



Differences In Knowledge Levels Before and After Dagusibu Counseling at Students Smk Swasta Arjuna Laguboti

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ABSTRACT

DAGUSIBU (Get, Use, Save, Throw Away) is a health education program created by the Indonesian Pharmacists Association in realizing the drug-aware family movement (GKSO) to improve the quality of life of the community so that they achieve a true level of health. The purpose of this study was to determine the Difference in Knowledge Level Before and After Dagusibu Counseling at Students SMK Swasta Arjuna Laguboti. The Research Design used in this study was Quasi Experimental Research, using the Total Sampling technique was 73 respondents. The results of this study before the counseling indicate have a sufficient level of knowledge as many as 61 respondents (83.6%) and have a good level of knowledge as many 12 respondents (16.4%). The results of the study after the counseling showed that all respondents 100% had a good level of knowledge. By using one sample T-Test test shows that t count = 49.553. T table is obtained with $df = 72$, $sig 5\% (1\text{ tailed}) = 1.666$. Because $-t$ table < from t count ($-1.666 < 49.553$), then H_0 is accepted, meaning there is a difference in the level of knowledge before and after Dagusibu counseling at students SMK Swasta Arjuna Laguboti. The results of this study indicate that counseling has a significant impact on increasing knowledge. So it can be concluded that students SMK Swasta Laguboti experienced a good increase in knowledge after counseling in terms of obtaining, using, storing and disposing of drugs properly. The suggestion in this study is expected to be used as input to improve knowledge related to Dagusibu.

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1. INTRODUCTION

Medicines can cure diseases in humans. The use of drugs that are carried out appropriately, safely, and effectively can help the community in self-medication. The chemicals contained in drugs can have an effect on the survival of living things. The function of organs in the body of living things can be affected by drugs (Bertrand & Leroux, 2012). The community often does self-medication in treating several minor illnesses, namely stomach ulcers, diarrhea, headaches, flu, toothaches, and fevers, as a result of which the community does not get a complete explanation of the drugs used. Explanations regarding drug use must be obtained comprehensively, accurately and updated to reduce the risk of errors in

drug use in the form of an abbreviation of "Get, Use, Store, and Dispose" of good and correct drugs and the basic idea of immorality in using drugs carried out by patients rationally (Hajrin, Subaidah and Juliantoni, 2020). People use drugs without knowing how to use or dispose of drugs properly for the drugs they have consumed(Ang'ienda, 2017).

The community environment in managing drugs at home will provide wrong behavior towards self-medication which will trigger the risk of errors in using drugs and irrational treatment(Qamariat, 2021). This can result in problems that arise related to how to obtain, use, store and dispose of drugs properly(Kümmerer, 2009). The National Socio-Economic Survey (Susenas) wrote that more than 66% of Indonesians self-medicate (Ministry of Health of the Republic of Indonesia, 2020). This action, if not accompanied by knowledge about rational treatment, will have a negative impact on society(Djulbegovic et al., 2018). Risk of drug misuse, incorrect drug storage and improper drug disposal. Sari's research (2021) shows that the level of public knowledge regarding drug storage (39.2%) and disposal (53%) among households is in the poor category(Das et al., 2021). As many as 94.3% of people store drugs at home, of which 13.6% are expired drugs, as many as 22.4% of people use antibiotics with irrational use reaching 25.3% (Raini et al., 2015). Storage of antibiotic drugs is still very high (57.50%), especially those who use them without a doctor's prescription (Bekoe et al., 2020).

Little knowledge related to the correct use of drugs will cause danger to its users(Gamble & George, 1997). One factor that is an example that can have a major influence on the occurrence of practices or actions in the use of good drugs is this knowledge in line with research(Holloway, 2011) that one of the factors that can influence behavior is the level of knowledge. Knowledge about how to use and manage drugs is very important, because knowledge is one way to understand the concept of DAGUSIBU properly and correctly(Sembiring et al., 2023).

The problem of drug use is found in people who do not understand the use of drugs, such as getting drugs that are not in accordance with a doctor's prescription, using drugs not according to the rules, storing drugs carelessly, and disposing of drugs in the wrong way. The community needs integrated direction so that there is no mistake in carrying out treatment (medication error)(Cima, 2011). Practices in meeting the criteria for drug use must be met. Self-medication can be a source of problems because knowledge about drugs is still limited(Ayalew, 2017).

