

Analysis of The Use of Health Supplements During Covid-19 in Mudung Darat Village, Muaro Jambi Regency in 2021

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Abstrak

Rekomendasi Kementerian Kesehatan Republik Indonesia (Kemenkes RI, 2020) menyebutkan bahwa pencegahan penyebaran Covid-19 dapat dilakukan dengan menjaga kebersihan tangan, menjaga jarak dan memakai masker, serta meningkatkan daya tahan tubuh. Upaya peningkatan imunitas dengan mengkonsumsi makanan bergizi, aktivitas fisik, dan suplemen kesehatan. Tujuannya untuk mengetahui penggunaan suplemen kesehatan dan apakah ada hubungan antara penggunaan suplemen dengan pengetahuan tentang COVID-19 di Desa Mudung Darat. Metode penelitian yang digunakan adalah metode survei deskriptif. Analisis menggunakan chi-square. Penggunaan suplemen kesehatan dilihat dari karakteristik responden dari segi usia. Penggunaan suplemen hampir merata, antara 14-18%, dari segi Pendidikan. Responden dengan pendidikan SMA sederajat sebanyak 47,7%, lebih tinggi dibandingkan responden yang berpendidikan tinggi atau akademi sebesar 38,5%. Apalagi penggunaan suplemen cukup tinggi terlihat dari tingkat penyerapan tenaga kerja sebesar 46,2% oleh pekerja tetap seperti ASN dan pegawai swasta. Ada hubungan antara penggunaan suplemen kesehatan dengan pengetahuan masyarakat Desa Mudung Darat Kabupaten Muaro Jambi tentang Covid-19.

Kata kunci: *Covid-19, Pengetahuan, Suplemen Kesehatan*

Abstract

The recommendation of the Indonesian Ministry of Health (Ministry of Health of the Republic of Indonesia, 2020) states that prevention of the spread of Covid-19 can be done by maintaining hand hygiene, maintaining distance and wearing a mask, and boosting the immune system. Efforts to increase immunity by consuming nutritious food, physical activities, and health supplements. The aim is to determine the use of health supplements and whether there is a relationship between the use of supplements and knowledge about COVID-19 in Mudung Darat Village. The research method used is a descriptive survey method. Analysis using chi-square. The use of health supplements seen from the characteristics of the respondents is in terms of age. The use of supplements is almost evenly distributed, between 14-18%, in terms of Education. Respondents with equivalent high school education were 47.7%, higher than the use by respondents of higher Education or academies by 38.5%. Moreover, the use of supplements is as high as seen from the employment rate of 46.2% by permanent workers such as ASN and private employees. There is a relationship between the use of health supplements and the knowledge of the people of Mudung Darat Village, Muaro Jambi Regency, about Covid-19.

Keywords : *Covid-19, Knowledge, Health Supplements*

INTRODUCTION

Ministry of Health (Kementerian Kesehatan RI, 2020) stated that preventing the spread of Covid-19 can be done by maintaining hand hygiene, maintaining distance and wearing masks, increasing the immune system efforts to increase immunity, using nutritious food intake, exercise and health supplements.

According to BPOM (Badan, Obat, and Makanan, 2019), health supplements are minerals, vitamins, and amino acids. Some supplements with these properties include (Farmasetika, 2020): Vitamin E, Vitamin C, Vitamin B Complex, Vitamin D, and Zinc. During the pandemic, the demand for health supplements increased sharply, so there was a vacancy at the retail level, such as pharmacies, and at the PBF distributor level (TV, 2021).

Maintaining the body's immunity is essential during the outbreak of COVID-19 (Shi, Y. et al., 2020). A weak immune system will easily contract microbial and viral infectious diseases. The body has a defense system against infection due to antibodies. The immune response works to eliminate viral infections in several ways (Laing, 2008). namely weakening the virus by antibodies, i.e., the virus cannot infect host cells; Then, the antibody and virus complex phagocytosis will bind to cell surface receptors. Next, through a cytotoxic mechanism,

a weak immune system can cause the virus to proliferate. On the other hand, if the immune response is strong, it can interfere, and eventually, tissue damage occurs (Li G et al., 2020). In immunotherapy, where there is an imbalance in the immune system, drugs can be used, namely immunomodulators (Drs. Tan Hoan Tjay dan Drs. Kirana Raharda, 2002). Immunotherapy is a treatment method that restores, enhances, or stimulating the immune response system (Masihi, 2001).

Public health behavior in improving the immune system is influenced by several factors, namely knowledge-based Education, demographic characteristics of health facilities and facilities, and availability of health workers, friends, and family (Notoadmodjo, 2010). Mudang Darat village is bordered to the north and south by Jambi City. In January – August 2021 (Jambi, no date), positive patient confirmations were recorded in these two areas. With the high mobilization of citizens to the city of Jambi, the potential for transmission is even more significant. The initial survey was carried out and obtained COVID-19 reactive patients. The purpose of the study was to determine the use of health supplements seen from the characteristics of the respondents and to determine whether there was an influence of knowledge of Covid-19 on the use of health supplements in the people of Mudung Darat Village, Muaro Jambi Regency.

METHODE

The descriptive research method (Morissan, 2014) describes the use and relationship of knowledge with knowledge about Covid-19. Sampling is carried out using non-random sampling, namely by researchers on samples of anyone met without prior planning. Analysis of univariate and bivariate data using the chi-square method

The data collection process was carried out by implementing the Covid-19 protocol—the location of data collection in the village of Mudung Darat. The research procedure begins with a research permit addressed to the Camat, who will issue a recommendation to the village head to conduct research. Determining the sample using the Slovin formula, from a population of 187 with inclusion criteria of respondents aged 17 years and over, willing to become respondents and able to read and write, obtained a total sample of 65 people.

