

The students knowledge on the benefits of traditional medicine for health

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ABSTRACT

This research aims to recognize the knowledge level about the benefits of traditional medicine for health in students batch 2019, Faculty of Medicine, Tarumanagara University. This research is a descriptive study with a cross-sectional design of 106 students batch 2019, Faculty of Medicine, Tarumanagara University. The data was collected using validated questionnaires. The knowledge of students batch 2019, Faculty of Medicine, Tarumanagara University regarding self-medication is categorized into a good level of knowledge (76.41%), knowledge of traditional medicine and its classification in the category of sufficient knowledge (69.83%), as well as knowledge about natural ingredients and their benefits in the category of less knowledge (26.16%). The knowledge levels of students batch 2019 of the Faculty of Medicine, Tarumanagara University regarding the definition of traditional medicine and its classification is categorized as sufficient level of knowledge, and the level of knowledge regarding natural ingredients and their benefits is categorized as lack of knowledge.

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INTRODUCTION

Health is very important for humans because it is the main capital in carrying out daily activities. Individual who are in a sick condition will make efforts to restore their health again, whether by seeing a doctor or doing self-medication (Rantauni & Sukmawati, 2022; Supardi et al., 2019). Self-medication is said to be rational if it meets four criteria. The first criterion is appropriate group which aims to take a class of over-the-counter drugs or limited over-the-counter drugs; second, appropriate medicine, that is using the drug according to the complaint; third, the exact dosage which is used according to the rules of use; fourth, exactly the duration of treatment, that is, if the pain persists after self-medication, then immediately contact a doctor (Purnamasari et al., 2019; Sukmawati E et al., 2018). From the 2020 Statistical Data of the Indonesian Central Statistics Agency, it is known that 62.74% of people who complain of illness choose to self-medicate, (Badan Pusat Statistik Indonesia, 2020) not only with modern medicines, but also with traditional medicines (R et al., 2019).

According to the Indonesian Traditional Medicine Potions Formulary, traditional medicine is an ingredient of herb in the form of plants, animals, mineral ingredients, and sarian (galenic) preparations or a mixture of these ingredients that have been used for treatment for generations. These can be applied in accordance with the norms prevailing in society (*Peraturan Menteri Kesehatan Republik Indonesia Nomor HK.01.07/MENKES/187/2017 Tentang Formularium Ramuan Obat Tradisional Indonesia.*, 2017). In Indonesia, there are about 30,000 types of plants and 7000 of them have medicinal properties (Jumiarni & Komalasari, 2017; Sukmawati, 2018; Sukmawati E et al., 2018).

According to World Health Organizing (WHO) data in 2018, 87% of countries in Africa use traditional medicine, America 80%, Western Mediterranean 90%, Europe 88%, Western Pacific 92%, and Southeast Asia 90%. The (World Health Organization, 2019) countries that widely use traditional medicine in Asia are China, Korea, India, and Indonesia. Basic Health Research (*Riskesdas*) data 2013 shows that 30.4% of households in Indonesia utilize traditional health services (Setiawan et al., 2018; Sukmawati, 2019).

Traditional Health Services (Yankestrad) in Indonesia are classified into "Finished Drug Ingredients" and "Homemade Drug Ingredients". For the use of finished herbs, it is most prevalent in the DKI Jakarta area (59.6%) and the least in Papua Province (18.9%). Meanwhile, homemade herbs are most widely used in West Sulawesi Province, that is 85.5% and the least in South Kalimantan Province (17.9%). According to the age group, the finished herb is most widely used at the age of 75 years and above, while the homemade herb is most widely used at the age of 65-74 years. It is known, both women (49.6%) and men (46.4%) use the finished herb more. Based on place of residence, people in rural (43.7%) and urban (51.7%) areas also consume more finished herbs than homemade herbs (Kemenkes, 2018; Sukmawati, 2016).

In terms of students, they obtained from research conducted by Desi, *et al.* in 2019 on students at the Islamic University Bandung. It was found that in terms of self-medicating students, they still consumed traditional medicine by utilizing natural ingredients, some of the most frequently used natural ingredients include honey (25.78%), lime (17.51%), ginger (17.03%), turmeric (13.79). In addition, this study also obtained results that students consumed traditional medicine most aimed at to treat minor illnesses (42.55%) as well as to prevent diseases (25.96%). Based on the classification of traditional medicines, herbal medicine is the most numerous use (78.57%), then OHT (17.86%), and phytopharmaceuticals (3.57%) (Supardi *et al.*, 2019).

