



## Mother's Level Of Knowledge Regarding Self-Medication Practices In Overcoming Skin Problems In Coastal Region

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### Abstract

**Background:** Self-medication for skin diseases is common among mothers in coastal areas and is influenced by environmental factors. Understanding maternal knowledge of self-medication is crucial for community health.

**Objective:** This study aims to assess mothers' knowledge level in the coastal area of Secanggang District about self-medication practices for treating skin problems.

**Methods:** A descriptive quantitative research design was used, employing a survey method with face-to-face questionnaire distribution to collect data from 42 mothers residing in Secanggang District. Their questionnaire responses categorized The respondents' knowledge as very good, good, sufficient, poor, or very poor.

**Results:** The study found that 36% of mothers had good knowledge of self-medication, 19% had sufficient knowledge, 11% had poor knowledge, and 34% had very poor knowledge. Boils were identified as the most common skin disease, and Pikangsuang ointment was the most commonly stored medication among respondents.

**Conclusion:** The findings highlight a significant variation in the knowledge levels of mothers regarding self-medication for skin diseases. Enhancing educational initiatives and providing accurate self-medication information can improve coastal communities' health outcomes. Health authorities should focus on targeted educational programs to increase awareness and proper self-medication practices.

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## INTRODUCTION

Self-medication is an action taken by the community to treat disorders that are treated by themselves without asking a doctor and without undergoing a medical examination<sup>1</sup>. Self-medication is usually used to treat minor illnesses such as diarrhea, pain, influenza, coughs, dizziness, fever, and skin diseases. Self-medication is one-way society makes treatment more affordable<sup>2</sup>.

Research results in the United States report that around 78% of people who experience health problems carry out self-medication. The results of other studies show that the prevalence of self-medication in several countries ranges from 30-80% in response to health problems<sup>3</sup>.

The survey results in developing countries show that up to 80% of all medicines are purchased without a prescription, which is supported by reports that the prevalence of self-medication in developing countries ranges from 12.7% to 95%<sup>4</sup>.

WHO explains that self-medication is the determination and use of modern, herbal, or traditional medicines by someone affected by a disease to treat or indicate disease, so it is found that 80% of the population in some areas of the countries carry out self-medication<sup>4</sup>.

Meanwhile, according to BPOM, self-medication is an effort made by many people to obtain medicine without a doctor's prescription. Self-medication is one of society's efforts to maintain its health. Self-medication has become a drug-related problem due to limited knowledge about drugs and their use<sup>5</sup>.

Skin diseases are one example of a condition that can be treated yourself. Skin disease occurs on the outermost part of the body through symptoms that can cause itching and redness, which microorganisms, low body immunity, fungi, exposure to sunlight, chemicals, viruses, and other personal hygiene factors can cause. Common skin problems include contact dermatitis or dry skin, dermatitis, scaly and rough skin on the face, feet, and hands, rashes, acne, and loss of skin layers.<sup>6</sup>.

Skin diseases can be caused by various factors, including bacterial (*Staphylococcus aureus*), fungal (*Tinea*), viral (*Varicella zoster*, *Herpes simplex*), and parasitic infections such as *Sarcoptes scabiei* mites. In addition, environmental factors such as excessive sun exposure, pollution, and high humidity can worsen skin conditions. Contact with chemicals or allergens also often triggers dermatitis. Weak immunity and genetic factors play a role in psoriasis and lupus. Poor hygiene and an unbalanced diet can increase the risk of skin infections. Understanding these factors is essential in prevention and self-medication education, especially for people in coastal areas who are more prone to skin diseases<sup>7</sup>.

People who know something will apply that knowledge to everyday life and utilization issues. Parents/mothers with high training knowledge will give their children complete basic results<sup>8</sup>.

Mothers' knowledge of self-medication practices in dealing with skin problems in coastal areas of Secanggang District is an essential aspect of community health care<sup>9</sup>. Coastal regions often have different environmental characteristics, including exposure to various envi-

ronmental factors affecting skin health. Therefore, mothers' understanding and knowledge regarding self-medication in dealing with skin problems is crucial in efforts to maintain the health of families and communities in this area<sup>10</sup>.

