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## TINGKAT PENGETAHUAN DAN PRAKTIK KONSUMSI JAMU JUN DI KALANGAN MASYARAKAT DESA TURIREJO DEMAK

### ABSTRAK

**Latar Belakang:** Jamu (*herbal medicine*) sebagai salah satu bentuk pengobatan tradisional, dianggap tidak beracun dan tidak menimbulkan efek samping. Khasiat jamu telah teruji oleh waktu, zaman dan sejarah, serta bukti empiris langsung pada manusia selama ratusan tahun. Jamu Jun merupakan minuman berbahan dasar tepung yang diberi campuran rempah rempah yang di sajikan dengan bubuk merica. Saat ini Jamu Jun sulit di dapatkan di daerah Jepara atau Demak.

**Tujuan :** Untuk mengetahui tingkat pengetahuan dan praktik konsumsi jamu jun di kalangan masyarakat Desa Turirejo Demak

**Metode:** Penelitian ini menggunakan metode observasional dengan pendekatan cross sectional. Subjek dalam penelitian ini berjumlah 96 responden. Instrumen yang digunakan adalah kuesioner data penelitian ini di analisis menggunakan analisis bivariat dengan menggunakan SPSS, uji Chi Square.

**Hasil penelitian:** Jenis kelamin responden laki-laki (36,4%) dan perempuan (63,6%)., Usia  $\geq 25$  -  $\leq 50$  tahun laki-laki (41,6%) dan perempuan (58,3%). Tingkat pendidikan SD (62,5%). Bekerja (52,8%). Tingkat pengetahuan responden dengan kategori baik (58,3%). Tingkat konsumsi kategori baik (62,5%).

**Kesimpulan:** Ada hubungan signifikan antara sosiodemografi jenis kelamin dengan tingkat pengetahuan ( $p_{\text{value}} = 0,040$ ), tetapi usia ( $p_{\text{value}} = 0,528$ ), tingkat ada hubungan tidak signifikan dengan pendidikan ( $p_{\text{value}} = 0,520$ ) dan pekerjaan ( $p_{\text{value}} = 0,692$ ). Ada hubungan tidak signifikan antarasosio demografi jenis kelamin ( $p_{\text{value}} = 0,570$ ), usia ( $p_{\text{value}} = 0,680$ ) dan tingkat pendidikan ( $p_{\text{value}} = 0,710$ ), tetapi ada hubungan signifikan antara pekerjaan dengan konsumsi Jamu Jun ( $p_{\text{value}} = 0,032$ ).

**Kata kunci:** Pengetahuan, konsumsi, jamu jun, Desa Turirejo

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**LEVEL OF KNOWLEDGE AND PRACTICE OF JAMU JUN CONSUMPTION IN THE  
COMMUNITY OF TURIREJO VILLAGE, DEMAK**

**ABSTRACT**

**Background :**“Herbal medicine, as a form of traditional medicine, is considered non-toxic and does not cause side effects. The efficacy of herbal medicine has been tested by time, time and history, as well as direct empirical evidence in humans for hundreds of years. Jamu Jun is a flour-based drink that is given a mixture of spices and served with pepper powder. Currently, Jamu Jun is difficult to find in the Jepara or Demak areas ”.

**Objective:**To determine the level of knowledge and practice of consuming herbal jun among the people of Turirejo Village, Demak

**Method:**This study uses an observational method with a cross sectional approach. Subjects in this study amounted to 96 respondents. The instrument used was a questionnaire. The research data was analyzed using bivariate analysis using SPSS, Chi Square test.

**Results:** The sexes of the respondents were male (36.4%) and female (63.6%)., Male respondents aged 25 years - 50 years (41.6%) and female respondents aged 25 years - 50 years (58.3%). Education level is elementary school (62.5%), junior high school (10.4%), high school (27.1) and working (52.8%) and not working (47.9%). Respondents' knowledge level about Jamu Jun was categorized as good (58.3%). The level of consumption of herbal jun respondents was in good category (62.5%).

**Conclusion:** There was a significant correlation between sociodemographic gender and level of knowledge about Jamu Jun (p-value = 0.040), but age (p-value = 0.528), education level (p-value = 0.520) and occupation were not significant (p-value = 0.692). There was no significant relationship between socio-demographic gender (p-value = 0.570), age (p-value = 0.680) and education level (p-value = 0.710), but there was a significant relationship between occupation and consumption of Jamu Jun (p-value = 0.032).

**Keywords:** *Knowledge, consumption, herbal medicine, Turirejo Village.*