September 2022 dan disampaikan melalui penyuluhan dengan menggunakan media PowerPoint Presentation (PPT). Untuk mengetahui tingkat pemahaman peserta tentang materi swamedikasi, kuesioner pretest dan post-test dibagikan. Hasilnya menunjukkan bahwa adanya peningkatan pengetahuan swamedikasi yang dinilai dari kenaikan nilai pretest (78) dan posttest (93,9). Kesimpulannya, pengabdian masyarakat ini dinilai berhasil meningkatkan pengetahuan peserta tentang swamedikasi.

Kata Kunci: Swamedikasi; Penyuluhan; Pengabdian masyarakat

1. Introduction

Health is important for people's lives. However, minor health problems such as dizziness, fever, and ulcers are often experienced by many people. The low quality of health services including community health services, hospitals, and unsatisfactory

health services often encourages people to do self-medication. Self-medication is a self-administered initial effort to reduce or treat minor illnesses (Rusli et al., 2017).

Self-medication is the treatment of general health problems with drugs, designed and labeled for use without medical supervision and are considered safe and effective for personal use or can be interpreted as an action taken by the community in self-medication. Self-medication is used to relieve symptoms of minor illnesses as well as to provide first aid for minor ailments such as fever, pain, dizziness, cough, influenza, stomach ulcers, worms, diarrhea, skin diseases, and others (Shoviantari & Wiayu, 2018). Pratiwi et al., (2014) define self-medication as an effort frequently made by someone to treat symptoms of illness or disease that he is suffering from before consulting a doctor. Self-medication aims to improve personal health, treat minor illnesses, and manage the routine treatment of chronic diseases after being monitored by a doctor. The function and role of self-medication are more focused on treating symptoms quickly and effectively without prior intervention by medical consultants except pharmacists to reduce the workload in conditions of limited resources and manpower (WHO, 1998).

At the Kepong Muhammadiyah Learning Center, most of the students' parents are Indonesian migrant workers. It was established by the Leaders of the Muhammadiyah Special Branch (PCIM) Malaysia. There are approximately 50 active students. Most of the students' parents are unskilled workers such as construction workers, traders, laborers, and household assistants. Most of these migrant workers do not have official documents, so it is difficult to access education and health services. When they are sick, they use medicines sold in stores or pharmacies which can be purchased without a prescription. However, most of them do not know how to manage drugs or self-medication independently. In general, in the implementation of self-medication, errors often occur in treatment, these errors are caused by the limited knowledge of the community about drugs, both from how to use the drugs and other information related to the drugs used.

Medicines for self-medication are often referred to as over-the-counter (OTC) drugs, consisting of OTC drugs with a black circle mark, a green base and limited drugs with a black circle mark, and a blue base. It is available without a prescription through pharmacies or licensed drugstores. In some countries, OTC products are also available in supermarkets and other outlets. In addition, drugs that may be used during self-medication are Pharmacy Compulsory Drugs including hard drugs (black circle marks, red base with a large K) that can be purchased at pharmacies without a prescription, but must be submitted directly by a pharmacist to the patients which are accompanied by complete information about the use of drugs, as well as dietary supplements like vitamins and calcium (Setditjen Farmalkes, 2014).

According to the World Self Medication Industry Organization, knowledge about the basics of self-medication has the following functions, helping to prevent and treat minor symptoms and illnesses that do not require medical consultation such as fever, cough, and runny nose; minimizing health transmission; and allows patients to control their own health conditions. The implementation of counseling on self-medication was carried out due to the lack of knowledge of the community around the Kepong Muhammadiyah Learning Center, Kuala Lumpur, because they were Indonesian Migrant Workers who were in Malaysia and still did not pay attention to simple knowledge about health and medicine.

This community service aimed to provide knowledge about self-medication, types of drugs which can be used for self-medication, was aware of the right to take medicine according to their own condition. Additionally, this activity could provide several advantages including how to choose the right drug that are in accordance with the therapeutic class according to their complaints, find out the exact class (using drugs that are classified as over-the-counter or limited-free drugs), know the right dose (according to age). Education and socialization can improve knowledge of self-medication which is proven by the increase in evaluation.

2. Methods

This event was carried out on Friday, September 2, 2022 at the Kepong Muhammadiyah Learning Center which was located at Pelangi Magna Blok A 1/13, Jalan Prima 3, Metro Prima, Kuala Lumpur, Malaysia. The learning center was a non-formal education institution that was inaugurated on March 20, 2022. A total of 20 student parents aged 30-50 years participated in this event. They were Indonesian citizens whose children studied at the Kepong Muhammadiyah Learning Center. The participants had been living in Malaysia for years and most of them were working as Indonesian migrant workers with various jobs.

