

Original Article

Study on Awareness about Self-Medications and it's Complications Among Homemakers

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Abstract

Self-medication is mostly advanced practice worldwide and often considered as a component of self-care .However, unlike other components of self-care, self-medication has the potential to do good as well as cause harm since it involves the use many kinds of drugs .The practice of self-medication must be based on authentic medical information otherwise irrational use of drugs can cause wastage of resources, increased resistance of pathogens ,and also can lead to serious health hazards such as adverse drug reaction and prolonged morbidity

Objectives of the study

1. To assess the occurrence of self-medication among homemakers.
2. To find the level of awareness and it's complications of self-medication among the homemakers.

Research methodology of the study

Research design for the present study is descriptive research design. The design was used to assess the prevalence of self-medication among homemakers and their awareness about self-medication and its complications, at selected areas in Nitte village. The purposive sampling technique is used to select samples for the study. Sample size was about 100 homemakers and the population belonged to selected areas in Nitte village.

Results

The result shows out of 100 homemakers 85 were having the habit of taking self- medication, remaining 15 were not consuming.

Out of 85 homemakers, who are practicing self medication only 3.529%(3) are having good level of awareness, 45.882%(39) are having average knowledge, 50.588%(43) are having poor knowledge.97.647%(83) are practicing self medication for fever and 2.352%(2) are not taking.54.117%(46) are practicing self medication for head ache, 3.529%(3) are practicing self medication for vomiting,96.470%(82) are not taking. 2.352% (2) are taking self medication for diarrhea and 97.647%(83) are not taking.28.235%(24) are taking self medication for dysmenorrheal and 71.764%(61) are not taking. 40 %(34) are taking self medication for cough and 60%(51) are not taking.

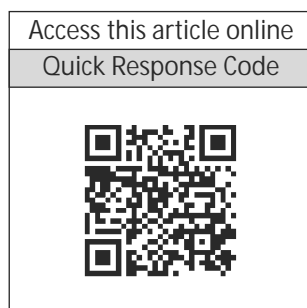
The method of procurement of medicines used for self medications are mainly previous prescription among 41.176%(37), 55.294%(47) are taking self medication by remembering names and 1.176%(1) are self medication by storing drugs at are using self medication frequently.7.058%(6) are using self medication occasionally, 1.176%(1) are using very frequently.

Introduction

According to WHO self-medication is defined as the selection and the use of medicines by individuals to treat self recognized illness or symptoms. Self-medication is one element of self-care. Self-medication can take place through the consumption of industrialized or manipulated medicines or the use of home remedies (teas, herbs etc) and include various type of activities – acquiring medicines without prescription, resubmitting old prescriptions to

purchase medicines, sharing medicines with relatives or member of one social circle, using left over medicines stored at home or failing to comply with professional prescription either by prolonging it or interrupting it too early or decreasing or increasing the originally prescribed dosage.

Medications are one of the main options in the cure, treatment, and prevention of numerous medical



conditions. Intact, medications are the primary treatment client associate with restoration of health.

The consumption of medications can be considered an indirect indicator of the quality of health care services. Children and adolescent s are strongly susceptible to the irrational use of drugs with and without medical control. Economic political and cultural factors have contributed to the growth and spread of self-medication worldwide. These factors are related with aspects such as the great availability of products in the current days; the state of health that a pharmaceutical agent may represent; irresponsible publicity; pressure to convert prescription –only drugs ;quality of health care ;difficult access to health care services in poor countries.

Statement of the problem

A descriptive study on awareness about self-medications and it's complications among homemakers at selected areas in NITTE village.

Objectives of the study

1. To assess the occurrence of self-medication among homemakers.
2. To find the level of awareness and it's complications of self-medication among the homemakers.

Research approach

Research approach indicates the basic procedure for conducting research. In this study descriptive study approach, which is coming under quantitative approach is adopted.

Research design

Research deign is a blue print for conducting a study. It refers to the researcher's overall plan for obtaining answer to the research questions for testing the research hypothesis. In this study descriptive research design was selected, which is a descriptive survey design was adopted.

Setting of the study

The setting is where the population or the sample being studied is located and where the study is carried out. The study was conducted at selected areas in NITTE village.

Population

Population consists of the entire set of individuals having some common characteristics sometimes refers to as universe. In the present study population consists of homemakers at selected areas in NITTE village.

Sample

A sample is a subset of a population selected to participate in research study. The sample for the study comprised of 100 homemakers from the population aged above 25 years who are residing at selected areas in NITTE village.

Sampling techniques

Sampling technique is a process of selecting subjects who are representatives of the population being studied. For the present study purposive sampling technique was chosen for the study which comes under non-probability sampling technique.

Sampling criteria

The following criteria were set for the selection of the sample:

Instruments used

Research instruments are the devices used to collect data.

