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## A STUDY REGARDING TO, KNOWLEDGE, ATTITUDE AND PRACTICE OF SELF MEDICATION AMONG STUDENTS OF WAYANAD: A PILOT STUDY.

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**ABSTRACT:** The present study aims to analyse the knowledge, attitude and practice of self-medication among students of wayanad. **Materials and methods:** The study was conducted among students of wayanad. The data include students name, age, sex, course, Family members, if there disease in last 6 months, any drugs taken as self-medicated, etc..... **Result:** In this study shows that medical students are more commonly self-medicated (60.0%) rather than non-medical students (40.0%) at the age range of 22-24. **Conclusion:** Self-medication is a prevalent behavior among under graduate medical students as compared to other under graduate courses. To stop this type of misconduct among medical students, it is necessary to raise awareness by providing accurate information through the inclusion of this issue in courses of study.

**INTRODUCTION:** Self medication can be defined as the use of medicines by a person to treat a perceived or real health problem without consulting a physician or pharmacist. Self medication can result in failure of therapy Adverse drug reaction, prolonged suffering, development of bacterial resistance, drug dependence, economic loss, wastage of resources and may delay the accurate diagnosis which may even become lethal. Families, friends, neighbors, the pharmacist, previous prescribed drug, or suggestions from an advertisement in newspapers or popular magazines are common sources of self-medications. Now-a-days, self-medication should be seen as the “desire and ability of people/patients to play an intelligent, independent and informed role, not merely in terms of decision-making but also in the management of those preventive, diagnostic and therapeutic activities which

concern them. Major problems related to self-medication are wastage of resources, increased resistance of pathogens and causes serious health hazards such as adverse reaction and prolonged suffering. Antimicrobial resistance is a current problem world-wide particularly in developing countries where antibiotics are available without any prescription. Hence, the government should take necessary steps to regulate responsible self-medication. This can be done by making availability of safe drugs along with proper instructions about its use and if in need consulting a physician. In India, it is very common to see self-medication practice and which is emerging challenge to health care providers. Self-medication practices cannot be considered as entirely harmful. Drugs classified as “over the counter” can be purchased without prescription and many a times might save time and money for the patients. In majority of the hill, tribal regions, and other hard to reach areas where there is a huge shortage of human health work force, patients are still dependent on self-medication practices for minor symptoms.

**Aim and objectives:** To determine the prevalence of self medication among students of wayanad and to determine the irrational use of self medication in the study of different indicators.

**MATERIALS AND METHODS:** This was a cross-sectional study. Conducted during March 2023-May 2023. The pilot study includes the collection of analysis of self medication among students of wayanad. The students information include their name, age, sex, family members, any disease occurred in last 6 months and any self medicated drug to be taken etc.....

**RESULT AND DISCUSSION:** This study were observed more commonly in the age of 22 years old students and highly frequent in female medical students rather than non -medical students.

### 1. Age distribution:

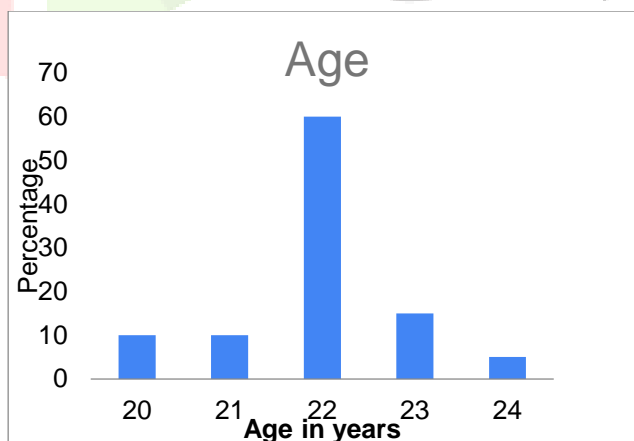


Fig 1: Age in years

Fig 1 shows the students with 20, 21, 22, 23, and 24 years old students list with taking self medication... Here mostly 22 years aged students are 60% taking self-medication.