Based on the data above, it is known that people, especially students, still consume traditional medicine for health to maintain both for prevention and treatment. Therefore, researchers aim to conduct research on the knowledge level related to the use of traditional medicine and its benefits in the prevention and treatment of diseases for students of the Faculty of Medicine, Tarumanagara University.

RESEARCH METHOD

This research is a descriptive study with a cross-sectional design. The target population in this study was students of the Faculty of Medicine and the affordable population was third-level students of the Faculty of Medicine, Tarumanagara University. It was carried out on 106 third-year students of the Faculty of Medicine, Tarumanagara University, that was students of batch 2019, who met the inclusion criteria started from February to May 2022. The data was collected using a questionnaire that was distributed through a Google form. The data is presented in the form of descriptive tables and explanations (Sugiyono, 2017, 2018, 2019).

RESULTS AND DISCUSSIONS

The respondents in this study were the most female students of 76 people (71.7%) and male who were 30 people (28.3%).

Table 1. Characteristics of Respondents

Characteristics	Respondents	
	Sum (n=106)	Percentage (%)
Gender		
Male	30	28,3
Female	76	71,7

It was found that respondents had a sufficient knowledge level about the definition of traditional medicine and its classification with a percentage of 69.83% and the knowledge level about natural ingredients and their benefits that were categorized as less with a percentage of 26.16%. The knowledge level category is good if the respondents could answer correctly with a percentage of 76-100%, the knowledge level is sufficient if the percentage is 51-75%, and the level of knowledge is less if the percentage is <51%.

Table 2. Knowledge Level of Traditional Medicine

Knowledge Levels of Traditional Medicine	Sum (n)	Percentage (%)	Information
Definition of Traditional Medicine and Classification	74	69,83%	Enough
Natural Ingredients and Their Benefits	28	26,16%	Less

From the research data, it was found that respondents had a sufficient level of knowledge about traditional medicine with an average score of 72.64%. A similar study conducted by Khoirufa, *et al.* in Imbanagara Village, Ciamis Regency in 2020 with 103 respondents by cross-sectional approach showed that the people in Imbanagara Village have a sufficient level of knowledge (Fuji Khoirurifa *et al.*, 2020). Another study conducted by Oktaviani *et al.* in 2020 on 150 mothers in Surabaya who were married or had a family showed that the majority of respondents had a moderate or sufficient level of knowledge (Oktaviani *et al.*, 2020).

A different result study conducted by Khuluq, *et al.* at Stikes Muhammadiyah Gombong in 2021 on 85 undergraduate nursing students by a cross-sectional approach found that the knowledge level of students in their research had a good levels (Khuluq *et al.*, 2021). The difference in the results of this study may be due to differences in sampling methods, that was Purposive Sampling. In addition, research conducted by Pratiwi, *et al.* in Hegarmanah Village, Jatinangor, Sumedang analyzed on 34 PKK mothers through qualitative methods with 92% results had knowledge of traditional medicine (Pratiwi *et al.*, 2018).

Another study with similar results conducted by Samgryce *et al.* regarding the classification of traditional medicine based on its logo at Imelda University Medan in 2022 which analyzed 40 students in Pharmacy and Non-Pharmacy study program batch 2019/2020 academic year using cross-sectionally. It was obtained the results that the level of student knowledge about classification is quite (Samgryce Siagian *et al.*, 2022)

