

COASTAL PEOPLE'S BELIEF IN THE EFFECTIVENESS BETWEEN TRADITIONAL MEDICINE AND MODERN MEDICINE

¹Dhea Rizky Fitri Saragih²Putra Apriadi Siregar ³Isnaini Alya Amanda Dalimunthe ⁴Riski
Andriani

North Sumatra State Islamic University, Faculty of Public Health, Public Health Science Study
Program, Medan, Indonesia

dheasaragi1411@gmail.com¹, siregar.putra56@gmail.com², isnainialya2020@gmail.com³
, khairunnisaa699@gmail.com⁴, riskiandrianir@gmail.com⁵

Abstrak

Pengobatan tradisional di Indonesia, meskipun obat modern mudah didapat, masih menjadi pilihan utama masyarakat pesisir karena dianggap lebih ampuh dan efektif serta merupakan warisan budaya yang telah digunakan turun-temurun. Penelitian ini bertujuan untuk mengetahui seberapa banyak masyarakat desa pesisir yang menggunakan pengobatan tradisional dibandingkan pengobatan modern. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Populasi penelitian adalah masyarakat Desa Tanjung Rejo, dan data diperoleh melalui penyuluhan dan wawancara langsung dengan responden. Populasi penelitian adalah masyarakat desa pesisir, dengan fokus pada Desa Tanjung Rejo. Responden diambil dari penduduk desa tersebut, dengan teknik sampling yang relevan untuk mendapatkan data yang representatif mengenai penggunaan obat tradisional dan modern. Berdasarkan hasil penelitian, diketahui bahwa mayoritas masyarakat masih lebih sering menggunakan obat tradisional dibandingkan obat modern. Mereka percaya bahwa obat tradisional lebih ampuh dan efektif untuk pengobatan, terutama karena obat ini telah lama digunakan secara turun-temurun di lingkungan mereka. Penggunaan obat tradisional masih lebih dominan di kalangan masyarakat desa pesisir karena dianggap lebih efektif dan aman dibandingkan dengan obat modern. Disarankan agar pengembangan dan penelitian lebih lanjut terhadap obat tradisional dilakukan untuk meningkatkan penerapannya secara lebih luas.

Kata Kunci : Masyarakat, Obat Tradisional, Obat Modern

Abstract

Traditional medicine in Indonesia, although modern medicine is easily available, is still the main choice of coastal communities because it is considered more powerful and effective and is a cultural heritage that has been used for generations. This study aims to determine how many coastal village communities use traditional medicine compared to modern medicine. This study used a qualitative method with a descriptive approach. The research population was the Tanjung Rejo Village community, and data were obtained through counseling and direct interviews with respondents. The research population was coastal village communities, with a focus on Tanjung Rejo Village. Respondents were drawn from the village population, with relevant sampling techniques to obtain representative data on the use of traditional and modern medicine. Based on the results of the study, it is known that the majority of people still use traditional medicine more often than modern medicine. They believe that traditional medicine is more potent and effective for treatment, especially since it has been used for generations in their neighborhood. The use of traditional medicine is still more dominant among coastal village communities because it is considered more effective and safe compared to modern medicine. It is recommended that further development and research into traditional medicine be conducted to increase its wider application.

Keywords : Public, Traditional medicine, Modern medicine

Introduction

Since 2009, traditional health services have been regulated in regulations per law, namely Law No. 36 of 2009 concerning Health. Article 1 number 16 of Law No. 36 of 2009 concerning Health determines that traditional health services are treatments and / or treatments by means and drugs that refer to empirical hereditary experience and skills that can be accounted for and applied in accordance with applicable norms in society. The purpose of the Ministry of Health is as an effort to foster traditional medicine, provide protection to the community, inventory the number of traditional medicines, as well as the types and methods of treatment. With the increasing use of traditional health services, of course, it needs to be accompanied by a study of strengthening the law on it. His role as one of the public health workers needs to be encouraged and legally guaranteed.

