

OVERVIEW OF PUBLIC KNOWLEDGE ABOUT GOUT SELF-MEDICATION

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ABSTRACT

*Self-medication is an effort made by the community to treat mild health complaints independently, including gout. Limited knowledge about self-medication for gout may lead to inappropriate drug use and poor dietary habits, which can worsen health conditions. **Objective:** This study aims to describe the level of community knowledge regarding self-medication for gout in Tarafu Subdistrict, Batupoaro District, Baubau City. **Method:** This research used a descriptive design with a quantitative approach. Data collection was carried out from April to August 2025, involving 83 respondents aged 45–59 years. **Results:** Data were collected using a structured questionnaire and analyzed univariately using frequency distribution. **Conclusion:** The results showed that most respondents (96%) had good knowledge about self-medication for gout, while 4% had poor knowledge. Most respondents understood the importance of maintaining a low-purine diet, adequate water intake, proper medication use, and healthy lifestyle habits to prevent symptoms. The community in Tarafu Subdistrict generally has a good understanding of self-medication for gout. However, continuous education and outreach are needed to ensure this knowledge is applied correctly in self-treatment.*

INTRODUCTION

Based on Law Number 36 of 2009, health is defined as a balanced condition between physical, mental, spiritual and social that supports individual productivity in various aspects of life (Lasso 2023). Healthy is a condition when the body is in a good state, including physical, social, and mental aspects. To realize a healthy life, continuous efforts are needed to increase awareness of the importance of maintaining health (Ismadi 2023).

Pharmaceutical services focus on managing health and drug problems through identification, prevention and solutions, especially in the midst of increasing service quality needs, a paradigm shift in pharmaceutical practice is now transformed from what previously focused on drug products to a more patient-centered approach with implementation *Pharmaceutical Care* that puts the patient's needs first (Mustiqawati et al. 2023)

Knowledge is the main foundation for the civilization of a nation, its progress or delay is determined by the extent of public attention to science (Octaviana & Ramadhani, 2021). Knowledge plays an important role in determining a person's behavior, as good cognition can influence actions and decisions (Rochib 2016). Declarative knowledge deals with facts that can be judged to be true or false, whereas tacit knowledge is intuitive knowledge that is difficult to explain in words such as motor skills.

Swamedization, or the act of treating oneself, is one of the ways people maintain and take care of their health. Self-medication involves the use of drugs that can be purchased without a prescription such as over-the-counter drugs, limited over-the-counter drugs, mandatory pharmacy drugs and traditional drugs that can be accessed without a medical prescription (Science, Suprihatin, and Probosiwi 2021).

In practice, self-medication has the potential to cause problems in patient treatment due to limited knowledge about drugs and how to use them (Mona et al. 2022). People tend to self-medicate for mild symptoms such as headaches, coughs, flu or indigestion before deciding to consult a medical professional (Ilmi et al. 2021). Improper self-medication practices can lead to further health problems such as bacterial resistance and drug dependence that worsen the patient's condition (Efayanti, Susilowati, and Imamah 2019).

Gout is a condition characterized by a buildup of uric acid crystals around the joints, causing inflammation, swelling and significant pain symptoms. This condition is generally triggered by high purine intake from food. Gout itself is the result of purine metabolism, where about 85% of purine is already present in the human body, so only about 15% of purine can be obtained from outside the body through food (Purwandari 2022). High levels of uric acid in the blood, or hyperursemia, can cause gout in excess of 7.0 mg/dL in men and 6.0 mg/dL in women. Gout symptoms can appear suddenly and last

for a short time (Afif Amir Amrullah et al. 2023). Women who have entered menopause have a higher risk of developing gout arthritis due to a significant decrease in the hormone estrogen. Estrogen that previously protected the body from increased uric acid, now no longer functions effectively, increasing the likelihood of gout. (Nasir, 2019).

Symptoms of gout are often characterized by aches, pain, aches and tingling in the joints (Silpiyani, Kurniawan, and Wibowo 2023). The factors that affect uric acid levels are classified into 2 factors, namely, risk factors that cannot be controlled and factors that can be controlled (Mulyani 2022). The way to overcome uric acid buildup is to avoid foods rich in purines, reduce consumption of alcoholic beverages, drink plenty of water, drink milk and orange juice, drink coffee, consume cherries, celery and strawberries, maintain an ideal body weight and consume the necessary vitamins. (Karmiatun & Zudaini, 2019).

Based on the results of initial observations made by researchers, there are several Tarafu residents who do not know about self-medication, gout, these residents sometimes consume foods with high purine content without knowing the effects of consuming these foods. So the researcher is interested in conducting research on the description of public knowledge about gout self-medication in Tarafu village, Baubau city. Based on the above background, the researcher is interested in conducting a study that aims to determine the level of public knowledge about self-medication of gout in Tarafu Village, Batupao District, Baubau City. This research was carried out so that people who carry out self-education are more thorough and careful in carrying out treatment.

METHOD

This study uses a descriptive method with a quantitative approach. The research activity was carried out in Tarafu Village, Batupao District, Baubau City from April to May 2025. The study population included all males aged 45–59 years living in Tarafu Village, with a total of 473 people. The number of samples was determined using the Slovin formula at an error rate of 0.1%, so that 83 respondents were obtained. Inclusion criteria include residents aged 45–59 years, have or are suffering from gout, are able to communicate, read, and write, and are willing to be respondents. Meanwhile, the exclusion criteria include residents who have never or are suffering from gout, do not have the ability to communicate, read, and write, and are not willing to participate. Data was collected through a closed questionnaire containing questions about self-medication knowledge of gout. The data were analyzed using the frequency distribution formula.

