

# A Descriptive Study to Assess the Frequency and Indication of Using Self Medication for their Illness Among the General Public in the Urban Community

Mrs. Anitha G<sup>1</sup>, Eswari J<sup>2</sup>, Angelin Lavanya S<sup>3</sup>

<sup>1,2,3</sup>Associate Professor, Faculty of Nursing, Dr. M.G.R. Educational and Research Institute, Chennai, India

## ABSTRACT:

**AIM:** To assess the pattern of self-medication among general public and to evaluate the frequency and indication of self-Medication. The Non-experimental descriptive survey design was adopted. The sample size is 30 adults within the age group of 15-50 years were selected by non-probability convenient sampling technique. The data was collected using semi-structured questionnaire method. The questionnaire has two parts. PART:1 Demographic data is assessed PART:2 Multiple choice questionnaire is used to assess the indication for using the self-medication. Reliability of the tool was checked by using test retest technique. The reliability score was 0.9. After the pilot study the data collection procedure was done. The data were analysed by using descriptive statistics and inferential statistics. The Finding showed that, 63.3% (18) indicated fever, cold and cough as indication of using self-medication. 60% (18) of the samples indicated that paracetamol is the common medication they used for their illness. Majority of them 56.7% (17) takes self-medication weekly twice. There is significant association between the use of self-medication with selected demographic variables like age group, sex, educational qualification. The study concluded that fever, cold and cough is the most common medication weekly twice.

**KEYWORDS:** Assess Frequency, Indication, Self-medication, General public, urban community.

## INTRODUCTION

People throughout the world suffer from common health problems and their symptoms are roughly in the same frequency. A large number of people, when they fall sick, do not consult the physician. They either consult a chemist or obtain a medicine from his shelf or may consult a neighbour who may be having some tablets left over from his previous illness and readily spares them. We today are a crazy pill-popping generation. We take drug for all the common conditions like fever, cold, cough and indigestion. If a person gets fever, he doesn't consult a physician for the treatment, he just goes to the pharmacy, takes paracetamol and he is relieved.

Studies have proved that self-medication and non-doctor prescription practice of drugs is common in developing countries. The result showed that majority of the respondents' reasons given for self-medication were mild-illness, previous experience of treating a similar illness.

**MATERIALS AND METHODS**

In order to accomplish the main objective to assess the patterns, frequency and indication of self-medication among adult .A non-experimental descriptive study survey method. The sample size is 30 adults selected using Non probability convenient sampling technique used to select the samples. The procedure for data collection period was 3 days self-introduction is given to the sample the consent was got from the sample to proceed the project the rapport was established with sample and question were administered and keep the data safe and confident.

**DESCRIPTION OF RESEARCH TOOLS**

The instrument used for the data consist of two parts:

PART 1- It consist of Demographic characteristics such as age, sex, marital status ,occupation, Annual income, education, religion, housing, water supply, hobbies.

PART 2-Multiple Choice questionnaire is used to assess the indication for using the self-medication. The scoring procedure involves assessing the data in coding sheet and analysing its frequency.

**RESULTS**

**Demographic characteristics:**

Regarding age, 56.7% (17) were belongs to 21-25 years regarding sex,63, 3% (19) were male regarding marital status 66.75% (20) were unmarried regarding occupation , 50% (15) were students regarding income, 56.7% (17) were earning above 25000 /Year regarding education, 53.3% (16) were graduates, regarding religion, 56.7% (17) were Hindu regarding housing, 60% (18) were living in own house regarding water supply, 40% (12) regarding the hobbies, 43.3% (13) were watching television.

**Frequency and Percentage Distribution of Indication and Frequency of Using Self-Medication**

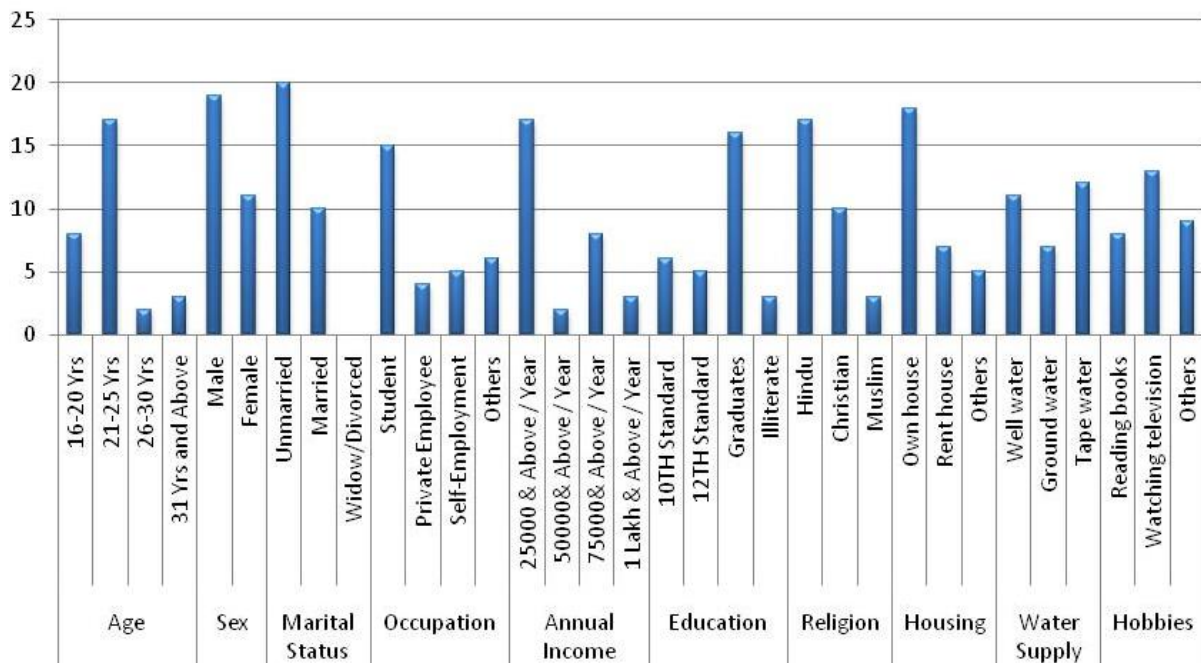
Sl No	Item	Frequency (n)	Percentage (%)
1	If you are sick, What type of therapy, you would follow?	8	26.7
	Homeopathy	19	63.3
	Allopathy	3	10
	Others (not specified)		
2	What is the reason for you're to take self-medication?	12	40
	Financial problem	13	43.3
	Hospital is far away from house	5	16.7
	It is very effective and has early recovery		
3	For what symptoms, you would take self-medication?	19	63.3
	Fever,cold,cough	7	23.3
	Gastric problems	4	13.3
	Others		
4	Did you satisfied after taking self-medication when you are ill?		
	Always	13	43.3