The use of traditional medicine has been widespread for centuries across various cultures around the world. In many countries, traditional health practices continue to play a significant role in healthcare. In China, for example, traditional Chinese medicine (TCM) has been an integral part of the healthcare system and is used in conjunction with modern medical practices. Similarly, in India, Ayurveda has been practiced for over 3,000 years and is still widely utilized today. In Africa, traditional medicine is often the primary source of healthcare,

particularly in rural areas where modern healthcare services are limited.

In Indonesia, traditional medicine, commonly referred to as "jamu," has been utilized for thousands of years, long before the introduction of modern medicine. According to the Indonesian Ministry of Health, approximately 40% of the population still relies on traditional medicine as their primary source of healthcare, despite the advancements in modern medical technology and pharmaceutical sciences. Traditional health services in Indonesia have been formally regulated since 2009 under Law No. 36 of 2009 concerning Health, which legally defines traditional health services as treatments based on empirical hereditary knowledge and skills that align with societal norms. The law was designed to foster the development of traditional medicine, protect public health, and inventory the range of traditional practices and medicines used.

Recent studies indicate a resurgence in the popularity of traditional medicine worldwide. In Indonesia, traditional health practices continue to thrive in both urban and rural areas. Research by Dewoto (2007) highlights the increasing demand for traditional medicine, with 70% of Indonesians having used traditional remedies at least once in their lifetime. The rise in usage is attributed to the belief that traditional medicines are more accessible, affordable, and align with cultural values.

Despite the availability of modern healthcare services, the public continues to embrace traditional treatments, seeing them as effective alternatives or complements to modern medicine.

Given this growing trend, it is essential to explore the prevalence and effectiveness of traditional medicine in contemporary Indonesia. This study aims to investigate the continued use of traditional medicine among coastal communities, where cultural practices remain strong. The research will involve a field survey and interviews in the village of Tanjung Rejo to assess the public's perception of traditional and modern medicine, examining the factors that influence their healthcare choices. By integrating insights from both local and international studies, this research will contribute to a better understanding of the role that traditional medicine continues to play in modern Indonesian society.

Methods

This research method uses a qualitative type with a descriptive method, where this time the counseling was given to the Tanjung Rejo Village Community with the aim of finding out the percentage of coastal communities' trust in the effectiveness of traditional medicine and modern medicine using the counseling stages and direct interviews with the village community. Extension activities were carried out in Tanjung Rejo Village, Percut Sei Tuan, Kab. Deli Serdang, North Sumatra

Province and collaborate with village officials to carry out activities well so as not to disturb the time and comfort of the community. The research team recorded the results of counseling and direct interviews to find out the comparison of how many people still believe and use traditional medicine and modern medicine. Researchers also recorded the reasons for each community answer. Then the researcher evaluated the counseling provided. In this outreach, the research team gave a small gift as a thank you to the community who had participated in this outreach and interviews as respondents. Then the research team also took documentation with the Tanjung Rejo Village Community as proof that this outreach activity was successful. The method used to solve the problem is written in this section, Methods must be structured, clear and understandable as well as the right to use the method.

Result

Based on the research results, it is known that all knowledge question items have increased, where before the discussion, most of the respondents knowledge was in the inadequate category for the number of people.

Tabel 1. Personal Data of Respondents

Nam a	Um ur	Jenis Kela min	Tingka t Pendid ikan	Status Pekerj aan
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Rina	35	Perempuan	SMA	Ibu rumah tangga
Jasnit awi	55	Perempuan	S1	Wiraswasta
Asia	60	Perempuan	SD	Ibu rumah tangga
Asni	64	Perempuan	SD	Ibu rumah tangga
Supni ati	54	Perempuan	SMP	Ibu rumah tangga
Iyus	37	Perempuan	SD	Wiraswasta
Dipo	20	Laki-laki	SMA	Mahasiswa
Riki	38	Laki-laki	SMA	Wiraswasta
Iwan	27	Laki-laki	SMK	Wiraswasta
Nurman	30	Laki-laki	S1	Wiraswasta
Poniem	60	Perempuan	SD	Ibu rumah tangga
Galu	31	Laki-laki	SMA	Wiraswasta
Yanti	38	Perempuan	SMP	Ibu rumah tangga
Ani	41	Perempuan	SMP	Ibu rumah tangga

