



SELF MEDICATION PRACTICES AMONG UNDERGRADUATE STUDENTS OF SELECTED COLLEGES

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ABSTRACT

Background: Self-medication is the use of drugs to treat self-diagnosed disorders or symptoms or the intermittent or continued use of prescribed drug for chronic or recurrent disease or symptoms, and it is mostly common in developing countries.

Objective: To assess the self medication practices among undergraduate students.

Methodology: An Exploratory research design was used. A total of 400 undergraduate students were taken from the selected colleges by using convenient sampling technique. Knowledge Questionnaire and Checklist were used to assess the practices of self medication.

Results: It was found that 92.2% undergraduate students were practicing self medication from last 6 months, 36.8% undergraduate students take self medication for headache, 85% undergraduate students prefer allopathic medicine system, 74.5% undergraduate students use tablets for self medication, 82.5% undergraduate students check the expiry date of the drug before taking medicine, 43.2% undergraduate students take self medicine only once, 73.8% undergraduate student's symptoms relieved immediately, 58.5% undergraduate students had no adverse drug reactions, 65.8% undergraduate students does not feel need to consult doctor for minor problems(major contributing factor). The relationship of self medication practices with gender, mother's education and source of information were found to be statistically significant at 0.05 level of significance.

Key words: Self medication practices, undergraduate students.

INTRODUCTION

Everyday people are practicing self medication in the form of self care of our health. Self medication is therefore a major form of self care (Howard et al 1996)¹ Self Medication is defined as the selection and use of medicines by individuals to treat self recognized or self diagnosed condition or symptoms (Garrida 2002)². Self medication is a well recognized topic of interest and is often discussed in literature. It is a well recognized form of inappropriate drug use. The implications of self medication practices are increasingly recognized around the world (T Gangadhara Goud)³.

Various studies reported that self-medication may lead to delay in care seeking which results in paradoxical economic loss due to delay in the diagnosis of underlying conditions and appropriate treatment. Also, self-medication can lead to interaction between drugs which would be prevented, had the patient sought care from a licensed medical practitioner. Practicing self-medication for drugs like antibiotics might lead to drug resistance; and hence, there needs to be a check on these practices.(Huges.et al)⁴.

PROBLEM STATEMENT

An Exploratory study on self-medication practices among undergraduate students of selected colleges of district Shri Muktsar Sahib, Punjab.

OBJECTIVES

1. To assess the self medication practices among undergraduate students.
2. To find out the association of self medication practices among undergraduate students with selected socio-demographic variables.

METHODOLOGY

The present study was conducted in selected colleges of district Shri Muktsar Sahib i.e. Dasmesh Girls College, Badal ,Guru Nanak College, Killianwali and D.A.V. College, Malout. A total of 400 undergraduate students were taken from the selected colleges by using convenient sampling technique. Knowledge Questionnaire and Checklist were used to assess the practices of self medication. Analysis of data collection was done in accordance with the objectives of the study using SPSS.

RESULTS

Table1:-Frequency and percentage distribution of under graduate students as per socio demographic variables.

N=400

Sr.no.	Socio demographic variables	f (%)
1.	Age (in years)	
	17-20	343(85.8)
	21-24	057(14.2)
2.	Gender	
	Male	111(27.8)
	Female	289(72.2)
3.	Education of Father	
	Illiterate	77(19.2)
	Primary	61(15.2)
	Middle	70(17.5)
	Secondary	76(19.0)
	Senior secondary	80(20.0)
	Graduate and above	36(09.0)
4.	Education of mother	
	Illiterate	108(27.0)
	Primary	093(23.2)

	Middle Secondary Senior secondary Graduate and above	052(13.0) 078(19.5) 039(09.8) 030(07.5)
5.	Residence Urban Rural	166(41.5) 234(58.5)
6.	Pocket money 100-500 500-1000 >1000	250 (62.5) 113 (28.2) 037 (09.2)
7.	Stream of education Arts Science Commerce	336 (84.0) 014 (03.5) 050 (12.5)
8.	Source of education Friends Physicians Mass media	123 (30.8) 263 (65.8) 014 (03.5)

TABLE 1: Shows that 343 (85.8%) undergraduate students were in the age group of 17-20 years and 57 (14.2%) were in the age group of 21-24 years those were use self medication. There were 111 (27.8%) males and 287 (71.8%) females. In education status of father, 80 (20.0%) student's father were educated up to senior secondary education, 77 (19.2%) were illiterate, 76 (19.0%) student's father completed secondary education and 70 (17.5%) were educated up to middle, 61 (15.2%) student's father were completed education up to primary and only 36 (9.0%) are completed graduate and above. In education status of mother, 108 (27.0%) students mother were illiterate, 93 (23.2%) were completed primary class, 78 (19.5%) mother were educated up to secondary, 52 (13.0%) mother were educated up to middle class 39 (9.8%) mother were senior secondary and only 30 (7.5%) students mother were graduate and above. In residence 234 (58.5%) students were living in Rural area and 166 (41.5%) in urban area.