RESULTS AND DISCUSSION

Characteristics of Respondents,

Table 1. Distribution of respondent

Characteristics	Number of Respondents	
	n	%
Age (years)		
• 17 – 25	18	27.7
• 26 – 35	11	16.9
• 36 – 45	17	26.2
• 46 – 55	16	24.6

• 56 – 65	3	3
Gender		
Male	30	53.8
Female	35	46.2
Education		
• Did not pass SD	1	1.5
• Have an SD	6	9.2
• diploma Have a junior high school	2	3.1
• diploma Have a high school diploma	31	47.7
• Have a college diploma	25	38.5
Occupation		
• ASN	6	7
• Own business	16	25
• Private employee	4	6.2
• Farmer/labor	6	9.2
• No job	5	7.7
• Student/student	12	18.5

The age range is 17-25 years, namely 18 respondents (27.7%) at most, and the smallest age range from 56-65 years, namely three respondents (4.6%). Most respondents are female, namely 35 respondents (53.8%). Most people's Education is at the SMA/equivalent level. Namely, 31 respondents (47.7%) and the smallest is not attending school, one respondent (1.5%). **The majority** of respondents are self-employed. Twenty-five respondents (38.5%) and the smallest are private employees, namely four (6.2%). The same demographic composition was also reported by Firmadi (Firmadi, 2020)

Table 2. The use of supplements is seen from the level of

		use			Total	%
		Low	Medium	High		
age	17-25	1	5	12	18	27.7
	26-35	4	6	4	14	21.5
	36-45	3	9	5	17	26.1
	46-65	2	3	11	16	24.6
Total		10	23	32	65	100

Regarding age, the use of supplements is almost evenly distributed, between 14-18%. The need for supplements does not seem to affect age. The same result was reported (B. S. *et al.*, 2020) that the behavior of using supplements was not affected by differences in the age of the respondents.

Table 3. The use of supplements seen from the level of Education

		Education			Total	%
		SD-SMP	SMU	PT		
use	Low	4	2	4	10	15.3
	Medium	2	16	5	23	35.4
	High	3	13	16	32	49.2
Total		9	31	25	65	
%		13.8	47.7	38.5		100

The use of health supplements in Modung Darat village is classified as high at 49.2%. High usage by respondents with high school education or equivalent is 47.7%, higher than 38.5% use by education or academy respondents. This result is correlated with the number of respondents with a higher percentage of high school than college or undergraduate. In her research, the level of public knowledge about the use of supplements and herbal medicines in the South Banjarbaru sub-district is the most knowledgeable, with a value of 43.5%.

Table 4 . Use of supplements in terms of employment level

		Work			Total	%
		Not working	Informal sector	Permanent workers		
Usage	Low	2	3	4	9	13.8
	Medium	10	6	7	23	35.4
	High	9	5	19	33	50.7
Total		21	14	30	65	
%		32.3	21.5	46.2		100

Use of supplements in the high category seen in the respondent's employment level, 46.2% by permanent workers such as ASN and private employees. They understand better the need for health supplements to maintain and increase immunity. However, the portion of respondents who do not work 32.3% in the use of supplements is relatively high, more significant than the informal sector respondents at 21.5%.

Table 5. Knowledge about Covid-19 seen from the education level

		Education			Total	%
		SD-SMP	SMU	PT		
Knowledge	less	2	1	0	3	4.6
	enough	5	7	1	13	20.0
	good	2	23	24	49	70.8
Total		9	31	25	65	
%		13.8	47.7	38.5		100

A total of 70.8% of the respondents have good knowledge about Covid-19. Only 4.6% have less knowledge. Good knowledge is at the level of equivalent high school education and relatively equal higher Education. Supposedly the results for Higher Education have higher knowledge than other levels of Education. (Suprayitno *et al.*, 2020) stated that higher Education will have more comprehensive knowledge.

Table 6. Cross-tabulation of Use and Knowledge

			Use			Total
			Less	Enough	Good	
Knowledge	Low	Total	4	2	3	9
		Expected				
	Medium	Total	11.1	13.5	14.4	39.0
		Expected	1	17	13	31
		Total Medium	13.8	11.9	15.3	41.0
		Total	3	6	16	25
High	Expected					
	Total High	13.1	9.6	12.3	25.0	

Total	Total	8	25	32	65
	Expected				
	Total	8.0	25.0	32.0	105.0

Q-square Statistical Test Results, Relationship between Health Supplement Use and Covid-19 Knowledge The significant result was 0.003 (< 0.005). Hence, using health supplements with knowledge was an effect during the Covid-19 pandemic RT 04 Mudung Darat Village, Muaro Jambi Regency. This is because there was a previous positive case of Covid-19 in Mudung Darat village, causing the high desire of the community to consume health supplements which means understanding Covid-19 such as its transmission, methods of prevention, and matters related to it, including matters so that knowledge is better. The community, the better it is in consuming health supplements during the current pandemic. The same result was reported by (Mukti, 2020) that a positive value on the regression coefficient indicates that the behavior of using supplements is influenced by knowledge.

CONCLUSION

The use of health supplements seen from the characteristics of the respondents is in terms of age. The use of supplements is almost evenly distributed, between 14-18%, in terms of Education. Respondents with equivalent high school education were 47.7%, higher than the use by respondents of higher Education or academies by 38.5%. Moreover, the use of supplements is high, as seen by the employment rate of 46.2% by permanent workers such as ASN and private employees. There is a relationship between the use of health supplements and the level of knowledge of the people of Mudung Darat Village, Muaro Jambi Regency, about Covid-19.

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