



# Undergraduates' Perception and Attitude Towards Traditional and Complementary Medicine: A University-Based Survey in Indonesia

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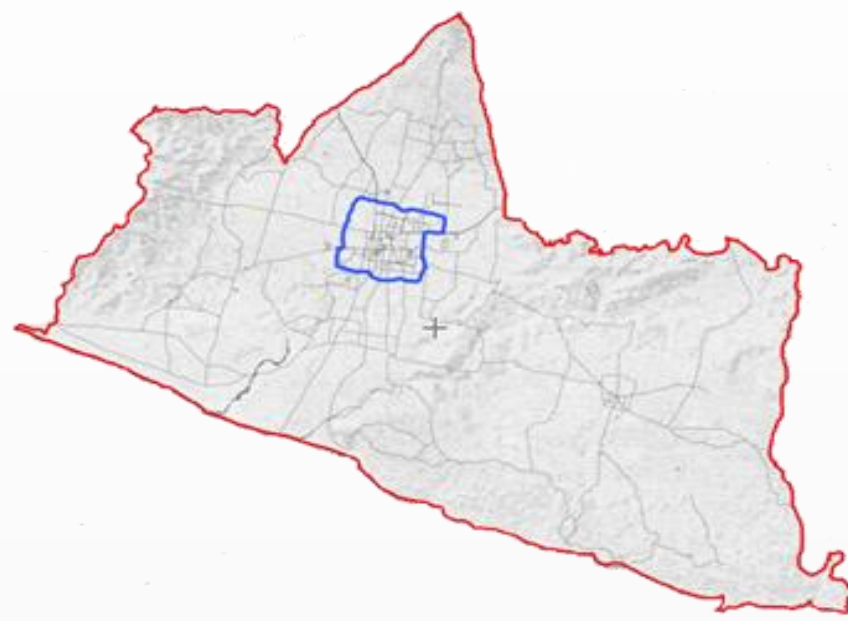
## Introduction

In many regions, traditional and complementary medicine (T/CM) is still a primary source of health care the population rely on.<sup>1</sup> The group, which represents most likely to be exposed to these trends are young adults.<sup>2</sup> To understand the decision in healthcare, is essential reveal both internal and external factors which can play a key role in the process. However, with the economic boost in Indonesian Republic as well as the access to information resources as internet, the attitude towards T/CM may change.



## Methodology

Cross-sectional self-administrative study was conducted on the campus of Atma Jaya University of Yogyakarta (UAJY) in 2017



Map 1: Special region of Yogyakarta with selection of City of Yogyakarta

Data collection steps:

- 2 In-depth interviews
- Pilot study (8 students)
- Data collection (total 280)

Stratified sampling based on programme of study from 6 faculties of UAJY.



## Acknowledgment

This work was supported by the Internal Grant Agency of the Faculty of Tropical AgriSciences Czech University of Life Sciences Prague, project number [20185014].

## Main objectives

Since a limited number of research have been done to investigate the attitude of young adults of using T/CM, the focus is to understand the usage patterns factors that are associated with attitudes and perception towards T/CM.

## Results & Discussion

Table 1: Socio characteristic of respondents

Characteristic/Variable	Absolute value	Frequency (%)
<b>Gender</b>		
Female	290	52.1
Male	267	47.9
<b>Study programmes</b>		
Scientific-studies	319	57.3
Non-scientific studies	238	42.7
<b>Religion</b>		
Catholic	276	49.6
Protestant	183	32.8
Islam	64	11.5
Buddhist	17	3.1
Hinduist	12	2.2
Other	5	0.8

Religion of the UAJY is rather consistent as the university is catholic, only around 17% is other faith.

Approx. 93% - at least one of the T/CM in the last 12 months.<sup>3</sup>

Average No. of known T/CM

- Female: 6.8 (SD±3.5)
- Male: 6.9 (SD±4.1)

Average use. of used T/CM

- Female: 2.3 (SD±1.9)
- Male: 2.6 (SD±1.7)

Also in other studies the high number of usage of T/CM was documented.<sup>4</sup> The significance difference between genders were found in the case of:

