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A study to assess the knowledge and reported practices about self-medication among the students of Engineering and Technology.

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ABSTRACT

World Health Organization stated that self-medication is the practice whereby the individual treat their ailments and condition with medicines which are approved and available without prescription, and which are safe and effective when used as directed.Objectives: 1.To assess the knowledge regarding self-medication among students of Engineering and Technology 2. To assess the reported practice regarding self-medication among students of Engineering and Technology.3. To correlate the findings with the selected demographic variables. Research Approach: A descriptive survey approach. The Sampling technique was the non-probablility convenient sampling.Findings of the study: Knowledge score of self-medication among the students. Majority 43.33% of the samples had moderately adequate knowledge and 36.67% of the sample had adequate knowledge and rest 20% of them had inadequate knowledge on self-medication among students.Practice score of self-medications among the students.Majority 90% of students take self-medication for treating fever and pain, 5% for dysmennorhea,3.3% for nausea and vomotting and 1.7% for diarrhea. Conclusion: The conclusions drawn were, students of Engineering & Technology have inadequate knowledge about self-medication and majority of the students practice self-medication to treat minor illness like fever and pain. Since self-medication practice is a serious issue, students must be given knowledge regarding the disadvantages of the practice.Recommendation: This study can be done among the college school students.This study can be done in experimental research methodology.The structured teaching programmes can be introduced for knowledge of self- medication.The study can also be conducted on large group of population.

Keywords: Knowledge, Practice, Self-medication, Students.

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INTRODUCTION

World Health Organization stated that self-medication is the practice whereby the individual treat their ailments and condition with medicines which are approved and available without prescription, & which are safe & effective when used as directed. [1]In developing countries people are not only using non-prescription drugs but also prescription drugs, as self-medication products without supervision. [2]Self-medication refers to using drugs that have not been prescribed,[3] recommended or controlled by licensed health specialists. In economically deprived countries most episodes of illnesses are treated by self-medication.[4-5] Medicines for self-medication are often called Over the Counter (OTC) drugs[6] which are available without doctor's prescription through pharmacies, mostly in the less developed countries.

Self-medication is a global problem.[9].Self-medication is defined by many authors as the use of medicines by a patient on his own initative or on the recommendation of a non-professional or a lay person instead of seeking advice from a health care provider. [10-11]It is common practice and internationally has been reported as being on rises and can produce a good result and be a convenient practice for patient.[12-13]

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NEED FOR THE STUDY

Self-medication has a number of potential risks in particular the ordinary users will usually have no specialized knowledge of the principle of pharmacology therapy or specific characteristics of the medicinal products used. At the community level improper self- medication could result in an increase in drug induced disease & in wasteful public expenditure. It is important to realize that many of these risks are not unique to self-medication, they can also occur in prescription situation.

OBJECTIVES

- To assess the knowledge regarding self-medication among students of Engineering and Technology
- To assess the reported practice regarding self-medication among students of Engineering & Technology.
- To correlate the findings with the selected demographic variables.

RESEARCH APPROACH

A descriptive survey approach was adopted to determine the knowledge and practices of self-medication among engineering and technology students.

SAMPLE

The sample for the study was 1st, 2nd and 3rd year students of Engineering and Technology .

SAMPLING TECHNIQUE

The Sampling technique was the non-probability convenient sampling .

CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria

- Students[female]
- Students who can understand English.
- Students who are willing to participate in the study

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Exclusion criteria

- Health professional students
- Students who are not willing to participate in the study.

TOOLS

A structured interview sheet was developed based on relevant literature in order to assess knowledge and practice of self-medication among students.

1. The first section was about the knowledge of self-medication among students regarding type of medication. Total ten questions were asked to each students and according to that score was given
   Inadequate (1-3)
   Moderately adequate (4-6)
   Adequate (7-9)
2. The second section was about reported practices or immediate measures that they use to deal with any kind of health problem . 18 questions to each student were asked.

Data and findings were organized and presented under the following section:-

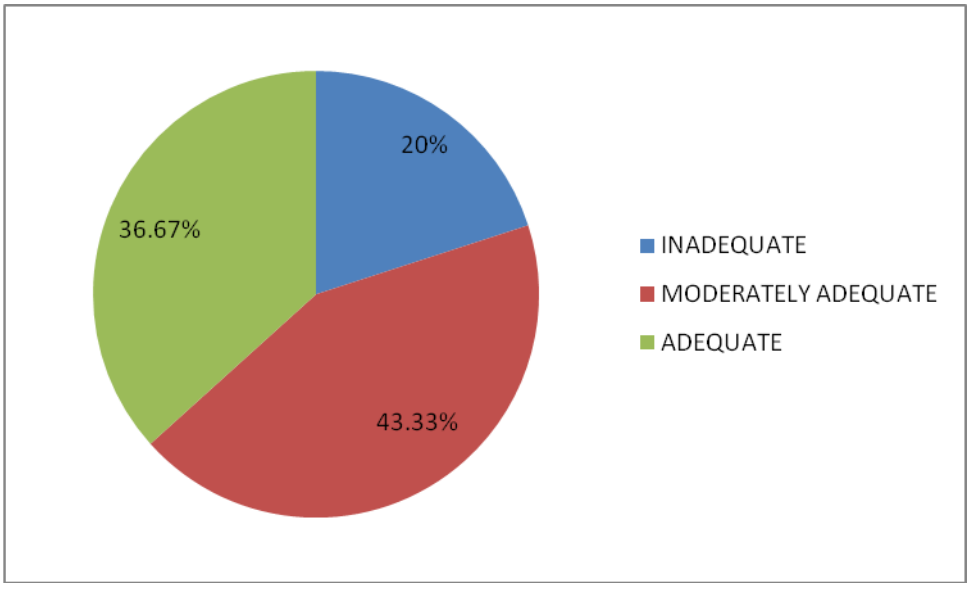
- Section-A: distribution of the demographic variable.
- Section- B: knowledge of students about self-medication.
- Section-C: Reported practices among the students about self-medication.
- Section-D: Correlation between selected demographic variable and knowledge regarding self-medication.

