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164 Community Knowledge in Cough Medication in Ternate Tanjung Village Singkil District City of Manado Benedicta I.Rumagit\*, Elvie R. Rindengan\*, Fahira Kasim\*, Donald E Kalonio\* \* Department of Pharmacy, Manado Health Polytechnic, Manado, Indonesia  
Corresponding Author: First Author, Department of Pharmacy, Manado Health Polytechnic, Manado, Indonesia Email: dicta.farmasi@gmail.com ABSTRACT

Self-medication is generally done by the community to overcome minor health problems, such as fever, pain, dizziness, cough, influenza, stomach ulcers, intestinal worms, diarrhea, skin diseases and others. Incorrect self-medication can be caused by a lack of public knowledge about drugs and their use.

Coughing is one of the health problems that are considered mild or a reflex of the body 's defense to remove foreign objects from the respiratory tract and is also one type of health complaint experienced by the community. This study aims to determine public knowledge about the use of cough medicine by self-medication in Ternate Tanjung Sub-District, Singkil District, Manado City.

The research conducted was a descriptive survey research. Samples were taken based on the number of family heads from 3 neighborhoods , amounting to 88 respondents using non-probability sampling technique with purposive sampling method. The research instrument used questionnaire sheets that had previously been tested for validity and reliability using the Guttman scale.

Data collected by distributing questionnaire sheets to respondents who have been determined. The results showed that the majority of respondents aged 20 to 65 years, with a high school / vocational high school education (56.82%), and worked as a housewife (80.68%).

The results showed that the majority of respondents aged 20 to 65 years, with a high school / vocational high school education (56.82%), and worked as a housewife (80.68%). Key Words : Knowledge, cough, self-medication INTRODUCTION  
Self-medication is defined as the selection and use of drugs, including herbal and traditional treatments by individuals to treat themselves from disease or symptoms of the disease [1].

Swamedication is generally done by the community to overcome minor health problems, such as fever, pain, dizziness, cough, influenza, ulcers, worms, diarrhea, skin diseases and others [2] According to the results of the World Self Medication Industry (WSMI) survey that 59% of Americans surveyed said they were more likely to treat their own health conditions, and 73% preferred to treat themselves at home rather than to see a doctor.

Based on the results of the Basic Health Research in 2013 there were 35.2% of housewives storing drugs for self-medication, there were hard drugs, over-the-counter drugs, antibiotics, traditional medicines and drugs that were not identified [3]. Cough is one of the health problems that are considered mild or a reflex of the body's defense to remove foreign objects from the respiratory tract [4].

Coughing is a type of health complaint experienced by the community. The percentage of population who had a type of cough health complaint during the last month of 2017 in North Sulawesi Province was 26.67% [5] The things that need to be considered before doing self-medication are knowing the condition of the body, understanding the possibility of drug interactions, knowing drugs that can be used for self-medication, be aware of possible side effects, examine the drugs to be purchased, find out how to use the right medication, and know how to store the right medicine [2]. Inappropriate swamedication can be caused due to limited public knowledge about drugs and their use .

Knowledge is a collection of information obtained from experience or from birth that makes a person become aware of something [6]. Based on research conducted in Malalayang Sub-District of Manado City with data obtained an average score of public knowledge on the selection and use of self-cough cough medicines before counseling was 64.55% and after counseling was 90.11%.

This shows that there is an effect of counseling by giving leaflets to the selection and use of self-coughing cough medicines [7]. Based on the results of an initial survey of researchers obtained from several communities in Ternate Tanjung Subdistrict, Singkil

District, Manado City, when they had a cough, they swamed more by buying medicine at the nearest stalls than going to the Puskesmas or doctor.

Based on this background, the researchers are interested in conducting research on community knowledge about the use of cough medicine by self- medication. MATERIAL AND METHODS The sample used was taken from a portion of the population. The sampling technique uses non-probability sampling with a purposive sampling method, where sampling is based on a particular consideration made by the researcher himself based on the characteristics or characteristics of the population that is known.

So the sample taken only has the following inclusion criteria: Have taken self-medication (self-coughing), housewives and willing to be respondents, physically and mentally healthy and can read and write, residing in Ternate Tanjung Sub-District, Singkil District, Manado City. The research instrument in this study was a questionnaire sheet.

The questionnaire used in the form of a check list by way of assessment uses the Guttman scale with a score system of 0 and 1 on each answer item, then is scanned again to get two categories of statements: namely, for the correct answer is worth 1 and for the wrong answer worth 0. RESULTS Table 1 : Distribution of Respondents Based on Statements assessed from the Aspects of Knowing, Understanding Application Table 2: Distribution of Respondents Based on Community Knowledge of Cough Medicines Using Swamedication DISCUSSIONS This research was conducted by collecting primary data obtained from questionnaire sheets filled out by respondents totaling 739 households with a total sample of 88 respondents.

This study aims to determine the Public Knowledge of Cough Medicines Using Swamedication Based on the results of the characteristic research, people with the age of 20 to 65 years are the most likely to do cough self-medication. This is because at the age of 20 to 40 years is a period of seeking stability, a time full of problems, changes in values, creativity, and adjustment to a new lifestyle.