## 2. Distribution of family members in each students family:

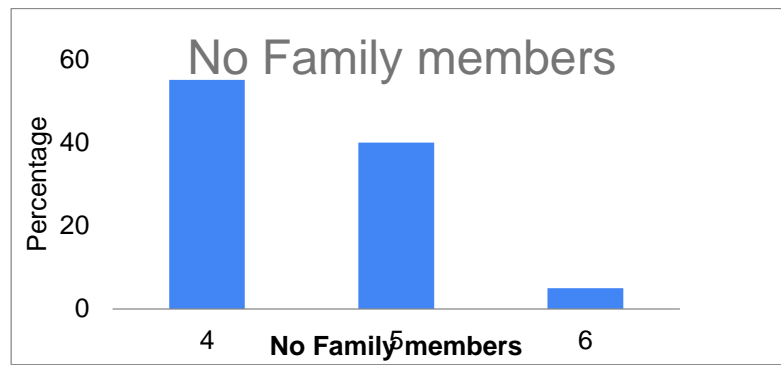


Fig 2: No of family members

It shows almost 50% of the family with 4 members are mostly self-medicated and family with 6 members are rarely self-medicated as only 10%.

## 3. Course Distribution:

Fig 3 shows that 60% of medical students are self-medicated rather than non-medical students at 40%.

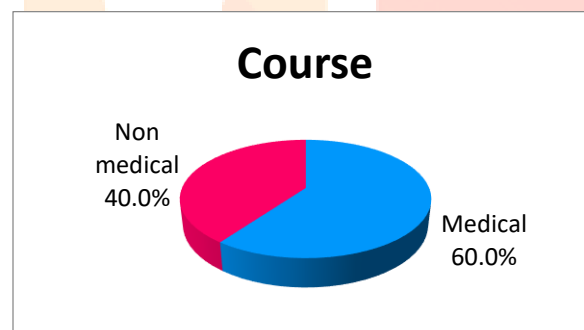


Fig 3 Course Distribution

## 4. Gender Distribution:

Here shows that most commonly females (55%) taken self-medication rather than males (45%).

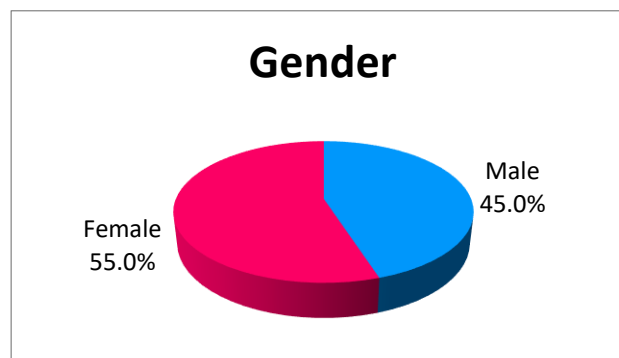


Fig 4: Gender Distribution

### [5.Students with any diseases suffered in last 6 months:

Fig 5 shows that 90% of the students are suffered any kind of diseases in last 6 months and only 10% are answered with No

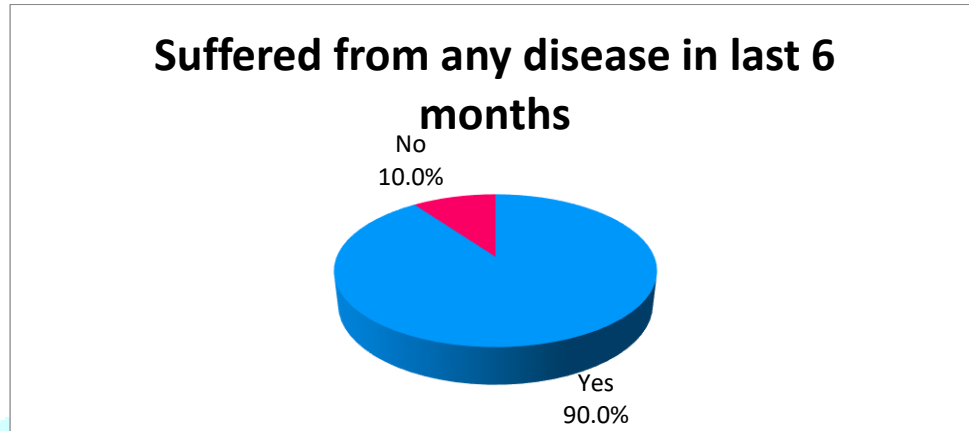


Fig 6 :Suffered from any diseases in last 6 months

### 6.Students taken any medication in last 6 months without consulting any physician:

Fig 6 shows that 80% of the students are taking medication without consulting any physician and only 20 % are consulting physicians.