The characteristics of the coastal environment have a significant influence on the local community's self-medication practices. Exposure to seawater with high salt content can cause irritation, dry skin, and fungal infections, increasing the need for topical self-medication. High humidity in coastal areas also creates ideal conditions for the growth of microorganisms such as fungi and bacteria, which contribute to various skin diseases such as eczema and dermatitis, so people often use antifungal or anti-septic ointments. In addition, socio-economic factors play an essential role in the practice of self-medication, where limited access to health facilities and medical personnel encourages people to rely on non-prescription drugs that are more economical and easily obtained. The water-based lifestyle of coastal communities also increases the risk of skin problems, while the use of traditional medicines or herbal concoctions is still part of the hereditary habit. Understanding these factors could help design more appropriate health interventions to increase community awareness and understanding of safe and effective medicine use<sup>11</sup>.

Self-medication refers to the independent practice of treating symptoms or health problems without the help of professional medical personnel<sup>12</sup>. In the context of skin problems, self-medication can include the use of various skin care products, topical medicines, or traditional herbs that may be accessible to communities in coastal areas<sup>13</sup>. The mother's level of

knowledge about self-medication practices can influence the success of treatment, prevent risk complications, and improve quality of life<sup>14</sup>.

However, despite the growing body of research on self-medication, there remain significant gaps in understanding how environmental and socio-economic factors influence self-medication behaviors. In particular, studies focusing on self-medication for skin diseases in coastal areas are scarce. Coastal communities are uniquely exposed to environmental conditions such as high humidity, intense sunlight, and seawater exposure, all of which can contribute to various skin diseases. The lack of targeted research on self-medication practices in these regions creates a knowledge gap that this study aims to address<sup>15</sup>.

In the implementation of self-medication, many treatment errors occur. Medication errors are caused by limited public knowledge of drugs, drug use, and drug information. People, in general, do not know complete details about the drugs they are going to consume. In self-medication, the public has the right to obtain accurate, correct, complete, objective, and not misleading information to self-medicate safely and effectively. Therefore, pharmacists have an essential role in self-medication<sup>16</sup>.

The research also focuses on mothers in coastal areas, a vital novelty point. Coastal areas have different environmental characteristics, such as exposure to intense sunlight, high air humidity, and exposure to sea air, all of which have the potential to influence skin health uniquely compared to non-coastal areas. Mothers play a key role in managing family health, including self-medication practices. Their knowledge of self-medication is essential for preventing and treating skin problems in

their family. By targeting this group, this research provides more specific and relevant insights for health interventions in coastal communities, which may previously have been underexplored in the public health literature. This research can also help design more efficient educational programs to increase public knowledge and awareness regarding skin health in coastal environments.

## METHODS

This research uses descriptive quantitative research to analyze mothers' level of understanding about the practice of self-treatment of skin problems in coastal areas, which was carried out using a survey method. The survey method is quantitative research that collects present and past data. The data collection technique was carried out using a questionnaire. The questionnaire distribution procedure is used directly: face-to-face/meeting with the respondents.

This research consisted of mothers who lived in coastal areas of the district. Secanggang, totaling 42 respondents. This research was conducted in Secanggang District. The study was carried out in November 2023.

The level of knowledge regarding self-medication in treating skin problems was then analyzed based on the percentage of respondents whose questions were answered correctly. Knowledge and self-medication efforts are considered very good if the answer is 75-100% good, 50-74.00% quite good, 25-49.99% poor, and 0–24.99% very bad.