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

Information:

P: Present

X : the correct number of answers.

N : number of question items

Correct answer = 1 (guttman scale)

Wrong answer = 0 (guttman scale)

≥ 50%: Knowledgeable people (Guttman scale)

< 50% : Poorly Informed Society (Guttman Scale) (By Nyoman Yuliani, Carolina Wijaya 2014)

RESULTS & DISCUSSION

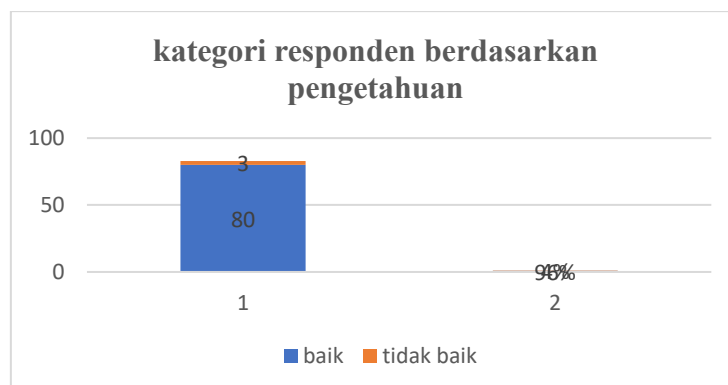
From this research, a study on Community Knowledge Self-Medication has been completed at the location of Tarafu Village, Batupao District, Baubau City. And this can be observed in the following tables.

Table 1. Distribution of resources based on knowledge

Knowledge	Total	
	Respondents	Percentage (%)
Good	80	96
Bad	3	4
Sum	83	100

Based on Table 1, the results of the respondents' distribution are described based on the level of knowledge they have related to the topic being studied. From a total of 83 respondents, data was obtained that the majority of respondents, namely 80 people or around 96%, were in the category of having good

knowledge. Thus, this shows that the majority understand quite well the topic or information that is the focus of the research. This high percentage can also identify that educational extension programs, or information that has been provided previously or are accepted and understood well by most respondents, while only 3 respondents or 4% are in the category of knowledge that is not good. Although the number is small, this is still important to pay attention to because it can show that there are obstacles in receiving information, limited understanding or lack of access to certain sources of information for a small number of respondents.



The diagram above shows that most of the respondents, namely 80 people, have good knowledge, while only 3 people have bad knowledge.

Table 2. The frequency of the overall answer of the respondent based on the number of questions on the questionnaire

Yes	Question Items	Score	
		true	wrong
1.	Can self-medication (self-treatment) of gout help reduce pain?	73	10
2.	Can drinking plenty of water help prevent gout attacks?	68	15
3.	Can eating spinach lower uric acid levels?	60	23
4.	Reducing the types of offal foods, seafood and nuts can lower uric acid levels?	53	30
5.	Can alupurinol drugs be used to treat gout?	75	8
6.	Can eating foods high in fiber such as vegetables and fruits help reduce uric acid levels?	78	5
7.	Normal uric acid level for women is 6 mg/dl?	69	14
8.	Normal uric acid level in men 7 mg/dl?	75	8
9.	Does high uric acid levels in the blood cause symptoms?	75	8
10.	Can gout be cured with self-medication?	55	28

It can be seen in Table 2 describing the total recapitulation of the answers from all respondents giving answers to the questions listed in the questionnaire. research. The results of respondents' responses to 10 questions that measure their level of knowledge. Most of the questions were answered correctly by the majority of respondents, which shows a fairly high level of understanding.

High understanding was shown in questions related to fiber consumption (78 people), the use of alupurinol drugs (75 people), normal levels of male uric acid (75 people) and the impact of high uric acid levels (75 people). Understanding is quite evident in the questions regarding the benefits of drinking water (68 people), normal levels in women (69 people) and the effectiveness of self-medication in reducing pain (73 people).

Low understanding was found on questions about spinach (60 people), consumption of offal and seafood (53 people) and the belief that self-medication could cure gout (55 people). Some of the respondents still have less knowledge about spinach can lower uric acid levels, even though spinach is a food high in purines.

Based on the results of this study, it is known that most of the respondents in Tarafu Village have good knowledge about self-medicine, namely 80 people (96%), while only 3 people (4%) have bad knowledge. This shows that the majority of people in Tarafu Village have understood the concept of self-medication quite well. Meanwhile, in the results of another study conducted by (Arjani *et al* 2018), it was stated that the level of knowledge of the respondents was also divided in more detail into good and medium categories, where as many as 22 people (38.60%) were in the good category and 35 people (61.40%) in the medium category. These differences in categories show that although most respondents have adequate knowledge, there is still variation in the level of understanding between

them. Thus, these results show that educational efforts still need to be carried out to increase public knowledge so that all respondents can have an optimal level of knowledge about self-medicine.

COVER

Based on the results of the research that has been carried out, the results of the study involving 83 respondents aged 45-59 years show that most of the people in Tarafu Village have good knowledge of 96% of the Self-Medication for Gout Disease. While only 4% are classified as having bad knowledge. In addition, as many as 83% of respondents gave positive answers to the questions in the questionnaire, indicating that they had a sufficient understanding of self-medicine, while another 17% gave negative answers. Meanwhile, the obstacle in conducting this research is that some respondents are difficult to reach and do not participate optimally in the data collection process.

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