

OVERVIEW OF ANTIBIOTIC SELF-MEDICATION BEHAVIOR IN THE COMMUNITY

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A B S T R A C T

The use of antibiotics without medical supervision is still rampant in the community and can trigger resistance. Improper self-medication behaviors, such as stopping medication before the dose is complete or taking antibiotics without a medical prescription, can have adverse health effects. The purpose of this study is to find out an overview of community behavior in conducting antibiotic self-medication in Tarafu Village, Batupoaro District, Baubau City. The research method used in this study is a descriptive method with a quantitative approach. The sample of this study involved 91 respondents aged 45–59 years who were selected using the Slovin formula. Data were collected through a closed-ended questionnaire and analyzed using frequency distribution in univariate analysis. The results showed that most respondents (82%) had good behavior in the use of antibiotics, while the other 18% still showed inappropriate behavior. Some respondents were known to still keep antibiotic residue, use without a prescription, or stop use before the dose was completed. In Tarafu Village, most residents have implemented good and correct antibiotic self-medication behavior. However, a small percentage still exhibit inappropriate habits, so ongoing education is needed to increase understanding of the correct use of antibiotics that can help reduce the risk of resistance and ensure the effectiveness of future treatments.

INTRODUCTION

Pharmaceutical Services is an integrated activity with the aim of identifying, preventing and resolving drug problems and health-related problems. Patient and community demands for quality improvement. Pharmaceutical Services, requires an expansion of the old product-oriented paradigm (*Drug Oriented*) to become a new patient-oriented paradigm (*Patient Oriented*) with the philosophy of Pharmaceutical Care (Mustiqawati et al., 2023).

Health test activities are a form of effort to improve the welfare of the community as a whole. Factors such as changes in the environment, human behavior, demographic changes and advances in the technological, economic and socio-cultural fields also shape existing disease patterns. Increasing awareness and education to conduct regular health checks at the nearest health facilities is very important to improve the degree of public health (Damayanti et al., 2025).

Poor health can be an obstacle for a person to enjoy a full and balanced life, including in terms of employment, education and basic rights such as freedom of association and expression. This has an impact on their well-being and future (Ardinata, 2020). When sick, people often try various ways to recover, including self-medication with over-the-counter medications, visiting a doctor or health facility or using traditional medicine (Febriani, 2019).

An individual's behavior is a reflection of the psychic process that occurs in him, and is usually triggered by the stimulus or stimulus he receives from the environment (Bimo Walgito, 2005:10). There are two main factors that affect the formation of behavior, namely internal factors that come from within the individual (such as anxiety, perception, motivation and emotions) and external factors that come from outside the individual (Notoadmojo, 2005).

Self-medication is a method of treatment carried out by individuals themselves, starting with recognizing their symptoms and complaints to choosing and using drugs (Amalia et al., 2022). Some of the main factors that affect self-medication behavior include high drug costs, lack of education and knowledge in the health sector, drugs that can be purchased over-the-counter in stores, sales of drugs without a doctor's recommendation, and lack of government supervision of drug distribution (Stuart, 2020). When doing self-medication, it is important to still understand the condition experienced, know the indications of the medication taken, side effects, dosage, and how to use it. (Khurinin Wahyuni et

al., 2020). Self-medication errors, such as improper drug selection and dosage, still occur frequently and can pose health risks if they continue for a long time (Pratiwi et al., 2020).

Antibiotics are drugs to prevent and treat bacterial infections. Antibiotics still have wrong behaviors in their use, such as over-prescribing by health workers, public assumption that antibiotics can treat all types of diseases and non-compliance in completing antibiotic treatment that can cause resistance (Lubis et al., 2019). The use of antibiotics without proper treatment can trigger antibiotic resistance whereas the wise and appropriate use of antibiotics can increase the success of treatment (Wulandari & Rahmawardany, 2022). The main factor for the occurrence of antibiotic resistance is the irrational use of antibiotics, such as low duration of treatment or misdiagnosis of the disease (Pratomo & Dewi, 2018).

From the results of the researcher's initial observations, it was found that there are some residents who do not know about the behavior of antibiotic self-medication, some residents consume antibiotics by not spending them without knowing the effects of the antibiotic drugs if they are not spent. This caused researchers to be interested in conducting a study that aimed to find out the description of self-medication behavior in Tarafu Village, Batupoaro District, Baubau City in using antibiotics. This research was carried out so that the public knows how to use antibiotics correctly.

