



Socialization of Self Medication in Elderly at Posyandu Cinta Lansia

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INFO ARTICLE	ABSTRACT
Article history Received : 27-12-2024 Revised : 27-3-2025 Accepted : 27-3-2025	The aging process is a natural process accompanied by a decline in physical, psychological, and social conditions that interact with each other. This condition tends to pose health problems for the elderly. The increasing tendency of pathological conditions in the elderly leads to increased medication consumption, thereby enlarging the risk of drugs related problems (DRPs), including side effects, drug interactions, or toxic reactions. The problems found are inappropriate drug use and a lack of understanding of how to use, store, and dispose of medicines correctly. Additionally, other issues include the inappropriate use of antibiotics among the elderly, caused by a lack of understanding and incorrect behavior in medication use. The purpose of this service is to socialize with the elderly about self-medication. The method used is counseling directed at the elderly. The results obtained from this service show that the elderly became more careful in self-medication.
Keywords Socialization; Self Medication; Elderly	This is an open access article under the CC-BY-SA license.



A. INTRODUCTION

The aging process is a natural process accompanied by a decline in physical, psychological, and social conditions that interact with each other. This condition tends to pose general health problems for the elderly (Azizah, 2011). Elderly patients are vulnerable to changes related to physiological conditions, increased risk factors for age-related diseases, and increased consequences associated with drug use (Dasopang, 2015). The increasing tendency of pathological conditions in the elderly results in increased medication consumption, thereby enlarging the risk of drugs related problems (DRPs), including side effects, drug interactions, or toxic reactions (Datu dkk, 2021).

According to WHO, in the Southeast Asian region, the elderly population is 8% or about 142 million people. The percentage of the elderly in Indonesia is expected to reach 11.34% or approximately 28.8 million people by 2020 and is projected to reach 273.65 million people by 2025, with life expectancy estimated to reach 73.7 years (BPS, 2008). In West Kalimantan Province, the elderly population was estimated at 189.34 million people in 2022. In Pontianak City, the elderly population in 2022 reached 24.33 million people, an increase compared to 2021, which was 180.74 million people (BPS Kalimantan Barat, 2022).

The problems identified in the field include inappropriate drug use and a lack of understanding of correct usage, storage, and disposal of medications. Furthermore, the inappropriate use of antibiotics by the elderly is attributed to a lack of understanding as well as incorrect behaviors concerning medication use. These findings indicate that there are issues that need to be addressed because if not resolved, they could lead to new health problems for the elderly, such as overdosing, overlapping therapies, drug interactions, and side effects.

B. METHOD

This activity was conducted through socialization using lectures, discussions, and guidance methods. The participants included 30 elderly individuals. The event took place over one day at Posyandu Cinta Lansia. The activity began with delivering material followed by distributing a questionnaire. This questionnaire was designed to gauge the participants' understanding regarding self medication

C. RESULT AND DISCUSSION

The community service activity began by asking the elderly questions to assess their understanding regarding self-medication. From the discussion results with the participants at the beginning of the material presentation, it showed that nearly 90% of participants stated they had bought medication without a doctor's prescription, and 80% were not timely in consuming their medications. This indicates that the elderly have misconceptions in consuming medications and pursuing self-medication.



Figure 1. Presentation of Material

The next activity involved delivering material on the correct way to engage in self-medication. The content of the material consisted of seven correct principles for self-medication. Based on the results of the service, the participants understood self-medication and proper usage, as measured by their ability to answer questions during the discussion. In addition, understanding the use of drugs is also measured by the ability to convey well in front of the discussion forum. About 60% of service participants can answer the speaker's questions well.



Gambar 2. Proses Diskusi Tanya Jawab



Gambar 3. Foto Bersama para Lansia



D. CONCLUSION

This community service activity can provide an understanding to pre-elderly people about the proper use of drugs independently by understanding the identity of the drug listed on the drug and how to use it.

E. ACKNOWLEDGEMENTS

Thank you to Posyandu Cinta Lansia for supporting this service activity. thanks also to the student team who have helped in the process of implementing this service activity, so that this activity runs smoothly.

F. AUTHOR CONTRIBUTIONS

The contribution made by the implementation team is in the form of assisting in the process of community service activities such as the implementation of activities consisting of Ayu Diana Meilantika, Nuruniyah and Nita Putriasti Mayarestya. Submission of material by Ayu Diana Meilantika, presentation of results by Ayu Diana Meilantika and the process of documentation of the implementation of activities assisted by the Student Team.

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