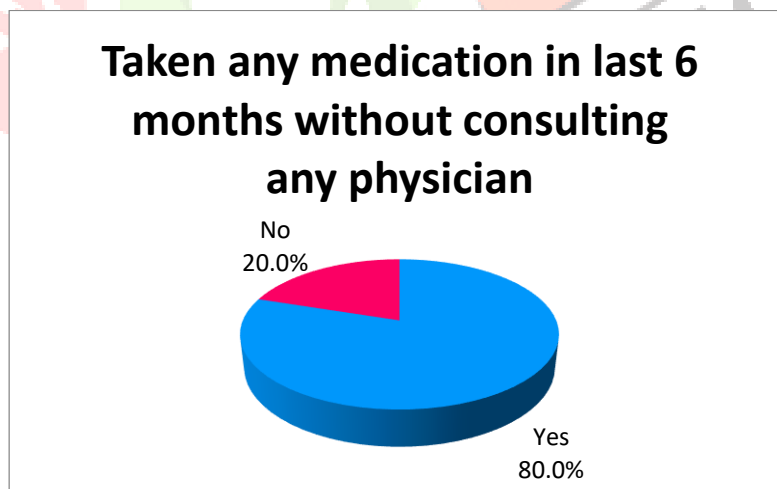


Fig 6: Taken any medication in last 6 months without consulting any physician.

### 7. Reasons for self-medication:

Here Fig 7 shows that most of the students and their family members are taken self-medication with the advice of pharmacist (35%) more than others .

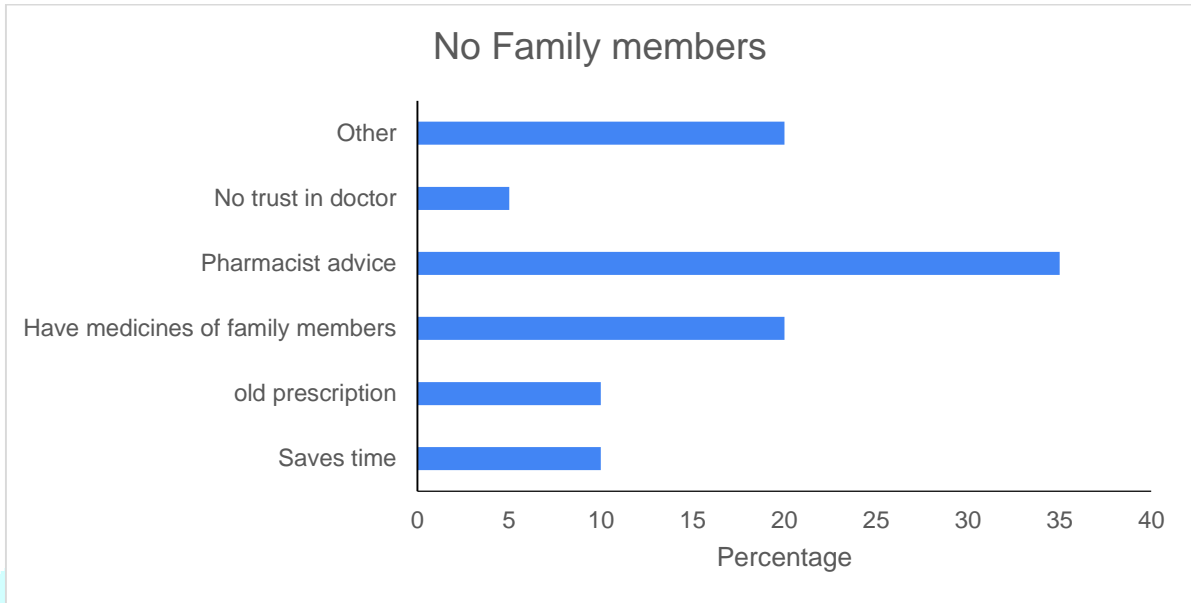


Fig 7 :Reasons for self-medication

### 8. Diseases for self-medication:

Here fig 8 shows that most of the students taken self-medication for fever and body pain (40%) and less common for migraine disease(5%).