- Respiratory issues
- Infection
- Beauty & Body

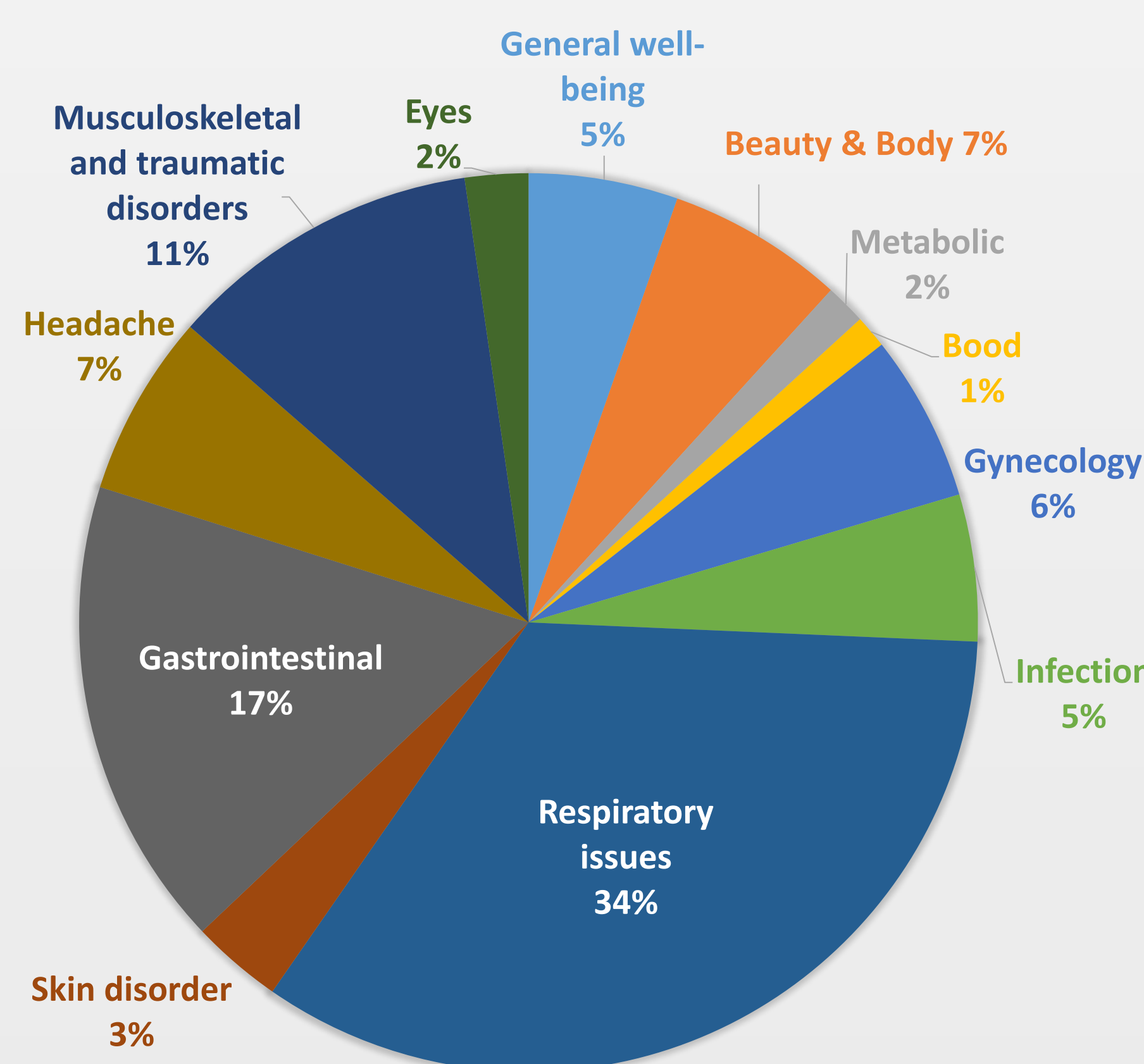


Figure 1: Students' ailments occurrence

T/CM	Know	Use
Massage Trad.*	532	357
Yoga*	495	87
Aromatherapy*	480	180
Relax	475	160
Chiropractic	183	7
Spiritual healing	356	62
Herbal M.	438	185
Chinese M.	458	175
Magnets	228	13
Reflexology	341	88
Crystals	156	10
Acupuncture	445	22
Acupressure	152	2
Reiki	113	3
Hypnosis	229	8
Ayurveda	115	7

\*p < 0,05

## Conclusion

The study confirms up today high preference of T/CM use not only in remote areas but also in sites with high density. The need for using appropriate communication channel for T/CM education is crucial to avoid side effects/adverse effects.

## References

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