



Empowering Families with DAGUSIBU (Dapatkan, Gunakan, Simpan, Buang) : Promoting Safe and Responsible Medicine Management in The Teluk Sanggar Community, Banjar Regency, South Kalimantan

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Abstract: This community service program aimed to enhance public understanding of the DAGUSIBU concept (Dapatkan, Gunakan, Simpan, Buang) as part of an educational effort to promote safe and responsible medication management within the family environment. The methods employed included Focus Group Discussions (FGD) and counseling, with evaluations carried out through pretest and posttest assessments to measure changes in participants' knowledge. The program involved 32 residents of Teluk Sanggar Village, Martapura District, Banjar Regency, with 53.13% male and 46.87% female participants. The evaluation results indicated a significant increase in participants' knowledge after the intervention. The percentage of participants in the "Poor" category decreased from 87% to 0%, while the "Good" and "Excellent" categories increased to 28%. To further validate the significance of these changes, a Wilcoxon signed-rank test was conducted. The results of the test confirmed a statistically significant difference in knowledge scores before and after the intervention ($p < 0.05$). This supports the conclusion that the DAGUSIBU education was effective in improving participants' understanding of proper medication management. These findings demonstrate that DAGUSIBU education effectively raises public awareness of safe medication practices. Future programs are recommended to develop more detailed educational materials, engage healthcare professionals, and implement ongoing monitoring at the household level.

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Introduction

Medication is defined as a substance or a combination of substances, including biological products, used to influence or investigate physiological systems or pathological conditions for diagnosis, prevention, cure, recovery, health improvement, and contraception in humans (Undang-Undang No. 36 Tahun 2009). However, there are increasing cases of medication misuse in society, including both prescribed medications and those obtained independently. Such cases range from poisoning and overdose to death, often caused by the public's misconception that they fully understand medication management (Kusumawati *et al.*, 2019). This lack of awareness about proper medication handling poses significant health and environmental risks (Emilya *et al.*, 2015).



Improper medication management at home remains prevalent, particularly in rural areas. Many people store liquid medications in refrigerators, assuming it preserves potency, which is often incorrect (Lutfiyati *et al.*, 2017). Inappropriate medication disposal also poses environmental hazards, as discarded pharmaceuticals can contaminate ecosystems and disrupt ecological balance, ultimately harming human health (Prabandari *et al.*, 2015). This highlights the necessity of proper medication management to safeguard both individual and environmental health.

DAGUSIBU (*Dapatkan, Gunakan, Simpan, Buang*) is a comprehensive framework promoting safe and effective medication management (Ratnasari *et al.*, 2022). The "Obtain" aspect emphasizes acquiring medications through prescriptions from qualified healthcare providers to ensure appropriate usage (Octavia *et al.*, 2022). The "Use" pillar advocates for following medical guidelines to prevent misuse and minimize risks (Efendi *et al.*, 2021). Proper "Storage" ensures medications are kept in optimal conditions, such as cool, dry places away from direct sunlight (Endriyatno *et al.*, 2022). Lastly, the "Dispose" component highlights the importance of responsible medication disposal to prevent misuse and environmental contamination (Kurniawan *et al.*, 2021).

Implementing the DAGUSIBU framework in Teluk Sanggar, Banjar Regency, South Kalimantan is part of a community outreach program aimed at enhancing public awareness of proper medication practices. Teluk Sanggar is a small village located along the Martapura irrigation road. The initiative seeks to provide residents with the knowledge needed to manage medications safely and responsibly, thereby reducing the incidence of medication-related health risks and environmental harm. Teluk Sanggar Village is a settlement located along the Irrigation Road, less than 10 km from the city center of Martapura, making it an area where pharmacies and drugstores are easily accessible. The purpose of this counseling initiative is to provide the residents of Teluk Sanggar Village with the necessary knowledge to be more vigilant in managing medications, including acquiring, using, storing, and disposing of expired or unused medications. Additionally, the majority of the village's population consists of housewives, with a productive age range of 20-35 years, making Teluk Sanggar an ideal location for the initial implementation of the DAGUSIBU framework.

By adopting the DAGUSIBU principles, the Teluk Sanggar community can mitigate the risks associated with medication misuse, including overdose and environmental pollution. This program not only improves individual health outcomes but also promotes sustainable environmental practices. Continued community education and collaboration with healthcare providers are essential for the long-term success of DAGUSIBU and the overall improvement of pharmaceutical literacy in rural areas.