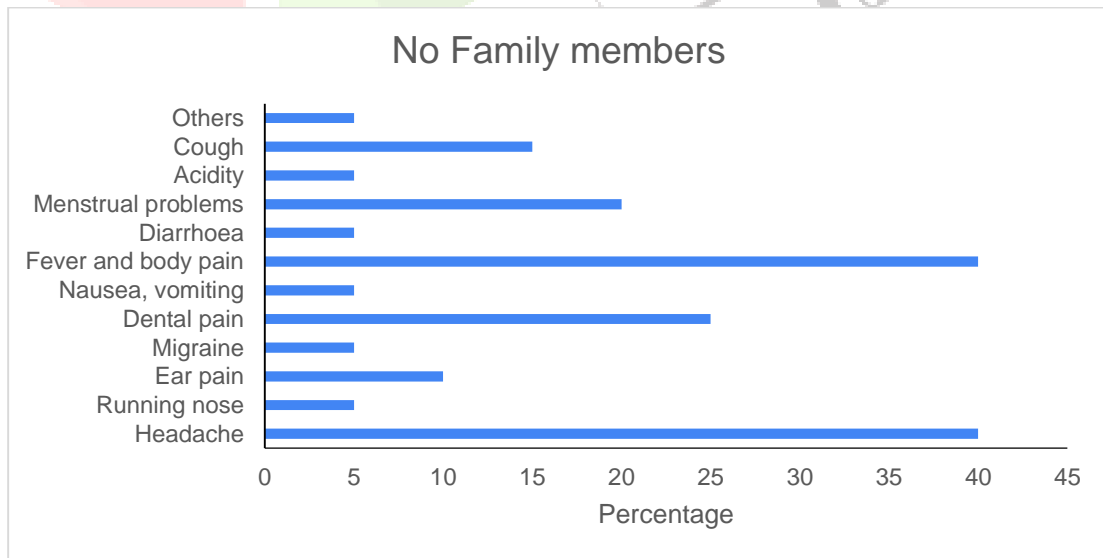


Fig 8:Diseases for self-medication

## 9. Sources of drug for self medication:

Here shows that the most of the students got drugs for self-medication from pharmacy shops(80%).

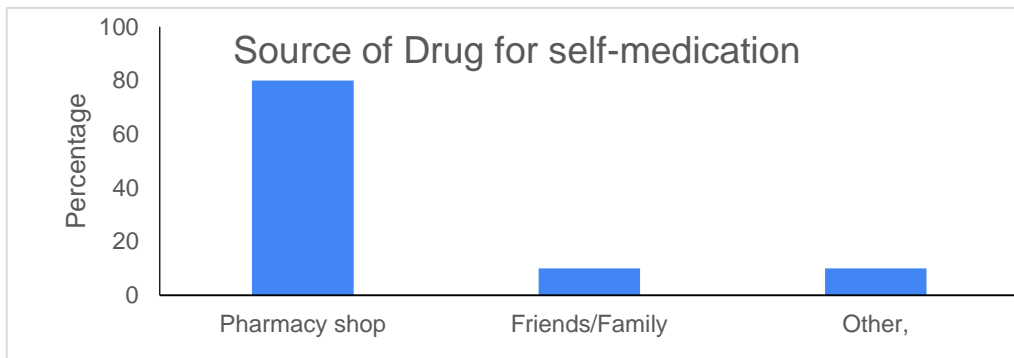


Fig 9: Sources of drug for self-medication

## 10. Check the prescribing information before self medicating:

Here fig 10 shows that most of the students are checked the prescribing information before self-medicating.