Sumrawi	68	Perempuan	SMA	Pensiunan
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Tabel 2. Percentage of Respondents' Knowledge About Traditional Medicine with the Questions provided

No	Pertanyaan	Jawaban 1	Jawaban 2
1	Diantara obat tradisonal dan modern, obat apakah yang lebih sering digunakan?	Menggunakan obat tradisonal (53%)	Menggunakan obat modern (47%)
2	Apa alasan anda menggunakan obat tradisional	Karena percaya bahwa pengobatan tradisional ampuh mengobati penyakit (25%)	Karena kurangnya biaya untuk berobat ke pelayanan kesehatan (75%)
3	Apakah ada tanaman obat	Ya (75%)	Tidak (25%)

	di sekitar rumah anda		
4	Jenis obat tradisional apa saja yang sering digunakan	Tanaman (25%)	Urut/kusur (75%)
5	Apakah obat tradisional tersebut bisa digunakan oleh semua umur	Ya (100%)	Tidak (0%)

Discussion

A. Definition of Traditional Medicine

According to WHO traditional medicine is the science and art of treatment based on a collection of knowledge and practical experience. Some of this knowledge and practical experience can be explained scientifically and some cannot. However, traditional medicine also carries out stages such as diagnosing and treating

physical, mental or social imbalances.

Traditional medicine is an ingredient or concoction of ingredients derived from plants, animals, minerals, extract preparations (galenic) or a mixture of these ingredients, which for generations have been used for treatment based on experience. Traditional Indonesian medicine or native Indonesian medicine, better known as herbal medicine, is generally a mixture of herbal medicines, namely medicines derived from plants. The plant parts used can be roots, stems, leaves, tubers or possibly all parts of the plant. (Hedi.R.D.2007)

B. Advantages & Weaknesses of Traditional Medicine compared to Modern Medicine

Traditional herbs are natural healing media using plants as basic ingredients. Many types of plants that have medicinal properties can actually be found in the surrounding environment, such as in the yard, on the side of the road, or in the kitchen as ingredients or seasonings for cooking. This medium is the oldest treatment method. And until now, the science of healing with plants still refers to ancient traditions. That is why medicines or concoctions from plants are called "traditional medicine". It is called medicine because traditional potions are made from various types of plants which are efficacious and are believed to be able to cure or treat a disease. (Sumawardani,

Widayati,&Wardani, 2016)

C. Advantages of Using Traditional Herbs

The advantages of traditional medicine/natural medicine compared to modern medicine include:

- There are many active compounds in natural medicines, giving rise to complementary effects
- Because there are many active compounds, it is possible for natural medicines to have many pharmacological effects
- Because most of the traditional medicines are in the form of crude extracts, the compound content is relatively small but there are many kinds. This causes relatively mild side effects

Weaknesses of traditional medicine:

- There are still very few traditional medicines that have been proven by scientific research in the form of clinical trials
- Lack of standardization of traditional medicine ingredients

- Resistance from health practitioners/doctors due to the lack of clinical trials. (Sutrisna,2016)

A review of the literature reveals a range of findings that both align with and differ from the current study's results. For example, a study by Muthuswamy et al. (2007) found that traditional medicine's effectiveness is often acknowledged in cultural contexts but remains under-researched compared to modern medicine. Similarly, Rao et al. (2012) highlighted that while traditional medicine is popular in many communities, its acceptance is

often limited by the lack of scientific evidence and standardization.

In contrast, Burdock (2013) noted that some traditional remedies have demonstrated significant pharmacological activity in preliminary studies, suggesting a potential for integration with modern practices if further validated. Studies by Nascimento et al. (2000) and Sharma et al. (2014) support the notion that traditional medicine can offer valuable complementary effects, though they emphasize the need for standardized practices to ensure safety and efficacy.

Overall, while traditional medicine offers valuable insights and alternatives to modern practices, the need for rigorous scientific validation and standardization remains a critical challenge. By comparing these findings with other research, it is evident that integrating traditional and modern medicine requires addressing these gaps to enhance therapeutic outcomes and ensure patient safety.

Conclusions

Based on this research, it can be concluded that the people in Percut Sei Tuan Village still use traditional medicine rather than modern medicine.

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