

SOCIALIZATION AND DRUG EDUCATION: INCREASING COMMUNITY AWARENESS OF DRUG SIDE EFFECTS IN TAMAN LINGSAR HAMLET, LINGSAR VILLAGE, LINGSAR DISTRICT, WEST LOMBOK REGENCY

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Abstrak

Penggunaan obat secara tepat dan aman berperan penting dalam keberhasilan terapi dan peningkatan kualitas kesehatan masyarakat. Namun, rendahnya pengetahuan masyarakat mengenai efek samping obat dapat menyebabkan kesalahan penggunaan, keterlambatan mengenali reaksi obat yang merugikan, serta meningkatnya risiko masalah terkait obat. Kegiatan pengabdian kepada masyarakat ini bertujuan meningkatkan pengetahuan dan kesadaran masyarakat Dusun Taman Lingsar, Desa Lingsar, Kecamatan Lingsar, Kabupaten Lombok Barat mengenai efek samping obat dan penggunaan obat secara rasional. Metode kegiatan dilakukan melalui sosialisasi, edukasi kesehatan, diskusi interaktif, pemberian media edukasi, serta evaluasi pengetahuan sebelum dan sesudah kegiatan. Kegiatan diikuti oleh 35 peserta masyarakat. Hasil evaluasi menunjukkan adanya peningkatan pengetahuan, dengan rata-rata nilai pre-test sebesar 56,8% meningkat menjadi 86,4% pada post-test. Peningkatan pemahaman terutama terlihat pada kemampuan peserta dalam mengenali tanda efek samping obat dan tindakan yang tepat ketika mengalami keluhan setelah penggunaan obat. Edukasi obat secara langsung efektif dalam meningkatkan kesadaran masyarakat mengenai keamanan penggunaan obat serta pentingnya berkonsultasi dengan tenaga kesehatan. Kegiatan edukasi berkelanjutan diperlukan untuk mendukung penerapan penggunaan obat yang tepat, aman, dan rasional.

Kata kunci: *sosialisasi_edukasi_obat; efek_samping_obat; penggunaan_obat_rasional.*

Abstract

Appropriate and safe medication use plays an important role in therapeutic success and improving the quality of public health. However, limited community knowledge regarding drug side effects may lead to medication errors, delays in recognizing adverse drug reactions, and an increased risk of drug-related problems. This community service activity aimed to improve the knowledge and awareness of the community in Taman Lingsar Hamlet, Lingsar Village, Lingsar District, West Lombok Regency regarding drug side effects and rational drug use. The activity was conducted through health education, interactive discussions, distribution of educational materials, and evaluation of knowledge before and after the intervention. A total of 35 community members participated in this activity. The evaluation results showed an improvement in knowledge, with the average pre-test score increasing from 56.8% to 86.4% in the post-test. The greatest improvement was observed in participants' ability to recognize signs of drug side effects and identify appropriate actions when experiencing complaints after medication use. Direct drug education was effective in increasing community awareness regarding medication safety and the importance of consulting healthcare professionals. Continuous educational programs are needed to support the implementation of appropriate, safe, and rational medication use.

Keywords: *drug education; drug side effects; rational drug use.*

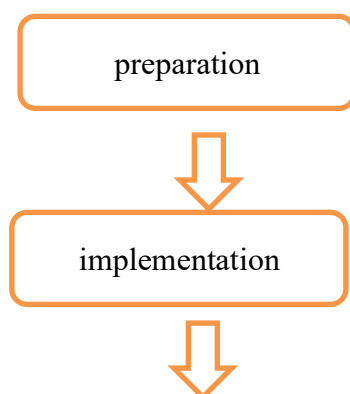
I. Introduction

Medicines are one of the main components of healthcare services used to prevent, treat, and control diseases. The success of drug therapy is not only influenced by the accuracy of drug selection but also by patient adherence to medication instructions and understanding of potential risks during medication use. Every medicine has the potential to cause side effects; therefore, the community needs to have basic knowledge regarding medication safety.¹ Drug side effects or adverse drug reactions (ADRs) are unwanted and harmful responses to medicines that occur at normal doses used for therapeutic purposes. Side effects may range from mild symptoms such as nausea, dizziness, and drowsiness to serious reactions such as severe allergic responses requiring medical intervention. Drug safety monitoring or pharmacovigilance systems are essential components in maintaining patient safety.²

Inappropriate medication use remains a public health concern. Limited understanding of dosage, administration instructions, drug interactions, and potential side effects may encourage individuals to practice self-medication without adequate information. The Indonesian government, through the Community Movement for Smart Use of Medicines (Gerakan Masyarakat Cerdas Menggunakan Obat/GeMa CerMat), emphasizes the importance of empowering communities to select, obtain, use, store, and dispose of medicines properly.³ Based on the conditions of the community in Taman Lingsar Hamlet, Lingsar Village, Lingsar District, West Lombok Regency, there is still a need to improve health literacy, particularly regarding safe medication use. Some community members have limited information about drug side effects and appropriate actions when complaints occur after medication use. This condition became the basis for implementing drug socialization and education activities to increase community awareness regarding medication safety.⁴ This community service activity aimed to improve public knowledge regarding drug side effects, enhance the community's ability to recognize risks associated with medication use, and encourage rational drug-use behavior. Community-based health education is expected to serve as a preventive effort in reducing drug-related problems within the community.