Table-1: To assess the knowledge of students Engineering and Technology about self-medication.

Knowledge level	Score	Frequency	Percentage (%)
Inadequate knowledge	1-3	12	20%
Moderately adequate knowledge	4-6	26	43.33%
Adequate knowledge	7-9	22	36.67%

Table1. Represents the overall data in the categories of inadequate, moderately adequate and adequate knowledge with the frequency percentage distribution. The poor category consists of 20%. The average category consists of 43.33% whereas good category consists of 36.67%.

FIGURE- 1: KNOWLEDGE LEVEL OF THE STUDENTS N=60



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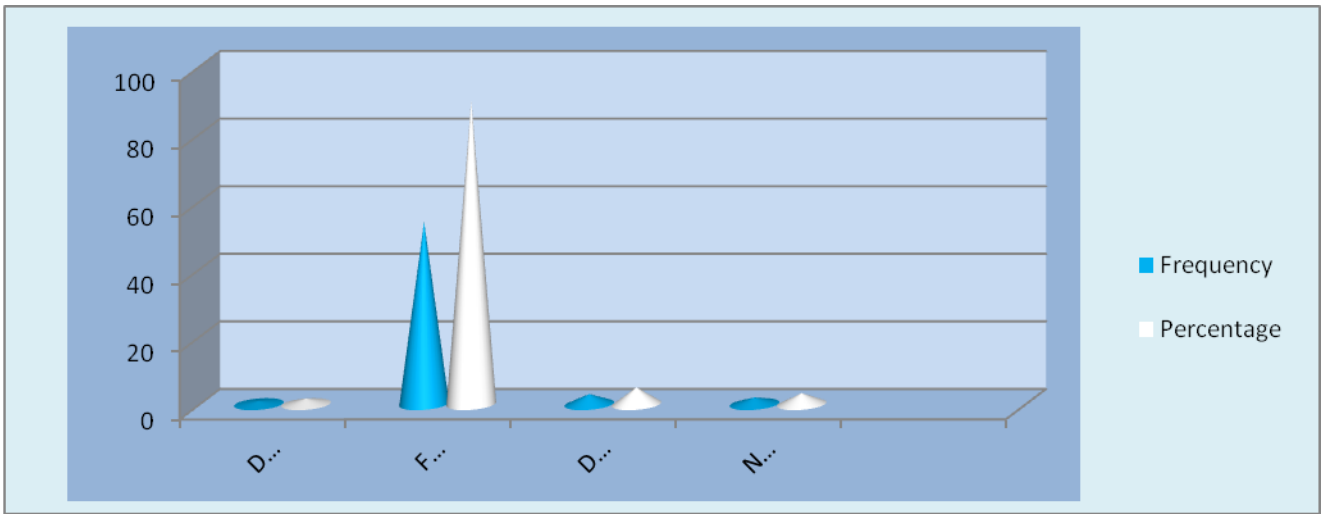
Maximum knowledge level of the students is 43.33% i.e. moderately adequate knowledge and minimum knowledge level of the students is 20% i.e. inadequate knowledge.

Graphical presentation of reported practice among the students regarding self-medication.

FIGURE-2: THE AILMENTS WHICH MADE STUDENTS TO TAKE SELF-MEDICATION. (N=60)



Maximum 90% of students of ACET using medication for fever and pain and minimum 1.7% for diarrhea.

DISCUSSION

The findings of the study had been in accordance to the objectives of the study, that depicted the knowledge and reported practice of self-medication among students

It was a study in which knowledge was identified by using 10 selected variables and practice of students was assessed by using 18 selected variables regarding the use of self-medication among the students

MAJOR FINDINGS OF THE STUDY

Knowledge score of self-medication among the students. About majority 43.33 % of the samples had moderately adequate knowledge & 36.67 % of the sample had adequate knowledge & rest 20 % of them had inadequate knowledge on self-medication among students

Practice score of self-medications among the students. Majority, 90 % of students take self-medication for treating the Fever and pain, 5% for dysmenorrhea, 3.3 % for nausea & vomiting and 1.7 %for diarrhea.

Correlation between demographic variables, knowledge and practices of self-medication among the students .

The study shows the chi – square values of year of study, religion were significant at $p<0.05$ level

The chi – square values of age of students and monthly income of parents were found no association between the demographic variable and knowledge.

CONCLUSION

The conclusions drawn were, students of Engineering & Technology have inadequate knowledge about self- medication and majority of the students practice self-medication to treat minor illness like fever and pain. Since self-medication practice is a serious issue, students must be given knowledge regarding the disadvantages of the practice.

RECOMMENDATIONS

- This study can be done among the college school students.
- This study can be done in experimental research methodology.
- The structured teaching programmes can be introduced for knowledge of self- medication.
- The study can also be conducted on large group of population.

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