

INTISARI

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Meningkatkan imunitas tubuh merupakan salah satu cara untuk menghindari infeksi virus Covid 19. Peningkatan antibodi terhadap patogen dapat dibentuk dengan mengkonsumsi dari jamu yang terbuat dari tanaman empon empon. Jamu tradisional merupakan salah satu pilihan sebagai pengobatan alami untuk memperkuat imun tubuh masyarakat karena bahan baku yang mudah didapat, murah harganya dan bisa dibuat sendiri. Tujuan penelitian adalah untuk mengetahui persepsi masyarakat terhadap efektifitas penggunaan jamu dalam meningkatkan imunitas selama pandemi covid-19 di wilayah Totosari RW 14 Surakarta. Penelitian ini merupakan penelitian non eksperimental deskriptif dengan menggunakan instrumen kuisioner. Sampel diambil secara *purposive sampling* memenuhi kriteria, analisis data dilakukan dengan menurut nilai 81% sampai 100% amat baik (A), 61% sampai 80% baik (B), 41% sampai 60% cukup (C), 21% sampai 40% kurang (D), <21% sangat kurang (E), menurut arikunto. Hasil penelitian diketahui mayoritas responden sebelum mengkonsumsi jamu merasa badan tidak segar bugar dan tidak merasa lebih baik dengan rata-rata jawaban Ya dengan kriteria cukup sebanyak 50,3% dan menjawab tidak kriteria cukup sebanyak 49%. Sesudah mengkonsumsi jamu secara rutin mayoritas responden merasa badan lebih segar bugar dengan rata-rata jawaban Ya dengan kriteria termasuk baik sebanyak 76,3% dan menjawab tidak dengan kriteria kurang sebanyak dengan mengkonsumsi jamu efektif meningkatkan imunitas tubuh. Kesimpulan dalam penelitian ini adalah mayoritas warga RW 14 Totosari Surakarta memberikan persepsi dengan mengkonsumsi jamu tradisional secara rutin efektif meningkatkan imunitas tubuh selama pandemi covid-19.

Kata kunci: Persepsi, Efektivitas, Jamu, Imunitas, Covid-19, Totosari.

ABSTRACT

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Increasing the body's immunity is a way to avoid infection with the Covid 19 virus. Increasing antibodies against pathogens can be done by consuming herbs from the (Java) spices plant. Traditional herbal medicine is an option as a natural treatment to strengthen the community's immune system because the raw materials are easy to obtain, inexpensive, and can be made ourselves. The study aims to determine the public's perception of herbal medicine's effectiveness in increasing immunity during the covid-19 pandemic in the Totosari RW 14 Surakarta. This research was descriptive non-experimental research using a questionnaire instrument. Samples used purposive sampling based on Arikunto criteria. Data analysis was categorized according to the value of 81% to 100% very good (A), 61% to 80% good (B), 41% to 60% sufficient (C), 21% to 40% less (D), <21% very less (E). The study results show that the majority of respondents before consuming herbal medicine felt that their bodies were not fresh and did not feel better by stating agreed and the criteria were sufficient with 50.3%, meanwhile the respondents who stated that they did not agree with the sufficient criteria were 49%. The majority of respondents felt that their bodies were fresher and fitter, stating they agreed with the criteria including good with 76.3% and stated that they did not agree with the criteria of being less by consuming herbs effectively to increase the body's immunity. This study concludes that most residents of RW 14 Totosari Surakarta perceive that consuming traditional herbal medicine regularly can increase body immunity during the covid-19 pandemic

Keywords: Perception, Effectiveness, Immunity, Herbal Medicine, Covid-19, Totosari