Method

The implementation method of this community service activity is carried out through Focus Group Discussion (FGD) and counseling, involving 32 participants. The participants are residents of Teluk Sanggar Village, Martapura District, Banjar Regency, South Kalimantan. This activity is conducted at a resident's house in Teluk Sanggar Village, which is also used for religious activities. The instruments used include a personal data questionnaire and an evaluation sheet in the form of pretest and posttest. The stages of implementing this community service activity are as follows:

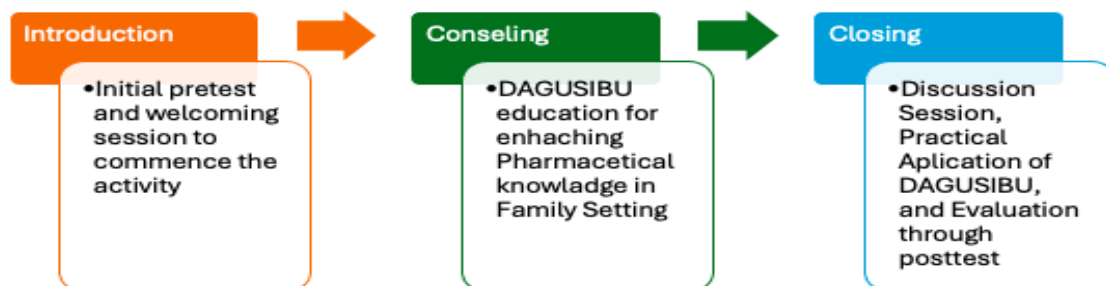


Figure 1. Stages of the Empowering Families with DAGUSIBU (Dapatkan, Gunakan, Simpan, Buang) for Promoting Safe and Responsible Medicine Management

The introduction session serves as the initial phase to introduce the facilitators and provide an overview of the objectives and purpose of the activity. During this session, a pretest is conducted to assess participants' baseline understanding of DAGUSIBU. The next session involves delivering educational materials on DAGUSIBU to the participants. The final session consists of a practical demonstration, focusing on key aspects of medication management, including recognizing medication labels, identifying dosage forms, detecting expired medications, and proper medication disposal methods. The activity concludes with a posttest to evaluate participants' understanding of the importance of DAGUSIBU within the family environment. Both the pretest and posttest are adapted from Ratnasari *et al.*, (2022).

The pretest and posttest results were categorized into four groups, modified from Kustyamegasari and Setyawan (2020), as follows: Poor (<40), Fair (40-70), Good (70-80), and Excellent (>80). These categorized scores were then analyzed using the Wilcoxon Signed Rank Test to determine the difference in participants' knowledge levels before and after the intervention.

Result and Discussion

The community service program on DAGUSIBU (Dapatkan, Gunakan, Simpan, Buang) education was designed to improve public awareness and knowledge regarding safe and responsible medication management within the family setting. The program's effectiveness was evaluated using pretest and posttest assessments to measure participants' understanding before and after the educational intervention. Additionally, a simple practical session was conducted to reinforce the DAGUSIBU principles through hands-on application. This section presents an analysis of participant characteristics, changes in knowledge levels, and the overall effectiveness of the educational methods in enhancing public awareness of appropriate medication management practices.

The program commenced with an introductory session to establish rapport, outline the objectives, and administer a pretest to evaluate participants' baseline knowledge of DAGUSIBU. This was followed by a detailed presentation on the DAGUSIBU framework, highlighting its importance in daily medication practices. The session concluded with a question-and-answer segment to clarify participant doubts and a posttest to assess knowledge improvement. The program was attended by residents of Teluk Sanggar Village, Martapura District, comprising 17 male participants (53.13%) and 15 female participants (46.87%). As detailed in Table 2, participants ages ranged from under 17 years to over 40 years, with the largest proportion (31.25%) being under 17 years old. Regarding educational background, the majority of participants had completed elementary school, accounting for 12 individuals (37.50%).



Table 1. Participant Demographics

Gender	Participants (n)	Persentase (%)
Male	17	53,13
female	15	46,87
Age (Year)		
<17	10	31,25
17-25	9	28,13
26-40	7	21,87
>40	6	18,75
Education Level		
Primary School	12	37,50
Junior High School	7	21,88
High School	10	31,25
Higher Education	3	9,37

The delivery of DAGUSIBU material (Figure 2) began by emphasizing the importance of obtaining medications exclusively from licensed pharmacies or drugstores. This aligns with the explanation by Oktavia *et al.*, (2022), which states that both prescription and non-prescription drugs should be obtained from qualified and trusted healthcare professionals. After obtaining the medication, participants were introduced to the correct usage based on the dosage form and the identification of key information on the drug packaging. This includes the drug name, category logo, dosage, usage instructions, and expiration date. According to Ramdini *et al.*, (2019), the "Use" aspect of DAGUSIBU also involves understanding dosage instructions, adhering to indications, and being aware of potential side effects and contraindications.