## RESULTS

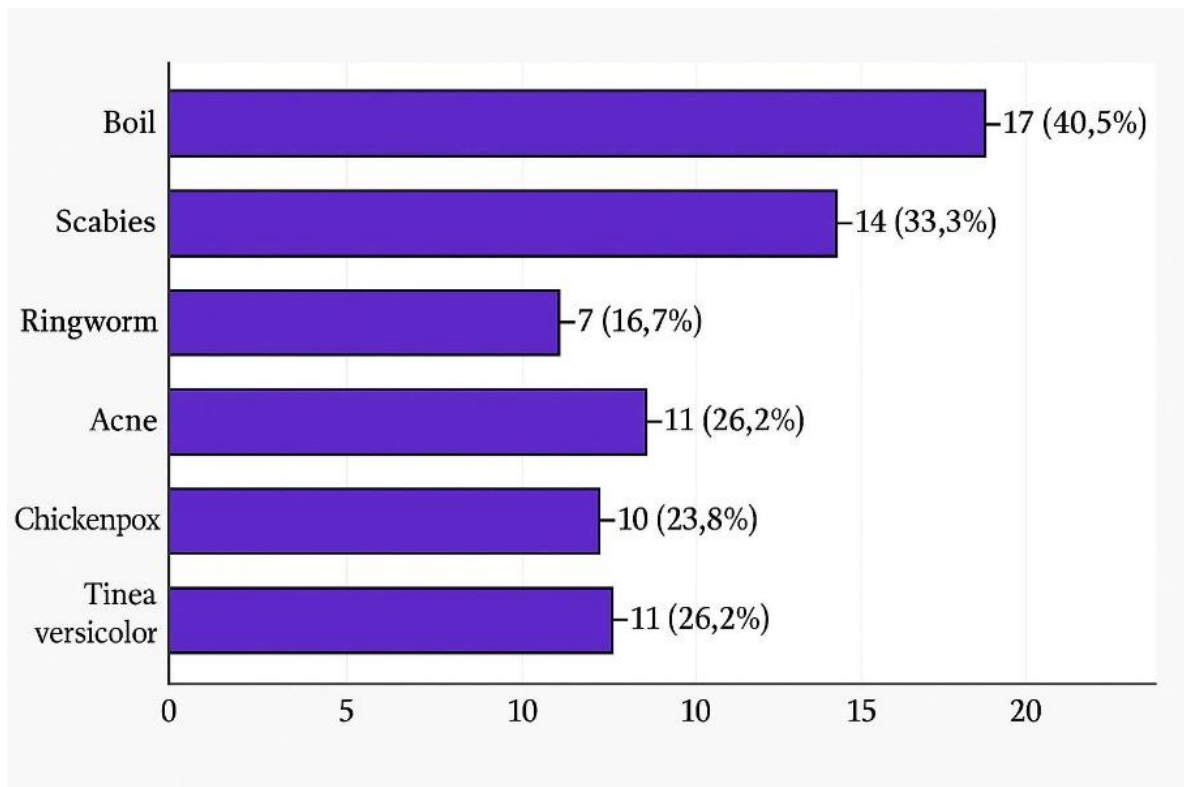
Table 1 explains that the respondents in this study consisted of mothers aged between 20-30 years (16.7%), 31-40 years (26.2%), 41-50 years (26.2%), and 51-60 years (31%). Most respondents came from mothers aged 61-60 years. The following respondents were based on education level: the majority of respondents in this study had elementary school education (50%), and the others were middle school (16.7%), high school (31%), and SI (2.4%). Most respondents also do not work (73.8%), while only those who work (26.2%). Table 1 also explains that most respondents have good knowledge (36%) and very poor knowledge (34%). In this study, the indicators used to measure public knowledge about self-medication knowledge (questionnaire numbers 1 to 4), self-medication efforts (questionnaire numbers 5 to 10), and description of self-medication for skin diseases (questionnaires 11 and 12).

Figure 1 shows the results of the questionnaire regarding the types of skin diseases respondents have experienced. Boils were the most common, experienced by 40.5% of respondents, followed by scabies (33.3%), tinea versicolor and acne (26.2% each), and chicken pox (23.8%). Ringworm was the least common, experienced by 16.7% of respondents. This data shows that boils are the most common skin disease among respondents.

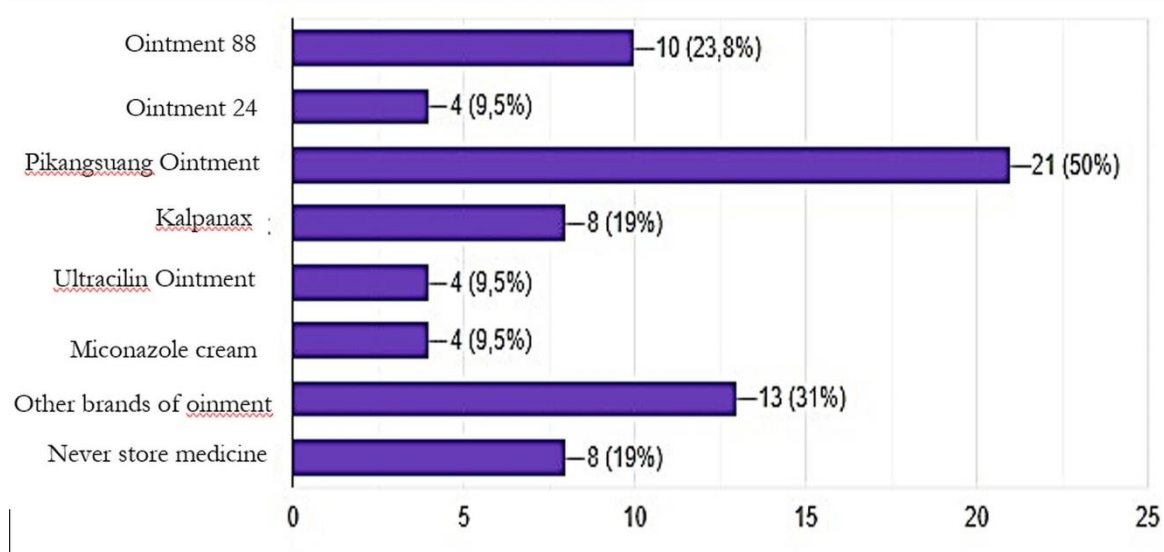
Figure 2 displays the results of the questionnaire regarding the type of ointment respondents store. Pikangsuang Ointment was kept by 50% of respondents, making it the most popular. Ointment 88 was maintained by 23.8% of respondents and Kalpanax by 19%.

