



KNOWLEDGE ON SELF- MEDICATION AND ITS HEALTH IMPACTS AMONG ADULTS

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ABSTRACT

Today's is very different from that of the past years with many inventions. Many things are inverted that make a lot of people to live in luxury. But along with these, in term of the health of the people nowadays, there are certain diseases that are quite making a name in the statistical data of health department. People are now suffering from the certain diseases throughout the world and many are practicing self medication to relieve symptoms of their health problems. The present study aimed to assess the knowledge on self medication and its health impacts among adults. **Methodology:** The Research Design adopted for the present study was nonexperimental descriptive design. This study was carried out in selected rural area Serumavilangai, Karaikal District. A total of 100 adults between 18-45 years of age were selected by using Purposive sampling technique for the present study. Self structured interview schedule was used to collect data from each participant. **Result:** The finding of present study showed that the maximum 68 % of adults had moderate knowledge on self medication and its impact, 29% of adults had inadequate knowledge and only 3% of adults had adequate knowledge on the self medication and its health impacts. The results indicated that there is a greater need to impart knowledge on ill effects of self medication to the public in order to reduce its health impacts. **Conclusions:** The present study concluded that educating with multiple audiovisual aids is required to arouse awareness among adults on ill effects of self medication on their health and to prevent development of complications like renal diseases, metabolic disorders, addition of drugs, anxiety, stress, etc.

KEY WORDS: Assess, Knowledge, Self Medication, Health Impacts, Adult

INTRODUCTION

Generation today is very different from that of the past years. Many things are inverted that make a lot of people to live in luxury. But along with these, in term of the health of the people nowadays, there are certain diseases that are quite making a name in the statistical data of health department. People are

now suffering from the certain diseases like diabetes, hypertension, asthma, renal disorders, cirrhosis of liver, gastritis, ulcer, GERD, vomiting, diarrhoea, fever, common cold and many other due to sedentary lifestyle, stress and unhygienic measures, food pattern, lack of healthy activities, exercise etc... Every day, throughout the world, many are practicing



self medication to relieve symptoms of their health problems. The most widely self medicated substances are over the counter drugs used to treat common health issues at home, as well as dietary supplements. These do not require a doctor's prescription to uptime and in some countries are available in supermarkets and convenience stores. Self-medication involves acquiring medicines without a prescription, resubmitting old prescriptions to purchase medicines to treat similar or same problem at present, sharing medicines with relatives or members of one's social circle or using leftover medicines stored at home. It is commonly prevailing in developing countries like India due to easy availability of wide range of drugs coupled with inadequate health services result in increased proportion of drugs used as self medication. It can lead to irrational use of drugs, wastage of resources, and increased resistance of pathogens in addition to serious health hazards such as adverse drug reaction and prolonged morbidity. Economic, political, and cultural factors have stimulated a constant increase in self-medication worldwide, turning this practice into a major public health problem.

Statement

A study to assess the knowledge on self medication and its health impacts among adults in selected rural area, Karaikal

Objectives

- To assess the knowledge on self medication and its health impacts among adults in selected rural area.
- To associate level of knowledge with selected demographic variables of adults.

RESEARCH METHODOLOGY

The Research Design adopted for the present study was nonexperimental descriptive design. This study was carried out in selected rural area Serumavilangai, Karaikal District. A total of 100 adults between 18-45 years of age were selected by using Purposive sampling technique for the present study. Self structured interview schedule was used to collect data from each participant. Tools were developed by the investigator based on literature review and experts opinion. It consisted of two parts. Section A consisted of 10 items related to demographic variables of adults such as age in years, sex, educational status, occupation, monthly family income, religion, marital status, Presence of associated medical condition, previous history of self medication & Source of information obtained on ill effects of self medication. Section B of the tool consisted of 25 items related to knowledge on Self-

Medication and its Health Impacts. It included the questions on meaning, reasons for self medication, benefits, disadvantage, common drugs used for self medication, impact of self medication on health and its prevention. After self introduction, the investigator explained the purpose of the study to the samples. The confidentiality of their responses was assured and their written consent was taken prior to the study. The self structured interview schedule was administered to each adult who met the inclusive criteria. It took about 15-20 minutes to collect information from each adult. Every day the data was collected from 8-10 study participants. The descriptive statistical tests percentage, mean and standard deviation were used for assessing knowledge level and Chi-square test was used to find out the association between the demographic variables of adults with their knowledge on self medication and its health impacts.

