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Hubungan Tingkat Pengetahuan dan Sikap Penggunaan Suplemen Kesehatan pada Masyarakat Desa Candirejo Kecamatan Pringapus di Era Pandemi Covid-19

ABSTRAK

Latar Belakang: Covid-19 merupakan penyakit disebabkan virus *Severe Acute Respiratory Syndrome Coronavirus 2*. Vitamin dan mineral dapat berperan dalam sistem imun dalam melawan virus. Suplemen kesehatan mengandung satu atau lebih vitamin, mineral, asam amino dan bahan lainnya yang dapat dikombinasikan. Tujuan penelitian ini untuk mengetahui hubungan tingkat pengetahuan dan sikap penggunaan suplemen kesehatan pada masyarakat Desa Candirejo Kecamatan Pringapus di era pandemi covid-19.

Metode: Jenis penelitian ini adalah deskriptif analitik dengan rancangan penelitian *survey cross sectional*. Sampel diambil berdasarkan kriteria inklusi dan eksklusi berjumlah 100 responden dengan teknik *accidental sampling*. Alat pengambilan data menggunakan kuesioner. Analisis data menggunakan uji *fisher*.

Hasil: Gambaran tingkat pengetahuan masyarakat Desa Candirejo Kecamatan Pringapus mengenai penggunaan suplemen kesehatan di era pandemi covid-19 memiliki rata-rata 82% dengan kategori baik sebanyak 74 orang (74,0). Gambaran sikap masyarakat mengenai penggunaan suplemen kesehatan di era pandemi covid-19 memiliki rata-rata 87% dengan kategori positif sebanyak 94 orang (94,0%) dan kategori negatif sebanyak 6 orang (6,0%). Berdasarkan uji *fisher* antara tingkat pengetahuan dan sikap memiliki *p-value* sebesar $0,004 < (\alpha=0,05)$.

Simpulan: Masyarakat Desa Candirejo Kecamatan Pringapus memiliki tingkat pengetahuan baik dan sikap positif mengenai penggunaan suplemen kesehatan di era pandemi covid-19. Terdapat hubungan antara tingkat pengetahuan dengan sikap penggunaan suplemen kesehatan.

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

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The Relationship between Knowledge Levels and Attitudes for Using Health Supplements at Candirejo Village Community Pringapus District in the Era of the Covid-19 Pandemic

ABSTRACT

Background: Covid-19 is a disease caused by the Severe Acute Respiratory Syndrome Coronavirus 2. Vitamins and minerals can play a role in the immune system to fighting viruses. Health supplements contain one or more vitamins, minerals, amino acids and other ingredients that can be combined.

Objective: To determine the relationship between the level of knowledge and attitudes towards the use of health supplements at the Candirejo Village community, Pringapus District in the era of the covid-19 pandemic.

Methods: The design of this study is descriptive analytic with a cross sectional survey research design. Samples were taken with inclusion and exclusion criteria with sample of 100 respondents by using accidental sampling technique. Data collection tool using a questionnaire. Data analysis using Fisher's test.

Results: The description of the level of knowledge of the people at Candirejo Village, Pringapus District regarding the use of health supplements in the era of the covid-19 pandemic has an average of 82% with a good categories, namely 74 peoples (74.0%). The description of public attitudes regarding the use of health supplements in the era of the covid-19 pandemic has an average 87% were included in the category of positive attitudes, namely 94 peoples (94.0%) and negative attitudes categories of 6 peoples. Based on the Fisher test between the level of knowledge and attitudes, it has a p-value of $0.004 < (\alpha=0.05)$.

Conclusion: The people of Candirejo Village, Pringapus District have a good level of knowledge and a positive attitude regarding the use of health supplements in the era of the covid-19 pandemic. There is a relationship between the level of knowledge with the attitude of using health supplements.

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