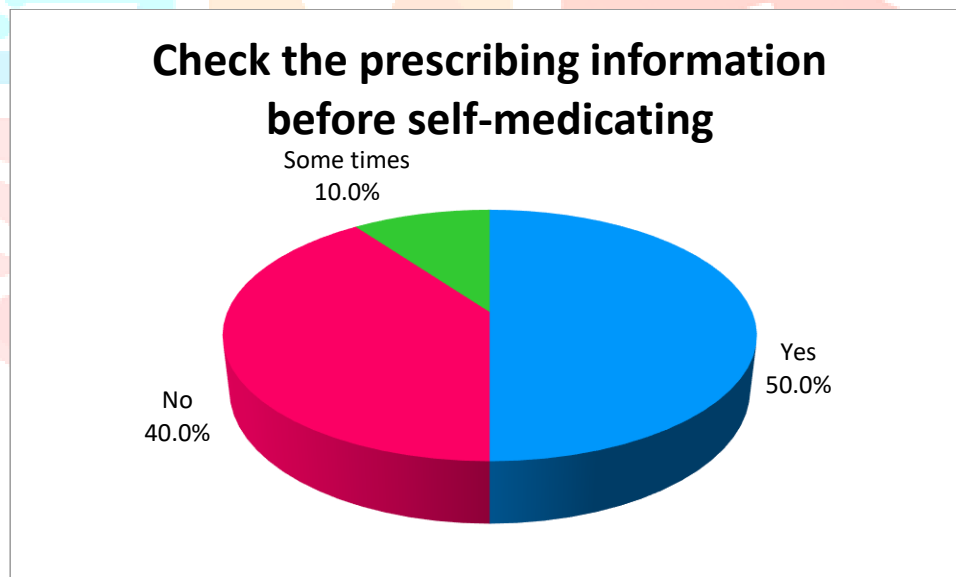


Fig 10: check the prescribing information before self-medicating.

## 11. Taking self medication for any chronic\acute diseases:

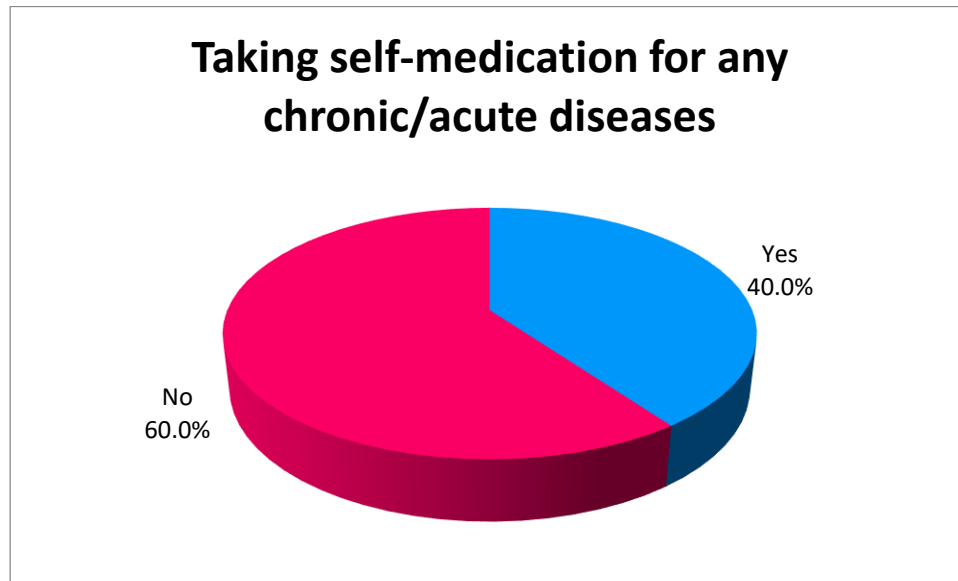


Fig 11: Taking self-medication for any chronic\acute diseases

Here shows that most of the students are taken self-medication for acute diseases 60% and 40% students for chronic diseases.

## 12. Students causing any infections in last 6 months:

Fig 12 shows that the 75% of the students are suffered severe infections in last 6 months.