	Sometimes	13	43.3
	Never	4	13.3
5	What are the side effects of self-medication?		
	Gastric ulcer	17	56.7
	Malaise/body Ache	7	23.3
	Nausea or Vomiting	6	20
6	Have you ever taken medical advice when taking self medication?		
	Yes	17	56.7
	No	7	23.3
	I know but I take it	6	20
7	Do you have the habit of taking the left over medication for your illness?		
	Always	18	60
	Sometimes	4	13.3
	Never	8	26.7
8	What are the illnesses you suffer a lot?		
	Fever cold	14	46.7
	Body ache/ headache	11	36.7
	Diarrhoea/ abdominal pain	5	16.7
9	Name some medication you know		
	Paracetamol	18	60
	Amoxicillin	3	10
	Vitamin tablets	9	30
10	How many times you take self-medication for a period of 6 months?		
	Monthly once	14	46.7
	3 months once	14	46.7
	Weekly once	2	6.7
11	In a week, how many times you take medication?		
	Daily	8	26.7
	Weekly once	17	56.7
	Three days once	5	16.7
12	Have you ever taken self-medication a habit?		
	Sometimes	13	43.3
	Once a time	11	36.7
	Never	6	20
13	If the self-medication does not are your illness, will you consult a physician?		
	Yes	17	56.7
	No	10	33.3
	Not interested	3	10

14	Did you know the side effects of these medication	12	40
	Yes	15	50
	No	3	10
	I know but i use it		

Regarding the type of treatment, 63.3 % ( 19) were following allopath, regarding the reason for taking self-medication, 43.3% (13) of them were taking because of the hospital is far away from house, regarding the symptoms, 63.3% (19) were taking medication for fever ,cold, cough regarding the satisfaction 43.3% (13) were sometimes and always satisfied regarding the side effects after taking self-medication ,56.7% (17) has gastric ulcer, regarding medical advice ,56.7% (17 ) of them has taken medical advice, regarding the habit of taking the left over medication,60% (18) has always the habit of taking left over medication, regarding the illness, 46.7% (14) suffer from fever, cold regarding medicinal names, 60% (18) knows paracetamol, regarding the frequency of self-medication within six month, 46.7%(14) were taking monthly once and three months once, regarding the frequency of medication in a week ,56,7%(17) Were taking weekly twice, regarding the habit of self-medication,43.3% (13) have the habit of taking medication sometimes regarding the consultation of physician,56.7% (17) were consulting the physician, if the illness was not cured, regarding the side effects of these medication ,50% (15) were not known the side effects of self-medication.

### Frequency



### Association between Age and using Self Medication

Item	16-20 Yrs		21-25 Yrs		Above 25 Yrs		π 2	P Value
	(n)	(%)	(n)	(%)	(n)	(%)		
Have you ever taken								

medical advice when self medication	6	75	10	58.8	1	20		
Yes	1	12.5	3	17.6	3	60	12.697	0.048
No	1	12.5	4	23.6	1	20		
I know my self								

Table indicates the association between age and use of self-medication out of 30 samples 60%(3) of them does not take medical advice while taking self-medication in the age group of 25 and above years. In the age group of 16-20 years 75% (6) takes medical advice before taking self-medication.

## DISCUSSION

### TO ASSESS THE INDICATION AND FREQUENCY OF USING SELF MEDICATION.

The indication and frequency of using self-medication was assessed in terms of questionnaire. The study results revealed that majority of the sample 63.3% (19) indicated fever, cold and cough as indication for using self-medication. The other symptoms that the samples indicated are headache, toothache, bodyache. The major reason for using self-medication were 43.3% (13) that the hospital is far away from home. 60% (18) of the sample indicated that paracetamol is the common medication they used for their illness. Majority of them 56.7 % (17) takes self-medication weekly twice. 50% (15) of them does not know the side effects of self-medication.

### TO ASSOCIATE THE USE OF SELF MEDICATION WITH SELECTED DEMOGRAPHIC VARIABLE OF GENERAL POPULATION.

The association between age and self-medication was significant. In the age group of 16-20 years 75% of the samples taken medical advice before taking self-medication.

## CONCLUSION

This study concludes that fever, cold, and cough is the most common medication and they take self-medication weekly twice.

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