



INCREASING PUBLIC AWARENESS IN DRUG USE THROUGH SMART COMMUNITY MOVEMENT USING DRUGS (SCMUD)

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Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Sandy Kurniajati sandykurniajati@gmail.com STIKES RS Baptis Kediri</p>	<p>The community tends to try to overcome health problems through easier and more cost-efficient methods. This triggers the tendency of the community to self-medicate. Self-medication is the use of drugs by individuals, not based on a doctor's prescription, but based on the individual's initiative. This community service aims to increase awareness of using drugs through Smart Community Movement Using Drugs (SCMUD) in the Bulakdawung community, Parang village, Banyakan district, Kediri regency. The activity was carried out on May 17, 2024, by providing Health Counseling to mothers who accompany their children to study groups, with lecture and question and answer methods, the media used was the leaflet of awareness of using drugs. The results of the activity were 21 mothers with most elementary school education backgrounds (80.95%), work as housewives (95.23%), less knowledge about awareness of using drugs (71.42%), good attitudes awareness of using drugs (66.67%) and drug use behavior in the family (80.9%) and those lacking 19.1%. After being given health education regarding the safe use of drugs through the Smart Community Movement Using Drugs, the community increasingly understands and carries out awareness to avoid the negative impacts of self-medication and provide appropriate treatment for family members who are sick and utilize health service centers appropriately. It was concluded that the activity can increase public awareness in the use of drugs through health counseling.</p> <p>Keywords: <i>SCMUD, Drug Use, Self-medication</i></p>
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INTRODUCTION

Health is one of the major investments to realize sustainable human resource development in Indonesia. In accordance with the principles used in Public Health Science, community empowerment is important to maintain and improve the health status of the community. Therefore, it is important for the community to understand the correct use of drugs through Smart Community Movement Using Drugs (SCMUD). (Nining, 2019).

Changing community lifestyles and increasing information flow encourage people to seek information about health through mass media which is very easy to access. People tend

to try to overcome health problems in an easier and more cost-efficient way. This triggers the tendency of people to self-medicate.

Self-medication is the use of drugs by individuals, not based on a doctor's prescription, but based on the individual's initiative. According to RISKESDAS in 2013, around 35.2% of families who carry out self-medication or self-medication carried out by the community are efforts made by the community to maintain their health independently. (Devi Octavia, et al., 2020). Irrational use of drugs can be a source of drug-related problems (Drug Related Problems) due to limited public knowledge about pharmaceutical preparations according to indications.

The legal basis for self-medication is the Regulation of the Minister of Health No. 919/Menkes/Per/X/1993 (RI, 2024). Self-medication is usually used to treat minor illnesses suffered by the community and have a high prevalence in the community such as headaches, influenza, mild fever, joint pain and minor skin diseases. The problem that often arises from self-medication is the irrationality of drug use so that it has the potential to increase side effects for the community.

The administration and use of drugs must be in accordance with the indications. Indications for the use of drugs wisely are determined by the doctor treating the patient according to the diagnosis made. Through anamnesis, physical examination and supporting examinations, the doctor can make the right diagnosis and provide the right treatment. In addition, the right indication also means the right choice of drug, the right dose of drug, the right condition of the patient, no contraindications. Assessments of the accuracy of these indications can only be carried out by doctors in accordance with evidence-based medicine.

Through Smart Community Movement Using Drugs (SCMUD), it is hoped that the community can use drugs appropriately according to the indications so as not to cause drug-related diseases (Drugs Related Disease). SCMUD aims to increase public understanding and awareness of the importance of proper and correct drug use. In addition, it aims to increase public independence in choosing, obtaining, using, storing, and destroying drugs properly and correctly, and increasing rational drug use

SCMUD is a forum for the movement of rational drug use, CBIA and other related programs that are sustainable by involving cross-sectors and related stakeholders. This movement was initiated by the Indonesian Minister of Health on November 13, 2015 and stipulated through the Decree of the Indonesian Minister of Health Number HK.02.02/Menkes/427/2015 concerning the Smart Community Movement for Using Drugs.

The target of SCMUD is the entire community by involving cross-sectors and cross-programs, health professional organizations, educational institutions, academics, non-governmental organizations, religious leaders, traditional leaders and other elements in the

community. SCMUD activities include efforts to increase knowledge and skills, as well as changes in community behavior in choosing, obtaining, using, storing and disposing of drugs properly, including over-the-counter drugs for self-medication, as well as prescription drugs obtained by doctor's prescription.

