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**HUBUNGAN TINGKAT PENGETAHUAN DAN SIKAP PENGGUNAAN
SUPLEMEN KESEHATAN PADA MASYARAKAT DESA SIDOMULYO
UNGERAN TIMUR DI ERA PANDEMI COVID-19**

ABSTRAK

Latar Belakang : Covid-19 atau *Coronavirus Disease 2019* adalah penyakit baru yang disebabkan oleh virus *Severe Acute Respiratory Syndrome Coronavirus-2* (SARS-CoV-2) dan pertama kali dilaporkan di Wuhan. Upaya pencegahannya dengan meningkatkan imunitas tubuh antara lain menjaga kualitas tidur, minum air putih yang cukup, mengelola tingkat stress dan mengkonsumsi suplemen kesehatan. Penelitian ini bertujuan mengetahui hubungan tingkat pengetahuan dan sikap penggunaan suplemen kesehatan pada masyarakat Desa Sidomulyo Ungaran Timur di era pandemi Covid-19.

Metode : Penelitian ini merupakan penelitian deskriptif dan dilakukan dengan menggunakan metode survei analitik *cross sectional*. Data yang digunakan sebagai sampel dalam penelitian ini sebanyak 100 responden dengan metode pengambilan data dengan *accidental sampling*. Analisa data menggunakan uji *Chi square*.

Hasil : Karakteristik responden paling banyak dari jenis kelamin perempuan sebanyak 59 orang (59%), rentang usia 26-35 tahun sebanyak 74 orang (74%), tingkat pendidikan SMA sebanyak 51 orang (51%) dan pekerjaan swasta sebanyak 44 orang (44%). Tingkat pendidikan dan sikap masyarakat desa sidomulyo berpengetahuan baik 65 orang (65%) dan bersikap positif 82 orang (82%). Hasil uji *chi square* terdapat hubungan antara tingkat pengetahuan dan sikap penggunaan suplemen kesehatan dengan nilai signifikansi 0,000.

Kesimpulan : Terdapat hubungan antara tingkat pengetahuan dan sikap penggunaan suplemen kesehatan pada masyarakat Desa Sidomulyo Ungaran Timur dengan nilai signifikansi 0,000.

Kata Kunci : pengetahuan, sikap, suplemen kesehatan, covid-19

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**RELATIONSHIP LEVEL OF KNOWLEDGE AND ATTITUDE OF USE
OF HEALTH SUPPLEMENTS IN THE COMMUNITY OF SIDOMULYO
VILLAGE, EAST UNGARAN IN THE ERA OF THE COVID-19
PANDEMIC**

ABSTRACT

Background: Covid-19 or Coronavirus Disease 2019 is a new disease caused by the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) and was first reported in Wuhan. Prevention efforts by increasing the body's immunity include maintaining quality sleep, drinking enough water, managing stress levels and consuming health supplements. This study aims to determine the relationship between the level of knowledge and attitudes of using health supplements in the people of Sidomulyo Village, East Ungaran in the era of the Covid-19 pandemic.

Methods: This research is a descriptive study and was conducted using a cross sectional analytical survey method. The data used as a sample in this study were 100 respondents with the method of data collection by accidental sampling. Data analysis using Chi square test.

Results: The characteristics of the respondents are mostly female as many as 59 people (59%), age range 26-35 years as many as 74 people (74%), high school education level as many as 51 people (51%) and private work as many as 44 people (44%) . The level of education and attitudes of the people of Sidomulyo village have good knowledge (65%) and 82 people (82%). The results of the chi square test have a relationship between the level of knowledge and attitudes of using health supplements with a significance value of 0.000.

Conclusion: There is a relationship between the level of knowledge and attitudes of using health supplements in the people of Sidomulyo Village, East Ungaran with a significance value of 0.000.

Keywords: knowledge, attitude, health supplements, covid-19