RESULTS

The major findings of the study revealed that regarding the age of the study participants, the majority of adults 26 (26%) were between the age group 41-45 years and only 16 (16%) adults were between the age group of 36-40 years. Greater number of study participants 58 (58%) were males and lesser number of adults 42 (42%) were females. The higher percentage of adults 36% (36) had primary education and only 5 (5%) were illiterate. The maximum number of adults 55 (55%) were working in private concerns and only one (1%) were working as a government employee and another only one (1%) were self employed and doing business. The majority 33 (33%) had above Rs.15,000/- as monthly family income and only 4 (4%) had between Rs.10,000/- to Rs.15,000/- . The higher number of adults 59 (59%) were belonged to Hindu religion, 25 (25%) were belonged to Christianity and 16 (16%) were belonged Muslims. The greater number of adults 58 (58%) were married and the less number of adults 42 (42%) were unmarried. Regarding the source of getting information on self medication and its impact on health, most of the adults 46 (46%) were obtaining information from Health care professionals and only 13 (13%) were getting from Peer groups.

The results of the present study revealed that the majority of adults 68% (68) had moderate knowledge, 29% (29) had inadequate knowledge and only 3% (3) had adequate knowledge on self medication and its health impacts. The result of the present study revealed that there was a significant association between level of knowledge on self medication & its health impact only with demographic variables, age ($\chi^2 = 13.529$) and



occupation ($\chi^2 = 68.8515$) of adults and there was no significant association between level of knowledge with the other demographic variables such as sex, educational status, religion, monthly family income, marital status, presence of associated medical conditions, previous history of self medication and source of obtaining information.

DISCUSSION

The result of the present study revealed that the majority of adults 68% (68) had moderate knowledge, 29% (29) had inadequate knowledge and only 3% (3) had adequate knowledge on self medication and its health impacts. This was similar to the results of a study to determine the perception and level of awareness regarding OTC medications, among the general public in Malaysia conducted by **Mohamed Irfadh Mohamed Azhar et al (2020)** which revealed that about 82% of the respondents stated that their level of knowledge regarding OTC medications was moderate to low. The result of various studies also reported that the source of drug information was past experience with drugs, followed by relatives/ friends, pharmacists, advertisements, internet, etc.

The result of the present study revealed that there was a significant association between level of knowledge on self medication & its health impact with demographic variables age and occupation of adults. This was correspondence with the findings of the study conducted by **Atmadani, R.N., Nkoka, O., Yunita, S.L. et al. (2020)** on Self-medication and knowledge among pregnant women attending primary healthcare services in Malang, Indonesia reported that the knowledge on self medication was low in younger age, illiterate, with less education, low income status and unemployed when compared to older people, high education and having occupation. Additionally the result of the present study was also supported by the study conducted by **Selvaraj K., Kumar S. G., & Ramalingam A. (2014)** on prevalence of self-medication practices and its associated factors showed that sex, occupation

and age factors of the subjects were found to be associated with self-medication. Males aged >40 years and involving in moderate level activity of occupation, were found to be significantly associated with higher self-medication usage. This revealed that the age, educational status and occupational status influence the knowledge and self medication practices of the adults.

CONCLUSION

The result of the present study revealed that 29% (29) had inadequate knowledge. Most adults commonly used to take self medication for minor illnesses or for chronic illnesses due to ignorance and carelessness. Self medications either for a shorter or longer duration can produce major impact on physical and psychological conditions of human beings. The present study concluded that educating with multiple audiovisual aids is required to arouse awareness among adults on ill effects of self medication on their health and to prevent development of complications like renal diseases, metabolic disorders, addition of drugs, anxiety, stress, etc.