METHOD

The approach method offered for this community service is in the form of providing education to the community regarding the safe use of drugs through SCMUD. In implementing this community activity, the first step, the STIKES RS. Baptis Kediri Community Service team conducted an assessment with an initial survey of the target community. Based on the results of the assessment, several problems faced will be obtained. The second step is to prepare activity materials regarding the safe use of drugs through SCMUD. The service team carried out counseling using a question-and-answer lecture method, the media used was leaflets. The aspects that were evaluated included: effectiveness of implementation seen from: benefits of activities, level of understanding of safe use of drugs through SCMUD. The implementation of the activity of providing education to the community regarding the safe use of drugs through SCMUD Kediri was carried out on May 17, 2024.

RESULT AND DISCUSSION

The following is the frequency distribution of parents of study groups in Bulak Dawung who participated in community service activities regarding the safe use of drugs through SCMUD as follows:

Table 1 Frequency Distribution of Parents in Bulakdawung Study Group

No	Gender	Total
1	Male	0
2	Female	21
Total		21

Table 2 Frequency Distribution of Education Level of Parents in Bulakdawung Study Group

No	Education	Total
1	Elementary	17
2	Junior High School	1
3	Higher Education	3
Total		21

Table 3 Frequency Distribution of Parents' Occupations in Bulakdawung Study Group

No	Occupation	Total
1	House Keeping	20
2	other occupations	1
Total		21

Table 4 Frequency Distribution of Monthly Expenditures of Parents in Bulakdawung Study Group

No	Monthly Expenditures	Total
1	< 2 million rupiah	11
2	2-5 million rupiah	10
Total		21

Table 5 Frequency Distribution of Distance from Home to Drug Store

No	Distance	Total
1	< 1 km	7
2	1-2 km	2
3	>2 km	12
Total		21

Table 6 Frequency Distribution of Distance from Home to Pharmacy

No	Distance	Total
1	< 1 km	2
2	1-2 km	2
3	>2 km	17
Total		21

Table 7 Frequency Distribution of Distance from Home to Health Center

No	Distance	Total
1	< 1 km	0
2	1-2 km	0
3	>2 km	21
Total		21

Table 8 Frequency Distribution of Parents' Knowledge Regarding SCMUD

No	Knowlegde	Total
1	Less	15
2	Good	6
Total		21

Table 9 Frequency Distribution of Parents' Attitudes Regarding SCMUD

No	Attitude	Total
1	Less	7
2	Good	14
Total		21

Table 10 Frequency Distribution of Parental Behavior Regarding Careful Echo

No	Behavior	Total
1	Less	4
2	Good	17
Total		21

This community service activity involved parents in Bulakdawung children's study group with the aim of increasing public knowledge about the safe use of drugs through SCMUD. The number of parents involved was 21 parents. All participants were mothers who at that time accompanied their children to attend the study group.



Figure 1, Community Service Through SCMUD

Bulakdawung is a village area located on the slopes of Mount Wilis, Kediri Regency and borders a forest area. This village is located quite far from health facilities. As is known, the distance from the date's house to the drug store, pharmacy and health center is approximately 2 km. In addition to the considerable distance, the road access to this village can only be passed by one four-wheeled vehicle and is quite narrow for two-wheeled vehicles with winding and hilly road conditions, this makes it quite difficult for residents to access health service centers.

From the data obtained, 15 people in the community do not have good knowledge about the safe use of drugs. Given that most of the participating mothers have an elementary school

education level (17 people). The low level of education hinders mothers from getting sufficient information about the safe use of drugs. However, the attitudes and behavior of parents regarding the safe use of drugs are mostly (more than 50% of participants) good. This is due to good awareness to provide the best treatment for their families. Through interviews conducted with mothers who are members of this study group, they try to provide the best treatment if one of their family members is sick by taking the family member to a health center or clinic that provides good health services. Through this good attitude and behavior, mothers only need to be given adequate information to improve this good behavior regarding the safe use of drugs. The safe use of drugs has also been practiced by several mothers who have understood the bad impacts of using drugs carelessly and getting drugs from less reliable sources such as in stalls. Safe use of drugs that has been done properly is:

1. Reading the drug content listed on the drug packaging carefully
2. Reading the expiration date listed on the drug packaging before taking the drug
3. Buying drugs in places such as drug stores, pharmacies and health centers
4. Storing drugs according to the instructions on the drug packaging

The above are a good start for parents to continue using drugs safely and intelligently to avoid the negative impacts of self-medication (independent use of drugs by the community) on health or DAD (Drug Associated Disease).

CONCLUSION

After being given health education on the safe use of drugs through the Smart Community Movement Using Drugs (SCMUD), the community increasingly understands and carries out SCMUD to avoid the negative impacts of self-medication and provide appropriate treatment for sick family members and utilize health service centers appropriately.

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