

ABSTRACT

KNOWLEDGE, ATTITUDES AND USAGE OF NATURAL MEDICINE BY AMONG ELDERLY IN SURABAYA

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Natural medicine has been used from generation to generation, but only a few understand the function of plants used as natural medicine. Limited knowledge about natural medicine may cause harm, particularly among the elderly who experience decreased function of their organs and are vulnerable to chronic health problems. The purpose of this study was to examine knowledge, attitude and the use of natural medicine by the elderly in Surabaya. First step was randomly selecting “*Puskesmas*”, followed by sampling elderly people, members of purposively selected “*Posyandu lansia*”. A survey was then conducted to elderly people who were willing to complete a questionnaire. A total of 116 participated in the study. Almost two-third of respondents (n=86) used natural medicine, mainly in the form of “*jamu*” (n=78, 90.7%), either using traditionally-made ingredients or registered products. Only eight (9.3%) used standardised herbal products. About 70% of respondents never discussed the use of natural medicine with their doctor. Natural medicine was commonly used to treat chronic conditions such as hypertension, hypercholesterolemia and hyperuricemia. The majority (n=94, 81.03%) agreed about the absence of side effects after consuming natural medicine. Knowledge about natural medicine registered products available in Indonesia was only showed by less than 20% of respondents. Respondents’ attitude towards natural medicine was positive, indicating that natural medicine is safer than prescribed synthetic medicines from their doctor. To conclude, positive attitude with limited knowledge about safety issue of natural medicine may contribute to the occurrence of serious health problems among elderly people with chronic conditions

Keywords: natural medicine, elderly, knowledge, attitude, practice