In monthly pocket money of students, 250 (62.5%) students pocket money were 100-500 rs/month, 113 (28.2%) students pocket money were 500-1000 rs/month and 37 (9.2%) students pocket money were above 1000. In stream of education, 336 (84.0%) students were from arts, 50 (12.5%) students were from commerce group and 14 (3.5%) students from science group. In source of information, 263 (65.8%) students were gathering information from physician, 123 (30.8%) students were gathering from friends and relatives and only 14 (3.5%) students using mass media.

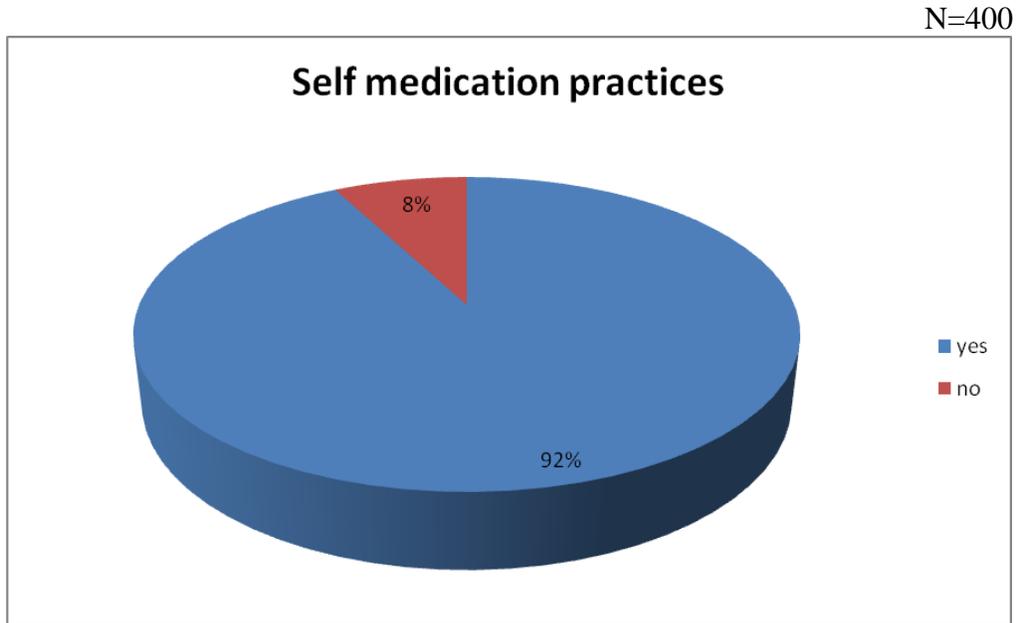
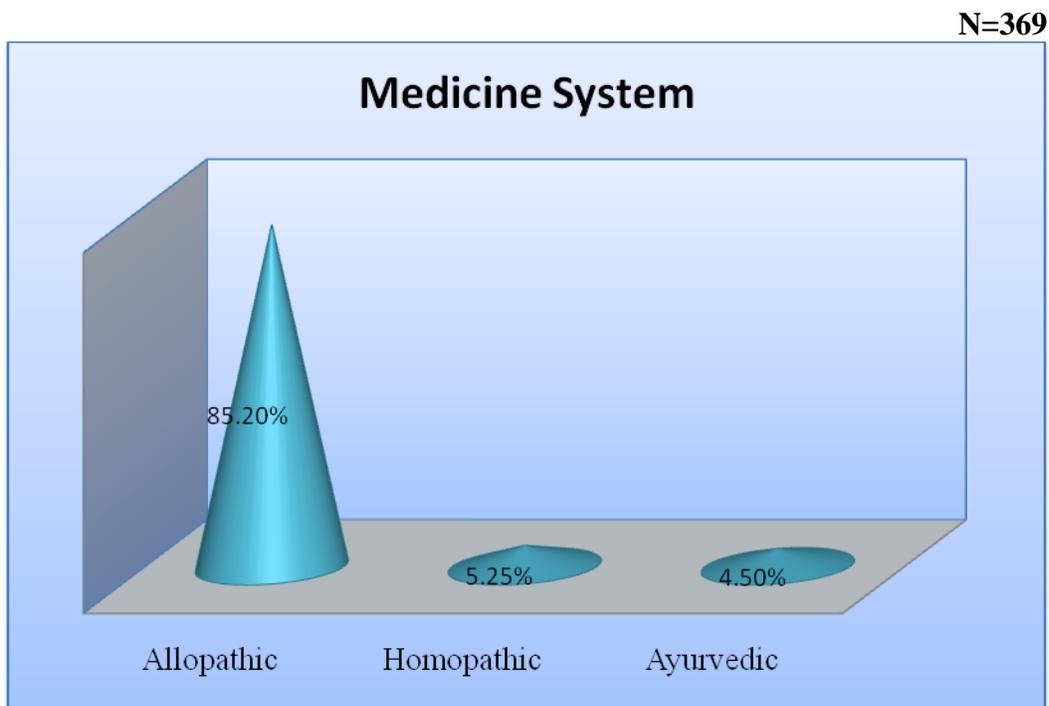