Then for ages 41 to 65 years is a time that has physiological problems and they already have a lot of experience in doing swamedication [8]. Based on the level of education, the most widely used self-medication for the use of cough medicine is SMA / SMK. This is because with this educational background it is easier to receive information from other people or from the mass media, in this case the use of cough medicine by self-medication [9]. Based on the work that most self-administered cough medicine use, namely housewives.

This is because the inclusion criteria in this study are housewives who **have an important role in** the use of drugs when there are family members who are sick. The results of research for public knowledge about the definition of cough on the aspect of knowing with respondents who answered correctly at 92.05%. This shows that some people already know about the definition of cough.

As has been mentioned on the background of coughing is one of the health problems that are considered mild or a reflex of the body's defense to remove foreign objects **from the respiratory tract** [4]. Coughing is the body's defense mechanism to help clear the respiratory tract and is also a symptom of an illness. Coughing is the most important symptom of lung cancer, tuberculosis, typhus, cardiac decompensation, especially in the elderly, asthma, and psychological conditions [10]. Statements regarding diseases related to coughing are Tuberculosis (TB). Respondents who answered correctly on the statement amounted to 96.56%, so that most people already know of one disease with symptoms of cough.

There are 2 types of cough based on productivity, namely productive cough or phlegm cough and non-productive cough or dry cough that is not phlegm [10]. Statement to find out the types of cough obtained results with respondents who answered correctly at 95.45%. This shows that some people know that dry **cough is a cough that does not** produce phlegm.

Before taking cough medicine, the patient must know the rules of using the drug. **Based on the results of** the study found that respondents who answered correctly on the cough medicine statement should be used according to the rules of use that is equal to 100%. This shows the public knows that drugs should be used according to the rules of use.

In a statement about the public understanding of Dextromethorphan HBr cough medicine has a sleepy side effect obtained results with respondents who answered correctly at 73.86%. This shows that some people understand that after taking cough medicine there are side effects that are felt that is drowsiness. One thing that must be understood by patients when doing self-medication is understanding the cause of cough and how to prevent it so that the desired therapeutic goals can be achieved. The statement that cigarette smoke causes coughing results obtained from respondents who answered correctly at 97.73%.

This shows that people understand that cigarette smoke is one of the causes of coughing, so they can avoid it because cigarette smoke is very dangerous for the body not only smokers but who inhale cigarette smoke will also be affected [11]. As already

mentioned in the theory of non-pharmacological cough therapy one of which is drinking lots of water can reduce dry cough, and from the results obtained from respondents who answered correctly by 100%. Because drinking lots of water can help to thin the phlegm, reduce irritation and itching [11].

Statements about dry cough, antitussive drugs selected get results from respondents who answered right by 47.73% and those who answered wrong by 52.27%. This shows that people **still do not understand the** meaning of antitussive itself. Some people also prefer to buy medicines at a food stall with the reason that they are close to where they live, which is cheaper and more affordable.

In self-medication or self-medication requires the use of appropriate drugs. If someone does not know things that can make the drug no longer able to be consumed such as the color change in the drug, it will certainly cause side effects from the drug.

Based on the statement about understanding if the cough syrup drug has changed color and should not be taken from the results of respondents' answers that answered correctly at 94.32%. This shows that some people already understand the statement. When coughing, of course you have to choose the medicine according to the type of cough you are suffering from.

From the actions taken by the community in the selection of cough medicines according to the type, they got 72.73% results. There are two types of cough medicine, expectorant for cough with phlegm and antitussive for cough without phlegm. In the statement about cough with phlegm and choosing cough medicine containing expectorant, the result of respondents who answered correctly was 60.23%.

This shows that the actions taken by the community for the selection of phlegm cough medicine are correct. Before taking medicine, you should take action by **paying attention to the** information and the rules of taking the medicine. Swamedication is done no more than three days if three days of illness does not heal, contact the doctor immediately.

Statement about before taking cough medicine, by reading the warning and the time span of drug use obtained results from respondents who answered correctly 97.73% and 98.86%. This shows that some people do this before taking cough medicine. The results of public knowledge research on aspects of application about if you do not understand how to use drug rules and ask the pharmacist or pharmacist to get the results of the correct respondents that is 97.73%.

Things to do when not understanding the rules of taking drugs can directly ask the authorized medical personnel such as doctors, pharmacies CONCLUSION 1. Characteristics of respondents, generally aged 20 to 65 years, high school / vocational education level (56.82%), and occupation as a Housewife (80.68%). 2. Public knowledge about the use of cough medicines by self-medication in the aspect of knowing (96.02%), understanding (82.73%), and application aspects (85.45%) with a percentage 87.50%.

This shows that public knowledge is included in the high category meaning that most people already understand about the use of cough medicines by self-medication. ETHICAL CLEARANCE Certificate issued by Health Research Ethics Committee, Manado Health Polytechnic Ministry of Health.

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