Self-medication is an initial action that will be taken by someone in seeking health care by buying medicine at the nearest supermarket, pharmacy or stall(Azizah et al., 2023). Adolescents as drug users must have knowledge about drugs. This is because adolescents are often found to buy without a prescription(Boyd et al., 2007). Therefore, it is as much as possible to be able to know and understand information about DAGUSIBU drugs in order to make the DAGUSIBU program a success(Hermansyah et al., 2018). Increasing adolescent knowledge in managing drugs will make adolescents aware of drugs and will reduce irrational drug use (Botvin, 2000). To reduce adverse and unexpected impacts, Health Workers have carried out a lot of socialization about drugs(Ezell et al., 2021). This activity is an educational program initiated by Health Workers, especially the Indonesian Pharmacists Association (IAI) in the form of proper and correct use and storage of drugs, especially in self-medication(Setiadi et al., 2022). Research that has been conducted shows that the majority of patients' knowledge levels regarding the use of drugs for self-medication are classified as moderate. Irrational use of self-medication reached 40.6% (Azizah et al., 2023).

One of the efforts to increase knowledge about drug use is DAGUSIBU counseling(Wahid et al., 2023). Health counseling can increase knowledge about policies and actions needed to prevent disease or improve health(Hivert et al., 2016). DAGUSIBU counseling activities (Get-Use-Save-Discard) are a health improvement program through health services provided by pharmaceutical personnel based on Government Regulation No. 51 concerning pharmaceutical work. The purpose of this counseling is to minimize medication errors related to information on how to get medicine correctly, use medicine correctly, store medicine correctly and dispose of medicine correctly (Goldspiel et al., 2015).

Research conducted by Suci Wulandari in 2023 also showed that the level of student knowledge about Dagusibu at Tadulako University, Central Sulawesi was good, with high scores at the stages of getting medicine (61.81%), using medicine (80.11%), storing medicine (51.81%), and disposing of

medicine (64.58%). In line with the Community Service activities carried out by Gusti Ayu Rai Saputri et al. (2023) at SMAN 17 Bandar Lampung regarding the importance of understanding DAGUSIBU (Get, Use, Store, Dispose) Medicines properly and correctly, the pretest results showed that 42% of students understood the counseling material about DAGUSIBU and in the posttest questionnaire answers, 100% of students had understood the counseling material about DAGUSIBU. This shows that there was an increase in understanding of 58% after the counseling was carried out so that those who previously did not understand understood (Truax & Carkhuff, 2007). This shows that counseling about Dagusibu can influence the knowledge of the community, students and students about the right way to get, use, store, and dispose of drugs (Sembiring et al., 2023). In the preliminary study, the author conducted an interview technique on several grade X students at SMK Swasta Arjuna Laguboti, the results obtained by the author were that there were still many students who had never heard the word DAGUSIBU or the meaning of DAGUSIBU. Therefore, the author is interested in conducting research on the differences in the level of knowledge of students at SMK Swasta Arjuna Pharmacy about Dagusibu.

2. RESEARCH METHOD

This type of research is Quasi Experimental Research. This study aims to determine the difference in the level of knowledge before and after Dagusibu counseling on the rational use and management of drugs at students SMK Swasta Arjuna Laguboti. This type of research is quasi-experimental research with one group pretest posttest design, namely a design that provides a pretest before being given treatment, and a posttest after being given treatment to the group. The study was conducted in May 2024 on 68 people with a sampling method, namely total sampling.

3. RESULTS AND DISCUSSIONS

Table 1. Frequency Distribution of Characteristics student at SMK Swasta Laguboti

No.	Characteristics	Distribution	Percentage
1.	Age	(15 th)	27
		(16 th)	38
		(17 th)	8
2.	Gender	(M)	5
		(W)	68
3.	Grade	(X-A)	25
		(X-B)	25
		(X-C)	23

Based on table 1 above, it shows that the majority of respondents are 16 years old, as many as 38 respondents (52.1%), female as many as 68 respondents (93.2%), based on class, namely class X-A as many as 25 respondents (34.25%), class X-B as many as 25 respondents (34.25%), and class X-C as many as 23 respondents (31.50%).

Table 2. Distribution of Frequency and Percentage of Knowledge Before Counseling

Knowledge	Distribution	Percentage
Less	-	-
Sufficient	61	83,6
Good	12	16,4
Total	73	100

Based on table 2 above, it shows that the level of knowledge of respondents before the Dagusibu counseling was mostly sufficient knowledge, namely 61 respondents (83.6%) and good knowledge as many as 12 respondents (16.4%).