Following are the tools used in the present study:

1. Demographic proforma.
2. Checklist to assess the prevalence of self-medication and the level of awareness about self-medication and it's complications among homemakers.

Data collection process

Data was collected from 100 homemakers residing at selected areas in NITTE village. The purpose of the study was explained to the homemakers. Informed written consent was obtained. Confidentiality was assured to all subjects to get their cooperation. A total of 100 who followed the inclusion criteria were taken for the study, sample were collected by using purposive sampling technique. Then the tool was administered to the mothers and it was explained. The mothers were encouraged to clarify their doubts.

Results

Fig. 1 : Reason for using self-medication

The present study revealed that out of 85 homemakers 22 are practicing self-medication because of lack of time, while 53 because of mild illness and 10 due to emergency situations

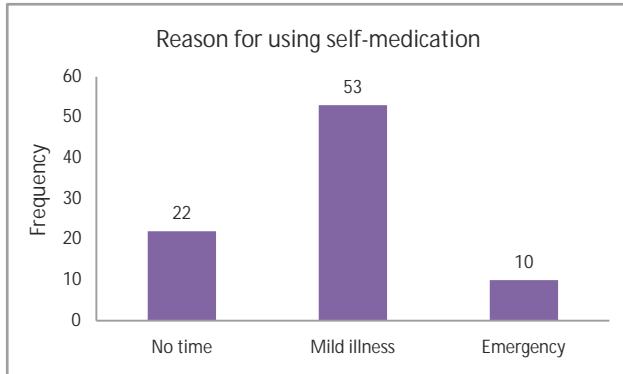


Fig. - 2 : Bar diagram showing method of procurement of medicines used for Self-medication among homemakers (n=85).

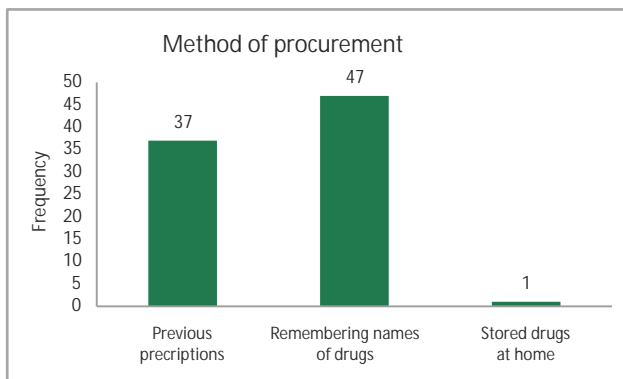


Fig. 3 : Sources of drugs for self-medication

The present study revealed that out of 85 homemakers 82 are using previous prescriptions for obtaining medications and 3 from their friends.

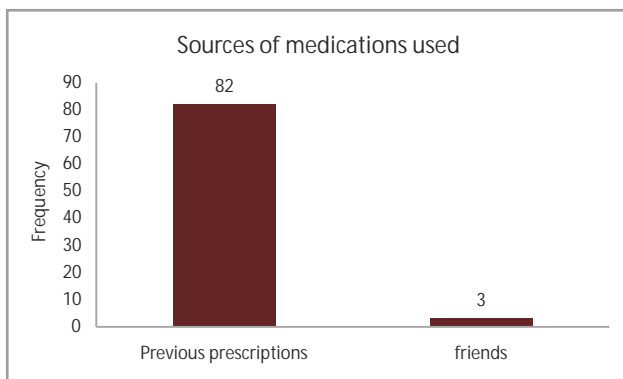


Fig. 4 : Frequency of self-medication

The present study revealed that out of 85 homemakers, only 1 is practicing self-medication very frequently, 78 are practicing frequently and 6 are taking self-medications occasionally.