This community service was performed in three stages. The first stage was the preparation stage, in which all materials and tools were prepared. The materials on self-medication were obtained from several books and articles while the tools included a television, a sound system, a laptop, and pamphlets. The second stage was the implementation of counseling. Initially, the participants were instructed to do a pretest. The next activity was the delivery of self-medication materials including medicines that may be used for self-medication through PowerPoint Presentations. This session was followed by a question and answer session. After the counseling was conducted, the participants had to take a posttest. The administration of the pretest and posttest aimed to check the participants' understanding of the materials delivered. The last stage was evaluation. The evaluation was conducted both during counseling was being held and after the counseling. During the counseling event, the evaluation was conducted by having an observation to the participants. Finally, the results of the participants' pretest and posttest were analyzed statistically to see changes in the level of knowledge before and after counseling activities.

3. Result and Discussion

Self-medication is an effort made for the community to maintain their own health. Self-medication is an effort frequently made by a person in treating symptoms of illness or disease before consulting a doctor (Pratiwi et al., 2014). This activity aimed to increase public knowledge about drugs and the materials can be perceived in [Figure 1](#).

Before the counseling was carried out, the presenters compiled the material that had been consulted with the supervisor and prepared all the equipment needed before the event started. The counseling materials included how to get the right medicine from pharmacies, licensed drug stores, clinics, or hospitals. Then, other materials were about how to use drugs in accordance with the recommendations from doctors and

pharmacists and how to follow the rules listed on the packaging if using over-the-counter or limited-free drugs.

MEDICINE THAT CAN BE USED FOR SELF-MEDICATION

I. Free Drugs

- Free drugs are types of drugs that can be bought freely anywhere without a doctor's prescription.
- Starting from drugstores, pharmacies, to stalls.
- Types of free drugs themselves are usually marked with a green circle with a black border.
- In general, this type of drug can only be used to treat mild symptoms of illness.

Examples:
Eucalyptus Oil, Paracetamol, Promag, Biogesic, Multivitamin Syrup
Vitacimin Lozenges, Rivanol, Panadol, Vitamin C Tablets etc.



Figure 1. Self-medication materials in the powerpoint presentation

The counseling program was opened by the Head of the Kepong Learning Center. Then, the the participants were instructed to fill out a pretest questionnaire before the material was delivered. Self-medication material is the main topic, however, participants were also given the main material on basic self-medication of minor illnesses which commonly occur in the community, including fever, cough, and diarrhea. These diseases are the most common diseases in the community and the initial symptoms of first aid at home. Figure 2 shows that the participants were paying attention and listening to the materials delivered by the presenter. The participants occasionally asked questions to the presenter. From the observations, it can be perceived that the participants expressed their interest in the materials by sharing their own experiences when doing self-medication at home. The thing most asked by the participants was how to use and store medicine properly at home.



Figure 2. The explanation of self-medication materials

Figure 3 shows that the participants were doing their posttest after having an explanation about self-medication materials. A comparison between the results of the pretest and posttest can be perceived in Figure 4. It can be perceived that there is an increase in the participants' knowledge about self-medication after the counseling. The average score of the pretest was 78 and it increased to 93.9 in the posttest. Thus, it can be said that there is a significant influence on the participants' knowledge.



Figure 3. The participants answering the posttest

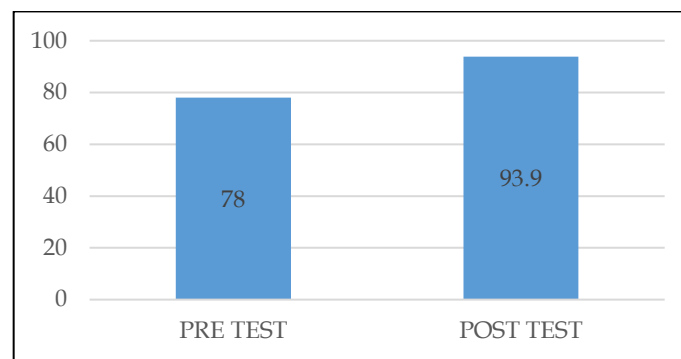


Figure 4. The results of the pretest and posttest

A significant increase in the participants' understanding of the self-medication materials as shown in Figure 4 can be affected by the use of PowerPoint Presentations media. According to (Omeng & Priscah, 2016), using instructional media like PowerPoint Presentations can effectively improve participants' knowledge because it can associate factors and highlight particular topics and concepts (Khoiron et al., 2014) revealed that health education using PowerPoint slides was more effective to increase respondents' knowledge, attitude, and behavior in preventing cervix cancer than using leaflets. Recently (Herawati et al., 2022) approved that PowerPoint Presentations were educational media which could change teenagers' behavior and knowledge.

4. Conclusion

This counseling activity was carried out to provide additional insight to the student parents of the Kepong Muhammadiyah Learning Center, Kuala Lumpur about self-medication. The activity was considered successful as it was perceived by the results of observations and post-test scores. As the participants' knowledge of self-medication increased, it is hoped that the participants can be more aware of self-medication. Later this kind of counseling could be carried out again with wider material, especially health problems or other minor illnesses.

Acknowledgement

The authors thank the manager, teachers, and student parents in the Kepong Muhammadiyah learning center, Kuala Lumpur for the opportunities so that the counseling can run well. To the Muhammadiyah Lamongan University which has provided facilities and funding for this community service activity.

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