**Table 1.** Respondent Characteristic Data

Variable	Number (N)	Percentage (%)
Age (y.o)		
20-30	7	16.7%
31-40	11	26.2%
41-50	11	26.2%
51-60	13	31%
Last education		
elementary school	21	50%
Junior High School	7	16.7%
Senior High School	13	31%
Undergraduate	1	2.4%
Work		
Work	11	73.8%
Doesn't work	31	26.2%
Knowledge		
Good	15	36
Pretty good	8	19
Not good	5	11
Very Not Good	14	34
Total	42	100

**Figure 1.** Diagram of skin diseases that have been experienced





**Figure 2.** Diagram of medicine supplies for skin diseases

Ointment 24, Ultracilin Ointment, and Miconazole cream were each kept by 9.5% of respondents. In addition, 31% of respondents stored other ointment brands, while 19% never stored medication. This data shows that Pikangsuang Ointment is the main choice among respondents.

## DISCUSSION

The results of the study stated that of all registered respondents, the majority of mothers (36%) had good knowledge about self-medication, (19%) had fairly good knowledge, (11%) had poor knowledge, and (34%) had very poor knowledge. This is to the perception and behavior of self-treatment of fungal skin diseases in Amalia's research in Panjang Wetan Village, Pekalongan. According to research, 51% of respondents have poor self-care. Self-care actions are analyzed in terms of understanding, behavior, and actions<sup>17</sup>. Based on the Heath Belief Model (HBM) theory, a person's health attitude is based on a person's responses and beliefs, regardless of whether these res-

ponses and beliefs are comparable to reality or not.<sup>18,19</sup>.

Society can obtain knowledge in various ways, including based on personal experience, learning from mistakes made, the presence of influence or power that must make someone do something, and logic, which requires someone to be able to think<sup>20</sup>.

The implementation of self-medication in the community leads to medication errors due to limited public knowledge about drugs and their use. Of course, the implementation of self-medication must meet the criteria for rational drug use and be based on sufficient knowledge<sup>21</sup>. In self-medication, the public has the right to obtain accurate, correct, complete, objective, and not misleading information to self-medicate safely and effectively. Therefore, pharmacists have an essential role in self-medication<sup>22</sup>.

Table 1 shows that most respondents were aged 50 to 60 years. In theory, age dramatically influences the development of reason and how a person thinks. The older a person gets, the

better their mental development becomes, but at a certain age, cognitive development does not increase as quickly as during adolescence. Increasing a person's age can affect the increase in knowledge they acquire<sup>23</sup>.

Based on the educational level factor, most respondents had primary or primary school education (50%). This theory argues that education is an activity or a learning method that aims to improve and develop specific knowledge so that educational goals can stand alone. The level of education also shows how easy or difficult it is for a person to understand and absorb the knowledge gained. Generally, the higher a person's education, the better their knowledge. The results of this research align with Janatolmakan, who says that a low level of education can cause people to self-medicate rather than see a doctor<sup>24</sup>.

Based on the job aspect of the respondents, some respondents do not have jobs or work as housewives. This is based on job characteristics, which indicate that most respondents who have a homemaker status are housewives. Homemakers are integral to running the household and are more sensitive in seeking treatment. Work influences the process of accessing necessary information about a person<sup>25</sup>. If a mother is correct in managing medicines in her home, this will indirectly encourage improving public health<sup>26</sup>.