Table 3. Distribution of Frequency and Percentage of Knowledge After Counseling

Knowledge	Distribution	Percentage
Less	-	-
sufficient	-	-
Good	73	100
Total	73	100

Based on table 3 above, it shows that the level of knowledge of respondents after the dagusibu counseling was that all respondents had good knowledge, as many as 73 respondents (100%).

Table 4. Differences knowledge Before and After Counseling

Knowledge Before Counseling	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean	95% Confidence Interval of the Difference	
				e	Lower	Upper
	49.553	72	.000	2.164	2.08	2.25

Based on the table above using one sample T-Test, the test results above show that t count = 49.553. T table is obtained with df = 72, sig 5% (1 tailed) = 1.666. Because -t table < from t count (-1.666 < 49.553), then Ho is accepted, meaning that there is a difference in the level of knowledge before and after Dagusibu counseling at students SMK Arjuna Laguboti.

Table 2 presents data on the distribution of respondents' knowledge about Dagusibu before counseling that has been tested valid. The results of the study showed that of the 73 respondents studied, the majority of respondents' knowledge was sufficient with a valid percentage of 83.6% with a total of 61 respondents and good knowledge, namely 16.4% with a total of 12 respondents. This means that students SMK Swasta Arjuna Laguboti that before the counseling was carried out, the respondents' knowledge was sufficient. Research conducted by Agustin (2018) said that compliance in terms of obtaining, using, storing and even disposing of drugs is very important to be implemented properly and regularly which aims to control drug use.

The results of the study regarding respondents' knowledge after counseling that has been tested valid are in table 3 showing that all respondents studied, the students' knowledge was good, namely 100% with a total of 73 respondents. This means that after the researcher conducted counseling, the majority of respondents' knowledge was good. This shows that there was an increase after counseling was carried out to respondents so that the results obtained were that the respondents had good knowledge(Simanjuntak et al., 2016).

Knowledge is a result of human knowledge from the combination or cooperation between a subject who knows and an object that is known. Everything that is known about a particular object. Knowledge is the result of human sensing, or the result of someone knowing an object through the senses they have (eyes, nose, ears, and so on). So knowledge is a variety of things obtained by someone through the five senses(Neisser, 1988). Health education is an educational activity carried out by disseminating information messages, instilling beliefs, so that people are aware, know and understand, but also want and can carry out a recommendation that is related to health and there is an increase in knowledge, skills, and attitudes.

The results of the one sample T-Test, The test results above show that t count = 49.553. T table is obtained with df = 72, sig 5% (1 tailed) = 1,666. Because -t table < from t count (-1.666 < 49.553), then Ho is accepted, meaning there is a difference in the level of knowledge before and after Dagusibu counseling of SMK Swasta Arjun. The results of this study indicate that counseling has a significant impact on increasing knowledge. The effectiveness of counseling is evident from the increase in average knowledge and the loss of variation in the level of knowledge after counseling. This has important implications for future health education or counseling programs. A structured and effective

program can equalize the level of knowledge among participants, which can ultimately contribute to improving the quality of life of the community.

The research conducted by (Masita et al. 2019) on Dagusibu drugs (Get, Use, Store and Dispose) is one effort to avoid unwanted things due to drug use, increase public knowledge and awareness regarding the use and management of drugs. The researcher's assumption about DAGUSIBU is that this program can increase respondents' knowledge about proper drug management. The study shows that the level of education is related to respondents' knowledge about DAGUSIBU. Other research results also show that respondents' knowledge about DAGUSIBU is at a good level.

4. ONCLUSION

Based on the results of the research conducted, it can be concluded that most respondents have a sufficient level of knowledge (83.6%), good knowledge (16.4%) about the level of knowledge before DAGUSIBU Drug Counseling for Students SMK Swasta Arjuna Laguboti. After the Dagusibu counseling, all of them have a good level of knowledge (100%). Based on the results of the test study conducted with the One Sample T-Test, it shows that counseling has a significant impact on increasing knowledge. The effectiveness of counseling is evident from the increase in average knowledge and the loss of variation in the level of knowledge after DAGUSIBU Drug Counseling for Students SMK Arjuna Laguboti.

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