Figure 2. Documentation after the activity with participants

The final session of the DAGUSIBU education involved an evaluation through a question-and-answer segment and a posttest, using the same set of questions as the pretest. The results of this evaluation were used to assess participants' understanding (Figure 3). The pretest results indicated that 28 participants (87.5%) fell into the "poor" understanding category, with the lowest score being 13. In contrast, the posttest results demonstrated improved knowledge, with 1 participant (3.13%) achieving the "excellent" category, 8 participants (25%) in the "good" category, and 23 participants (71.87%) in the "fair" category. The highest posttest score recorded was 87.

These findings suggest that the DAGUSIBU education program in Teluk Sanggar Village was effective in increasing participants' knowledge. The effectiveness is further supported by the demographic distribution, where the majority of participants were under 17 years old, and educational levels ranged from elementary school to a bachelor's degree. This indicates that DAGUSIBU education is adaptable and beneficial across different age groups and educational backgrounds, contributing to improved awareness of safe and responsible medication management within the community.

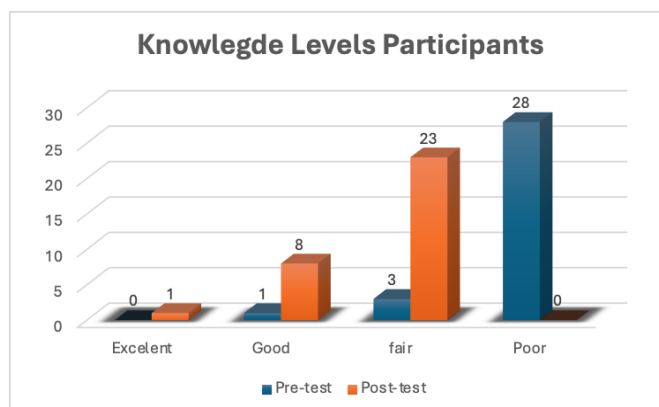


Figure 3. Comparison of Participants' Knowledge Levels

The data were analyzed using the Wilcoxon Signed Rank Test to determine the difference in knowledge scores before and after the educational intervention. The results showed a significance value (p-value) < 0.05, specifically 0.00, indicating a statistically significant difference between pretest and posttest scores.

The educational material delivered focused on the concept of DAGUSIBU (Obtaining, Using, Storing, and Disposing of medicines properly), which is considered essential at the family level, as the family serves as the first line of response in addressing health-related issues. This aligns with the findings of Oktavia *et al.* (2020), who stated that public awareness in medicine use reflects healthy living behavior. This result is also consistent with the study by Thahir *et al.* (2022), which demonstrated an increase in public knowledge following the provision of educational materials, as assessed through pretest and posttest evaluations. The improvement in understanding was reflected in the rise of knowledge categories from "Poor" to "Good" and "Excellent" in the posttest. This suggests that such interventions can encourage communities to adopt healthier behaviors and exercise wiser management of medications within the household.

Conclusion

The implementation of the DAGUSIBU (*Dapatkan, Gunakan, Simpan, Buang*) educational program in Teluk Sanggar Village effectively increased participants' understanding of proper medication management. This is demonstrated by the significant improvement in posttest scores compared to pretest results, with a notable decrease in the "Poor" category and an increase in the "Fair," "Good," and "Excellent" categories. The educational intervention, which included theoretical explanations and practical sessions, successfully enhanced participants' knowledge of obtaining medications from trusted sources, proper usage, safe storage, and appropriate disposal. These findings highlight the importance of continuous community education to promote safe and responsible medication practices, especially in rural areas with diverse age groups and educational backgrounds.

Recommendation

To enhance the impact of this program, it is recommended that the village government support the continuation and expansion of DAGUSIBU education through more focused sessions on each component, such as proper medication storage and safe disposal practices, ideally delivered through practical demonstrations. Collaborating with healthcare professionals to provide expert guidance and address community-specific concerns can further improve the quality of these sessions. The village government is also encouraged to



facilitate home-based monitoring initiatives to evaluate the application of DAGUSIBU practices in daily life. Additionally, developing accessible educational materials—both digital and printed—can serve as ongoing learning tools for families. Expanding the program into schools may help instill responsible medication behavior early on, ensuring a more informed and health-conscious community.

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