In the self-medication knowledge questionnaire (61.9%), mothers had never heard of and did not understand the meaning of self-medication, and only (11.9%) had heard of it and often did it. This research is in line with Primadhamanti's findings regarding smart choice of independent medicine for skin diseases at Posyandu Melati at the Tanjung Sari Natari

Community Health Center, South Lampung, which states that the community's understanding of self-medication regarding medicine for skin diseases is still limited. Most people still don't know the different types of skin diseases and the correct way to self-medicate them<sup>27</sup>.

The rate of mothers who buy medicine at the pharmacy if they are sick is (59.5%); respondents choose to seek treatment at the pharmacy because they want to know direct information about how to treat and the side effects of the medicine. Based on WHO's explanation, the role of pharmacists in self-medication is as quality drug suppliers, communicators, trainers and supervisors, collaborators, and health promoters. Mothers who choose to treat themselves when they have a skin disease (45.2%), mothers who choose to go to the health center/hospital/clinic/see a doctor (50%), and the rest (4.8%) leave it until they recover. (54.8%) mothers obtained sources of information regarding self-medication for skin diseases from friends or neighbors. Respondents said that the source of information regarding skin self-medication came from friends or neighbors and (31%) from pharmacists. The source of information regarding drug use was also known to the majority of mothers from pharmacists (88.1%). Some mothers (54.8%) also considered determining the brand of medicine based on advice from the pharmacist. The rest use brands that are frequently used (33.3%), the most well-known brands (9.5%), and the cheapest prices (2.4%). Most (57.1%) of the reasons why mothers do self-medication for skin diseases is because it is easy to get. (23.8%) because it is cost-effective and (19%) because the distance is too far from the hospital.

Based on **Figure 1**, the most common skin disease is boils. A boil is a skin disease that takes the form of a lump, is red and can become enlarged and filled with pus; it feels hot and can grow all over the body, but it often appears in wet parts of the body, namely the cordial, between the hands, the scalp. Boils are skin infections that originate from the hair or sebaceous glands. It often appears as a pink mass, usually 1.3 to 1.9 cm in diameter. First, the skin becomes red, then a soft lump appears, and the surrounding skin becomes red and swollen. After 4 to 7 days, pus builds up under the skin, and the lump turns white. Lumps on the skin's surface can grow like golf balls and eventually burst and dry out<sup>28</sup>.

Based on **Figure 2**, the inventory of medicines for skin diseases. Pi Kang Shuang medicine is the ointment most widely available in the home to prepare for skin diseases. Pi Kang Shuang medicine is produced by the Chinese factory Guangzhou Baiyunshan Pharmaceutical, which is a medicine that has benefits for treating all kinds of skin infections caused by fungi and bacteria such as tinea versicolor, ringworm, scabies, and others.<sup>29</sup>. The development and changes in the wound can reduce anxiety levels. If you get the proper treatment, the wound will improve or develop<sup>30</sup>.

The findings of this study indicate that the level of knowledge among mothers regarding self-medication for skin diseases varies significantly. While 36% of respondents demonstrated good knowledge, 34% had poor knowledge, highlighting the need for targeted educational interventions. The study also identified boils as the most common skin disease, with Pikang-suang ointment being the respondents' most frequently stored medication.

Uninformed self-medication practices can lead to several negative impacts, including the misuse of medication, delayed proper treatment, and increased risk of complications. Many respondents relied on over-the-counter ointments without fully understanding their appropriate usage, potential side effects, or contraindications. The absence of professional guidance may result in worsening skin conditions or developing antibiotic resistance, particularly when medications are misused.

Additionally, the lack of awareness regarding proper hygiene and environmental risk factors in coastal areas may contribute to the persistence and recurrence of skin diseases. For example, prolonged exposure to seawater and humid conditions may exacerbate fungal infections, yet many mothers were unaware of these contributing factors. This highlights the urgent need for public health education programs focusing on preventive measures and responsible self-medication practices.

Pharmacists and healthcare professionals play a crucial role in bridging this knowledge gap. By providing clear, accessible, and culturally relevant information on self-medication, they can help mitigate the risks associated with improper drug use. Future research should explore intervention strategies that combine education, community engagement, and healthcare access to improve self-medication outcomes in coastal populations.

## CONCLUSION

There are mothers whose knowledge level in Sicanggang Village District is good knowledge, with a presentation of (36%), some mothers whose knowledge level is very poor (34%), mothers who have pretty good knowledge



(19%), and mothers with a poor level of knowledge of (11%). The mother's understanding and knowledge about self-medication is an effort to overcome skin problems, which is very important in maintaining the health of the family and community.

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