In a study related to the classification of traditional medicine conducted by Pratiwi *et al.* in Hegarmanah Village, Jatinangor, Sumedang on 34 PKK mothers which was based on representatives from each RT also showed that respondents had good knowledge of traditional medicine. When they were given more specific questions about their classification, it was found that most had good knowledge of herbal medicine, but a lack of knowledge about OHT and phytopharmaceuticals. In this study, the data were taken by interacting directly with respondents

of PKK mothers with the majority of respondents' occupations were housewives. The difference in the results obtained that information about the classification of traditional medicine in Indonesia had not been evenly distributed (Pratiwi *et al.*, 2018). When compared between the research conducted by Pratiwi *et al.* and the research conducted by the researcher, there were differences in the research sample or respondents taken in participations, where this research employed students of the Faculty of Medicine, Tarumanagara University. In addition, the research data was taken using a questionnaire that was shared through a Google form so that there was no direct interaction with respondents. From the results of the calculation on the overall question regarding the classification of traditional medicines, it was found that the knowledge level of respondents regarding the classification of traditional medicines was in the sufficient category, but when the results were described, it was found that questions about the Herbal Medicine group were the questions with the most correct answers so that they were categorized as good. However, the questions about OHT and Phytopharmaceuticals were in the less category. This is in accordance with the research by Pratiwi *et al.* which stated in their research that information about traditional medicine and its classification is still uneven or variative (Pratiwi *et al.*, 2018).

Another study conducted by Sumardi and Sumartini at the "Indonesia" Vocational High School Yogyakarta in 2018 on 81 respondents of class XII students using the method of determining respondents using accidental sampling which was obtained that the majority of respondents had good knowledge of traditional medicine but still quite sufficient in the knowledge of standardized herbal medicine logos (Sunardi & Sri Sumartini, 2018). There is also a study conducted by Sari and Sutrisna at the Mahaganesha College of Pharmacy in 2022 on 101 pharmacy students using cross-sectional approach which showed that the level of student knowledge about traditional medicine phytopharmaceutical class is classified as sufficient (Mahaganesha *et al.*, 2022; Sukmawati *et al.*, n.d.).

Another research on the level of knowledge of natural ingredients as traditional medicine was conducted by Zakiyah, *et al* in 2020 with a *quasi-experimental experimental* research method on 27 respondents. The results of his research were divided into before and after the counseling treatment. In the first result, after the counseling treatment, the results were obtained that the majority of respondents had a low or insufficient level of knowledge about natural materials. In the second result where counseling treatment has been carried out on respondents, an increase in the level of knowledge has been obtained to be high or good (Zahrah *et al.*, 2020). In a similar study conducted by Ani, *et al* in the Natural Tourism Park area, Sumbawa in 2018 with 30 respondents by *purposive sampling* and *snowball sampling*, respondents found that respondents had a level of knowledge that according to the classification in their research belonged to the very good or high class (Ani *et al.*, 2018). Currently, there is not much research found on the level of knowledge regarding the source of natural ingredients in traditional medicine.

From the study conducted by the researchers, it shows that the students level of knowledge of the Faculty of Medicine, Tarumanagara University, can be stated to still not know too much about things related to traditional medicine, including in classification, natural ingredients, and benefits. This is due to information about traditional medicine, especially in terms of classification, which has not been widely obtained or has not been evenly distributed (Pratiwi *et al.*, 2018). As in the research conducted by Zahrah *et al.* (2020) who conducted the research using experimental research methods, namely quasi-experimental, where before counseling was held on respondents, it was found that the knowledge level of respondents was categorized as lacking or less, but after being given counseling and information about traditional medicine, it was obtained that the level of knowledge has improved (Sukmawati *et al.*, 2022; Sukmawati & Nur Imanah, 2020; Zahrah *et al.*, 2020).

CONCLUSION

The knowledge level by the students regarding the definition of traditional medicine and its classification is categorized into a sufficient knowledge level with a percentage of 69.83% and the

knowledge level about natural ingredients and their benefits is categorized as less with a percentage of 26.16%. According to the results obtained from this study, it was found that students had a sufficient knowledge level about the definition of traditional medicine and its classification. However, on the question of the natural ingredients of making traditional medicine and its benefits, a lack of knowledge was obtained. So, it can be concluded that students still do not much understand about traditional medicine, especially in terms of classifying traditional medicines, including herbal medicine, standardized herbal medicine, and phytopharmaceuticals, as well as about the natural ingredients used in traditional medicine. So, for the following research, the readers can use a questionnaire that discusses traditional medicine more deeply and specifically for the better research results in the future research. In addition, for students' knowledge about traditional medicine, education may be carried out about traditional medicine, such as through seminars about traditional medicine and its development or it can also be through social media as one of the platforms used by most young people today. It can be through posts pictures or videos with attractive designs so that students can be interested in reading or finding out more deeply.

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