METHOD

The method used in this study is a descriptive method with an approach *Cross-sectional* to explain the behavior of antibiotic self-medication among the community. The research activity was carried out in Tarafu Village, Batupoaro District, Baubau City, in the period from February to March 2025. The research population includes all residents of Tarafu Village, with a target population of 974 people aged 45-59 years. Antibiotic self-medication research at the age of 45-59 years was chosen for several reasons, namely at that age (45-59) there is a threat of various diseases that begin to appear, so at this age in addition to regulating a healthy diet, exercise is also recommended. This is done to maintain his body's resilience in old age so that he can enjoy life (Hanjaya Siaputra, Andini Emmiati, Evelyn Fajar Wibisono, 2015), The research sample totaled 91 people obtained through the calculation of the Slovin formula with an error rate of 10%. The sample selection used a purposive sampling technique based on the inclusion criteria, namely having taken antibiotics and having the ability to communicate, read, and write, while the exclusion criteria included not having these abilities or refusing to be respondents.

Data were collected by distributing a closed-label questionnaire containing questions about the class of antibiotics and the rational application of antibiotic use. The research instrument was in the form of a questionnaire based on *the Guttman scale* with a correct answer given a score of 1 and a wrong answer with a score of 0. Data analysis was obtained in a univariate way using frequency distribution, then processed using a calculator to display the characteristics of each variable and calculate the percentage of respondents who had good or bad behavior. The method is written concisely and operationally divided into data type, population, sample, place, time of research implementation using sample determination techniques, data collection techniques, research instruments, and data analysis techniques using narrative or description formats that are neatly arranged in the form of paragraphs. using narrative/description sentences in the form of paragraphs systematically.

The assessment on the questionnaire gives a score of 1 for the correct answer and a value of 0 for the wrong one. The method of calculating the score obtained follows the method described by Damayanti in 2022 (Damayanti, 2022)

$$P = \frac{x}{n} \times 100\%$$

RESULTS & DISCUSSION

Table 4.1 Distribution of respondents by gender

Gender	Total	
	Respondents	Percentage (%)
Man	40	44
Woman	51	56
Sum	91	100

Source: Primary Data, 2025

Table 4.1 illustrates information about the distribution of respondents by age. From the data displayed, all participants in this study came from the age group of 45 to 59 years, with a total of 91 respondents, meaning that all samples (100%) were in that age range.

Table 4.2 Distribution of respondents by behavior

behaviour	Total	
	Respondents	Percentage (%)
Good	74	82
Bad	17	18
Sum	91	100

Source: Primary Data, 2025

Table 4.2 which contains data "Distribution of Respondents by Gender, it is known that the total number of respondents in this study is 91 people. Of the total respondents, as many as 40 people or around 44% were men, while the rest, namely 51 people or 56%, were women. This data explains that the number of female respondents is more than men.

Previous research has shown that people still have inappropriate behaviors in using antibiotics, such as use without a doctor's prescription and premature termination of use. Therefore, research on the description of self-medication behavior of antibiotic use in the community in Tarafu Village, Batupuro District, Baubau City is important to find out if similar problems also occur in the area and to identify the need for appropriate education and intervention to increase the responsible use of antibiotics. Thus, this research can help in developing strategies to prevent the risk of antibiotic resistance and cure public health.

COVER

The results showed that out of a total of 91 respondents in Tarafu Village, Batupuro District, Baubau City, most or 74 people (82%) had relatively good antibiotic self-medication behavior, while 17 people (18%) still behaved inappropriately. This fairly high percentage of good behavior indicates that the community has a good level of awareness in the rational use of antibiotics, such as following dosage rules, not taking carelessly without a doctor's prescription, and considering indications for use. However, it was still found that a small number of respondents engaged in risky practices, such as storing leftover antibiotics, using without a prescription, or stopping consumption before the dose was complete. This condition shows the need for continuous education and counseling efforts to prevent the improper use of antibiotics and minimize the risk of resistance. Meanwhile, the limitations in the research are that respondents are difficult to find and some of them are not willing to do documentation. obstacles obtained in the research process.

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