Recommendations

The present study recommends the following:

- A similar study can be conducted in different settings with large samples.
- A comparative study can be conducted among adults living in rural and urban areas
- A study to assess the pattern and determinants of self medication among adults can be carried out.
- A similar study can be conducted to find the physical, psychosocial impacts of self medication among adults.
- A Planned teaching programme of prevention of self medication and its health impacts can be carried out among adults in rural areas.



FIGURES

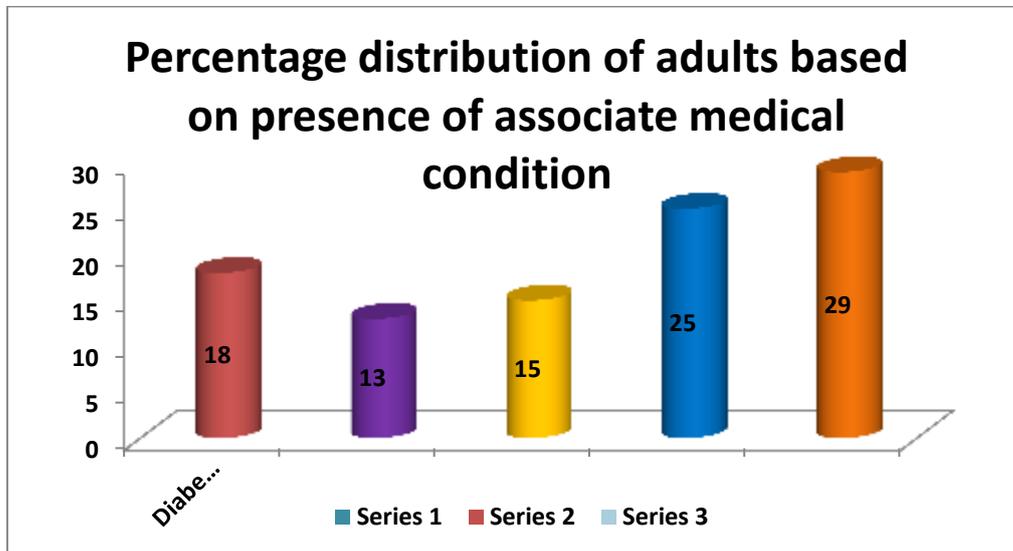


Fig. 1: Distribution of adults based on Presence of Associate Medical Condition

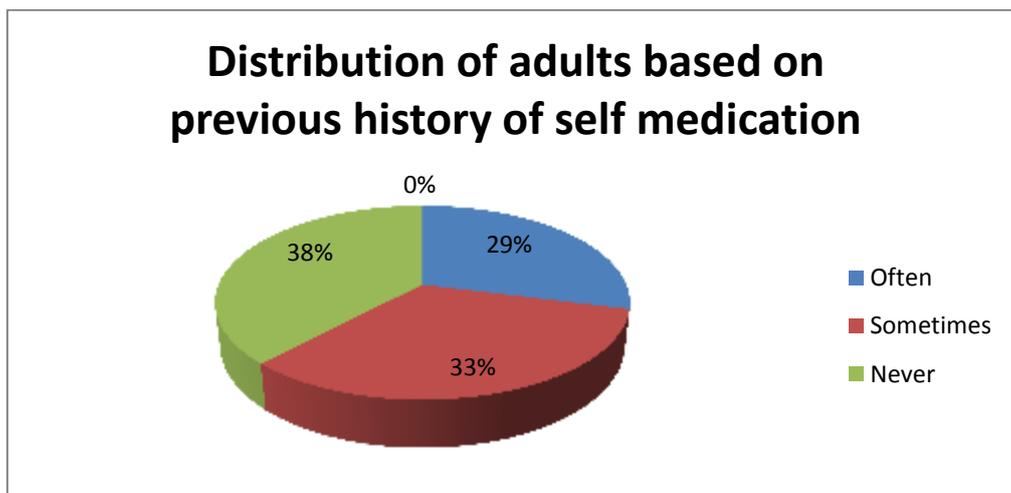


Fig. 2: Distribution of adults according to the Previous History of Self Medication

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