Fig. 1:-Percentage distribution of undergraduate students as per their self medication practices

Fig.1:- Show that 369 (92.2%) of under graduate students were doing self medication and 31 (7.8%) under graduate students were not doing self medication.



*multiple responses of the subjects

Fig.3:-Percentage distribution of under graduate students as per their preference of medicine system for self medication

Fig.3:- Depicts that 340 (85%) under graduate students prefer Allopathic medicine, 21 (5.25%) prefer Homeopathic medicines and 19 (4.5%) uses Ayurvedic medicines for self medication.

Table.2 Percentage and frequency distribution of undergraduate students according to the contributing factors for self medication practices.

N=369

S. no.	Checklist for factors contributing for self medication	f (%)	Rank order
1.	Does not feel like consulting doctor for the minor problem	263(65.8%)	1
2.	It saves time	223(55.8%)	2
3.	Medical facilities located far away	215(53.8%)	3
4.	It saves money	213(53.2%)	4
5.	Has previous prescription for the same problem	190(47.5%)	5
6.	Long Queue at the doctor's clinic	188(47.0%)	6
7.	High checking fees of doctors	173(43.2%)	7
8.	Quick relief	159(39.8%)	8
9.	Advice by friends, relatives on medicines	151(37.8%)	9
10.	Experimentation	122(30.5%)	10
11.	Left over medicine at home.	109(27.2%)	11
12.	Unavailability of doctors	101(25.2%)	12

*multiple responses of the subjects

DISCUSSION

In present study it was found that 71.8% undergraduate students were females and 27.8% were Males where as Sara Mamo et al (2018) included Science group 52.7% females and 36.50% were males.⁵

In present study it was found that 58.5% students belong to rural area and 41.5% students belongs to urban area whereas T Aqeel et al (2014) study included 50.4% students those were belongs to urban area and 49.6% belongs to rural area.⁶

In present study it was found that 369(92.2%) of under graduate students were doing self medication whereas Hitesh Shah et al (2018) study included 91.50% of medical students were practiced self medication.⁷

In present study it was found that self medication was done for headache among 37.5% undergraduate students and for fever among 33% students whereas in Jayita Pal et al (2017) most common indication for self medication were fever among 79.6% and for cough and cold among 74.8% students.⁸

CONCLUSION

It was concluded that out of 400 undergraduate students, 369 (92.2%) practiced self medication. Majority i.e. 85.2% of undergraduate students prefer allopathic medicines system for self medication. The common adverse effect felt by undergraduate students were drowsiness among 58%, Headache among 13% and difficulties among 11%. The self medication is usually practiced for headache 150 37.5% fever 132 (33%) and cough and cold 52 (13%). The preference of medicine system in undergraduate students i.e. 341 (85.2%) allopathic medicines, Homeopathic medicines 21 (5.25%), and Ayurvedic medicines 19 (4.5%).

The contributory factor for self medication services were “No need for doctor consultation were among 263(65.8%) and save time among 223(55.8%) undergraduate students.”

The common allopathic medicines they used were Paracetamol, Diclofenac among 53% undergraduate students.

The relationship of self medication practices with gender, mother education and source of information were found to be statistically significant at 0.05 level of significance.

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