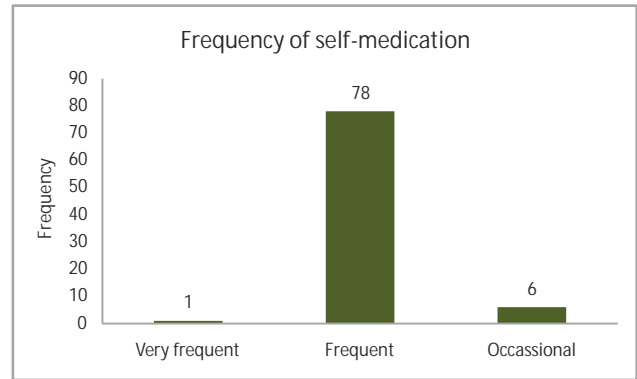


Fig. 5 : Prevalence of self medication

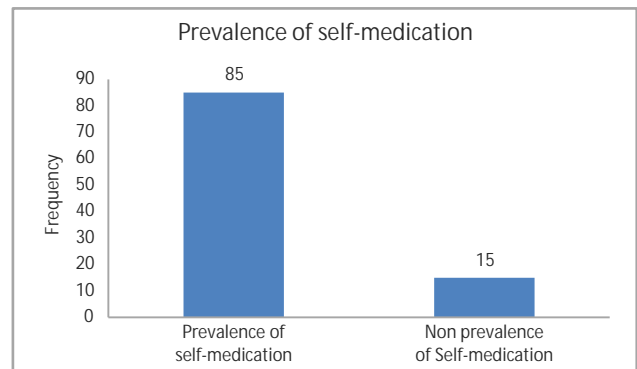


Table 1 : Distribution of demographic characteristics of the subjects

Demographic characteristics (n=100)	Frequency	Percentage (%)
Age (yrs)	Less than 30	18
	31 – 40	45
	41 – 50	16
	More than 51	21
Marital status	Married	100
Educational status	No formal	26
	Primary	69
	Higher primary	5
Area of residence	Rural	100
Type of family	Nuclear	55
	Joint	45

Description of the sample characteristics were based on age of the mother, marital status educational status, area of residence and type of family.

Table 2 : Reported Practice of self-medication (n=85)

Diseases	Practice of self medication	Frequency
Fever	Not taking medication	2
	Taking medications	83
Headache	Not taking medication	39
	Taking medication	46
Vomiting	Not taking medication	82
	Taking medication	3
Diarrhea	Not taking medication	83
	Taking medication	2
Dysmenorrhoeal	Not taking medication	61
	Taking medication	24
Cough	Not taking medication	51
	Taking medication	34
Reason for using self medication	No time	22
	Mild illness	53
	Emergency	10
	Previous good response	0
Method of procurement	Previous prescriptions	37
	Remembering names of drugs	47
	Stored drugs at home	1
	Telling symptoms to pharmacist	0
Source of medication used	Previous prescriptions	82
	Friends	3
	Relatives	0
Frequency of self-medication	Very frequent	1
	Frequent	78
	Occasional	6

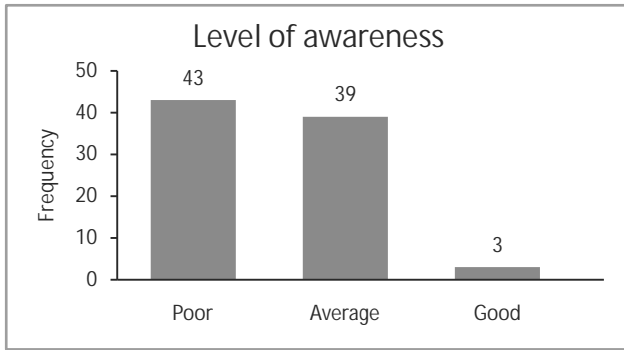
Table 3 : Level of awareness of self medication among homemakers.

Level of awareness	Frequency	
	YES	NO
Are you taking any self – medication?	85	15
Do you buy medication from nearby : Pharmacy	85	0
Do you seek advice from neighbors, friends, and relatives before consuming medications apart from doctors?	77	8
Do you consume any other medication apart from allopathic medication?	76	9
Whether you watch advertisements before taking medications?	19	66
Do you consider the dosage before taking medications?	18	67
Do you follow the instructions of the doctor, given during the last visit for similar illness?	63	22
Do you have the habit of stocking emergency medications?	83	2
Do you have the habit of taking medications without any particular reason?	3	82

Level of awareness	Frequency	
	YES	NO
Whether you increase the dosage of the medication for the same problem if you did not get relief?	67	18
Are you getting any satisfaction while taking self-medication?	58	27
Before taking medication do you check the expiry date?	10	75
Do you think whether the self medication is useful?	67	18
Whether you will give self medication to family members?	42	43
Do you read the content of the medicine before taking?	6	79
Do you have any habit of taking same medication for different symptoms?	0	85
Do you prefer self medication for under five children?	4	81
Did you take self medication for major illness?	1	84
Did you keep medications in safe place?	72	13
Whether you keep the self medications away from the children?	83	2
Whether you take self medication in your antenatal period?	20	65
Do you know about the after effect of the medication which you are consuming?	10	75
Whether you discard the left over medications?	14	71
Did you experience any side effects of self medications?	4	81
Have you stopped the self medication after experiencing side effects?	13	72
Do you consult doctor after experiencing side effects?	13	72
Have you experienced side effect while increasing the dosage?	4	81
Do you consume any medications to reduce side effects?	6	79
Are you aware that chronic dose of self-medication can damage your liver?	21	64

Level of Awareness

The present study revealed that out of 85 homemakers 43 are having poor knowledge about self-medication and it's complications whereas 39 are having average knowledge and only 3 are having good knowledge.



Conclusion

The findings of the study makes it clear that the prevalence of self-medication among homemakers is high despite of poor level of awareness about self-medication and it's complication i.e present study revealed that out of 85 homemakers 43 are having poor knowledge about self-medication and it's complications whereas 39 are having average knowledge and only 3 are having good knowledge.

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