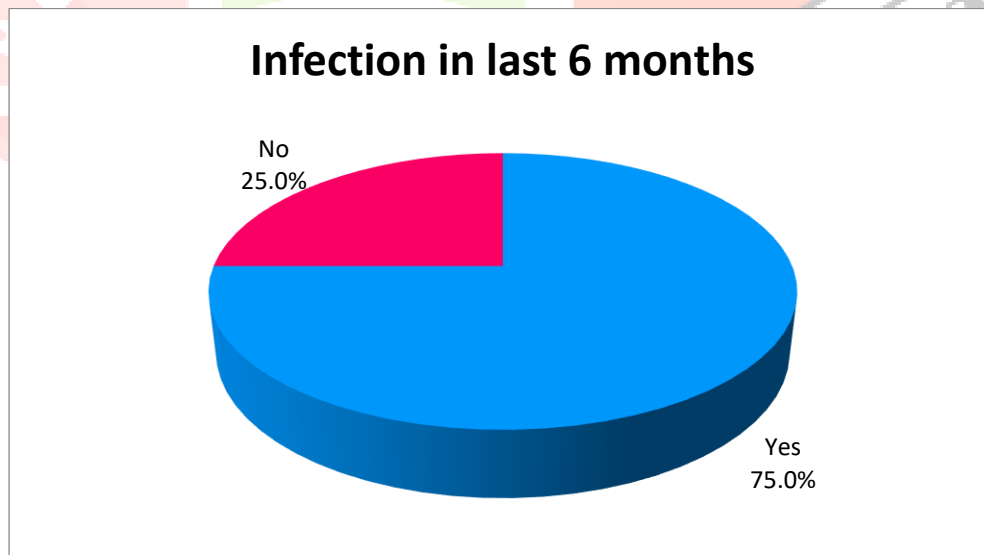


Fig 12: Infections in last 6 months

### 13. Students self-medicated themselves with anti-infective diseases:

Here shows that 70% of the students are self-medicated themselves with anti-infective diseases and only 30 % are not treated.

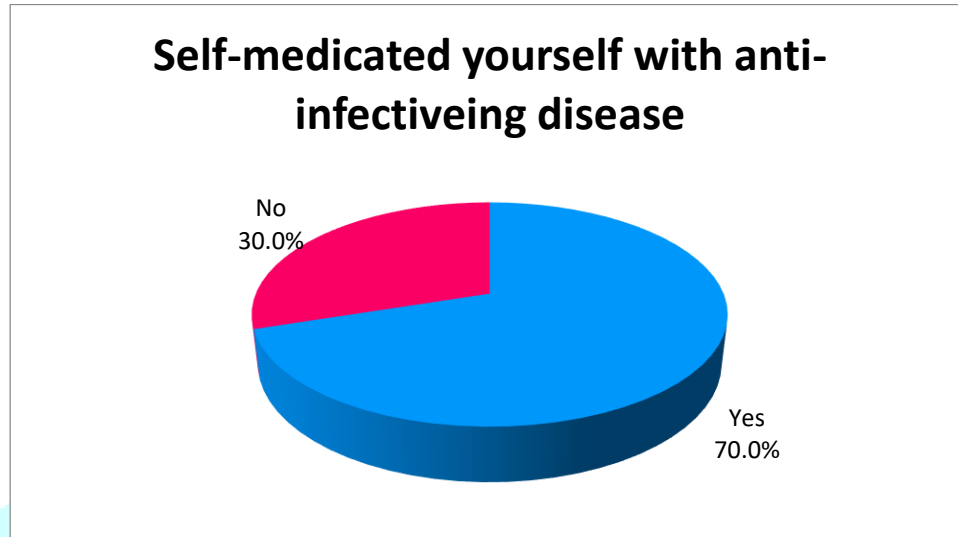


Fig 13: Self medicated yourself with anti-infective diseases

### 14. Diseases for which students are commonly self medicated

Here shows that most commonly the students are self medicated for cough (45%), and remaining are vomiting and fever (30%), menstrual problems and sore throat (10%), dental pain (25%), ear pain and running nose (10%), wounds and eye infection (5%) and other includes (10%)