II. Methods

This community service activity was conducted in Taman Lingsar Hamlet, Lingsar Village, Lingsar District, West Lombok Regency. The target participants were adults who used medicines independently or were involved in medication management within their families. A total of 35 participants attended the activity. The implementation method used a participatory educational approach through material presentation, discussions, and evaluation of participants knowledge levels. The activity consisted of three stages: preparation, implementation, and evaluation¹.



evaluation

The preparation stage included identifying community needs, developing educational materials, and preparing information media in the form of leaflets. The implementation stage involved providing education regarding the definition of medicines, types of drug side effects, risk factors associated with side effects, and appropriate management strategies when adverse drug reactions occur. The evaluation was conducted using pre-test and post-test instruments to measure changes in participants' knowledge before and after the educational intervention. The questionnaire consisted of 10 questions covering rational drug use, definitions of drug side effects, signs of adverse reactions, and appropriate actions when experiencing drug-related complaints.

III. Result and Discussion

1. Result

The drug socialization and education activity in Taman Lingsar Hamlet was attended by 35 participants.

Table 1. Characteristics of Activity Participants

Characteristics	Number	Percentage
Male	12	34.3%
Female	23	65.7%
Age 20–30 years	7	20%
Age 31–50 years	18	51.4%
Age >50 years	10	28.6%

A total of 35 participants were included in this study. Based on gender, 12 participants (34.3%) were male, while 23 participants (65.7%) were female, indicating that females constituted the majority of the study population. Regarding age distribution, 7 participants (20.0%) were aged 20–30 years, representing the smallest age group. The largest proportion of participants was in the 31–50 years age group, with 18 participants (51.4%). Meanwhile, 10 participants (28.6%) were over 50 years of age, accounting for slightly more than one-quarter of the total sample. Overall, the participant characteristics show that the study population was predominantly female and mainly consisted of adults aged 31–50 years, followed by participants aged over 50 years, while younger adults aged 20–30 years represented the smallest proportion of the respondents.

Table 2. Results of Participants' Knowledge Pre-test and Post-test

Knowledge Indicators	Pre-test	Post-test
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Understanding of drug side effects	60%	90%
Ability to recognize signs of drug side effects	52%	85%
Understanding of rational drug use	58%	88%
Actions taken when experiencing drug side effects	57%	82%
Overall Average Score	56.8%	86.4%

The pre-test and post-test results demonstrate a substantial improvement in participants' knowledge and awareness following the educational intervention. The overall average score increased from 56.8% in the pre-test to 86.4% in the post-test, representing an improvement of 29.6 percentage points. This indicates that the educational program was effective in enhancing participants' understanding of medication safety and rational drug use. Specifically, participants' understanding of drug side effects improved from 60% to 90%, reflecting a 30 percentage-point increase. Their ability to recognize the signs and symptoms of drug side effects also increased markedly, from 52% to 85% (33 percentage-point increase), suggesting that participants became more capable of identifying adverse drug reactions after the intervention. Knowledge regarding rational drug use showed a significant improvement, rising from 58% to 88%, an increase of 30 percentage points. Furthermore, participants demonstrated better understanding of the appropriate actions to take when experiencing drug side effects, with scores increasing from 57% to 82%, representing a 25 percentage-point improvement. Overall, these findings indicate that the educational intervention successfully enhanced participants' knowledge across all assessed indicators. The greatest improvement was observed in the ability to recognize signs of drug side effects, while all other domains also demonstrated substantial gains, highlighting the effectiveness of the program in promoting safe and rational medication practices.

2. Discussion

The increase in participants' knowledge scores after the activity indicates that drug education had a positive impact on improving community understanding. Before the activity was conducted, some participants did not fully understand that every medicine has the potential to cause side effects, even when used according to the recommended instructions. After receiving education, participants gained a better understanding of the importance of reading medication information and monitoring changes in their physical condition after taking medicines.¹ The results of this activity are consistent with the concept of rational drug use, which emphasizes that communities need to have adequate knowledge regarding the proper selection and use of medicines. Health education is an important strategy for improving community capacity in making appropriate decisions related to medication use.² The greatest improvement in understanding was observed in the community's ability to recognize signs of drug side effects. This finding indicates that information regarding symptoms and initial actions when experiencing adverse drug reactions is highly needed by the community. Such knowledge can help individuals respond more quickly and prevent complications resulting from medication use.³ The socialization activity also increased community awareness that consulting healthcare professionals is an important step when complaints occur after

medication use. The community needs to understand that changing medication doses, discontinuing medicines, or adding other medicines independently may pose risks to therapeutic success.⁴ Overall, this community service activity demonstrates that community-based drug education can be an effective approach to improving health literacy. Similar programs should be implemented continuously by involving healthcare professionals to enhance the community's ability to use medicines safely and rationally.⁵

IV. Conclusion

The drug socialization and education activity in Taman Lingsar Hamlet, Lingsar Village, Lingsar District, West Lombok Regency was able to improve community knowledge and awareness regarding drug side effects and the importance of rational drug use. Through this educational activity, the community gained a better understanding of proper medication use, the ability to recognize signs of drug side effects, and the importance of consulting healthcare professionals when experiencing unwanted reactions. Continuous drug education activities are needed to improve medication safety among the community.

Acknowledgments

The authors would like to express their gratitude to Nahdlatul Ulama University of NTB, the team of lecturers involved in this community service activity, and all parties who provided support and guidance throughout the implementation of this program. Appreciation is also extended to the community of Taman Lingsar Hamlet, village officials, and community leaders for their participation and cooperation, which contributed to the successful implementation of the drug socialization and education activities.

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