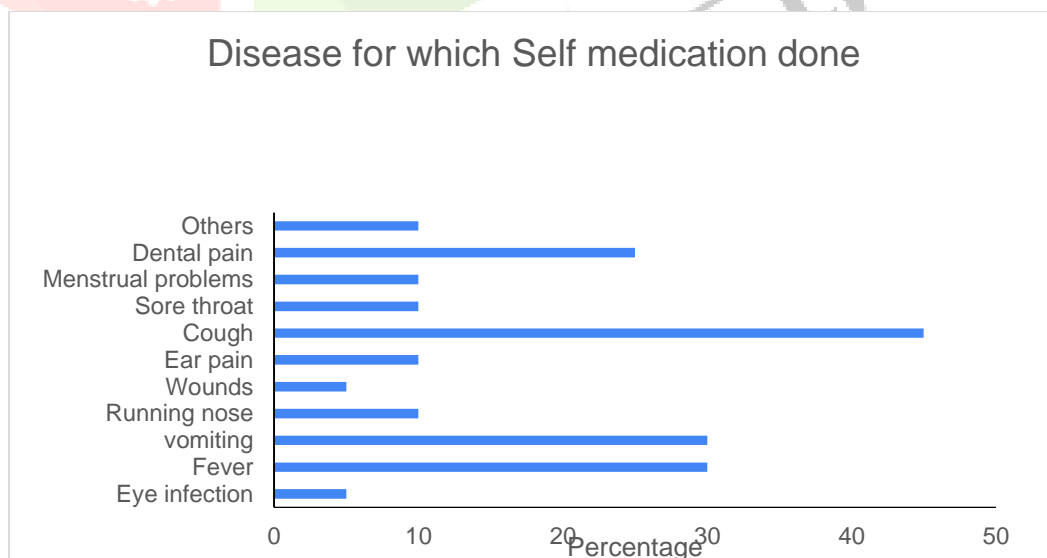


Fig 14 : Disease for which self medication done



## 15. How students understand the dosage of drug used for self medication .

The survey report shows that students understand the dose of self medication commonly from previous experience (45%), consulting pharmacist and physician (20%), by checking the prescription (15%), internet and advertisement (5%) and other includes (5%).

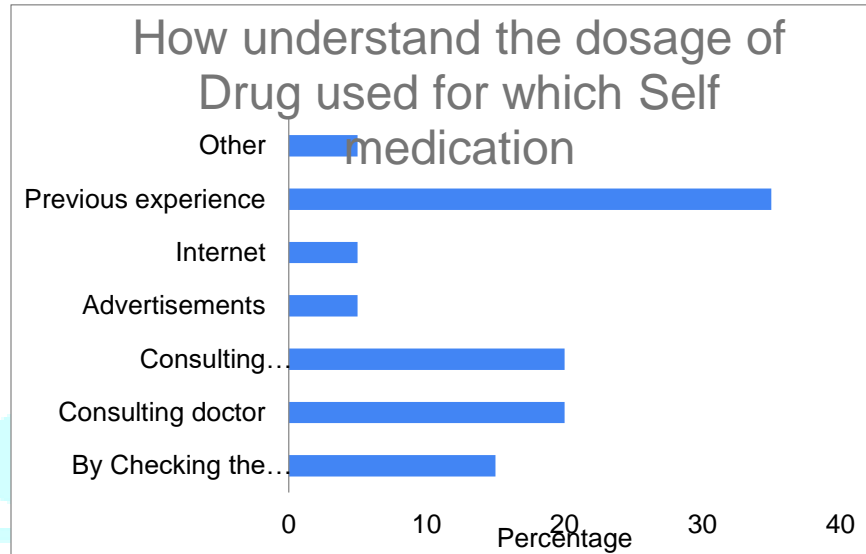


Fig15 : How understand the dosage of drug used for which self medication

## 16. Change the dosage of anti –infective during the course of self medication

The shows that 60% of students never change dosage of there anti infective agents and remaining 35% change somtimes and 5% always change the dose of the anti infective agents

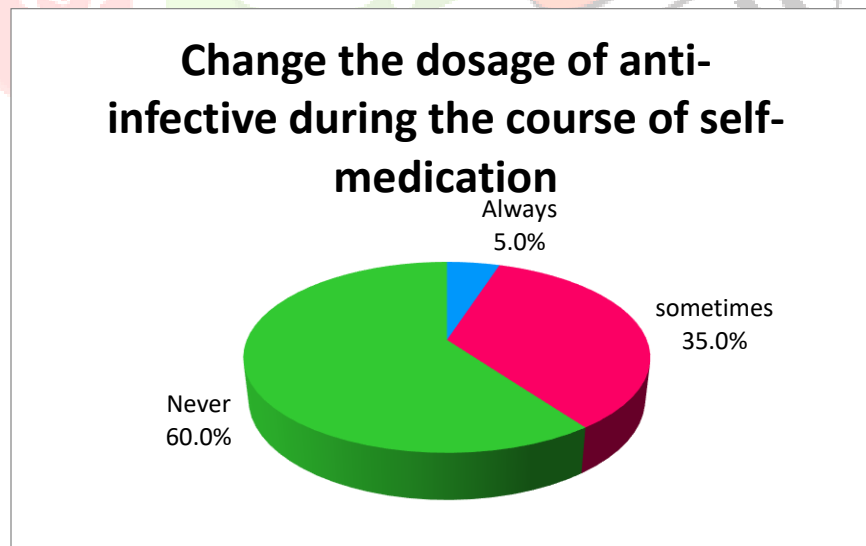


Fig 16.Change the dosage of anti-infective during the course of self-medication

## 17. Drug used for which self-medication done

Here fig 17 shows that 57% of the students are commonly used drug for self medication is Paracetamol rather than others.

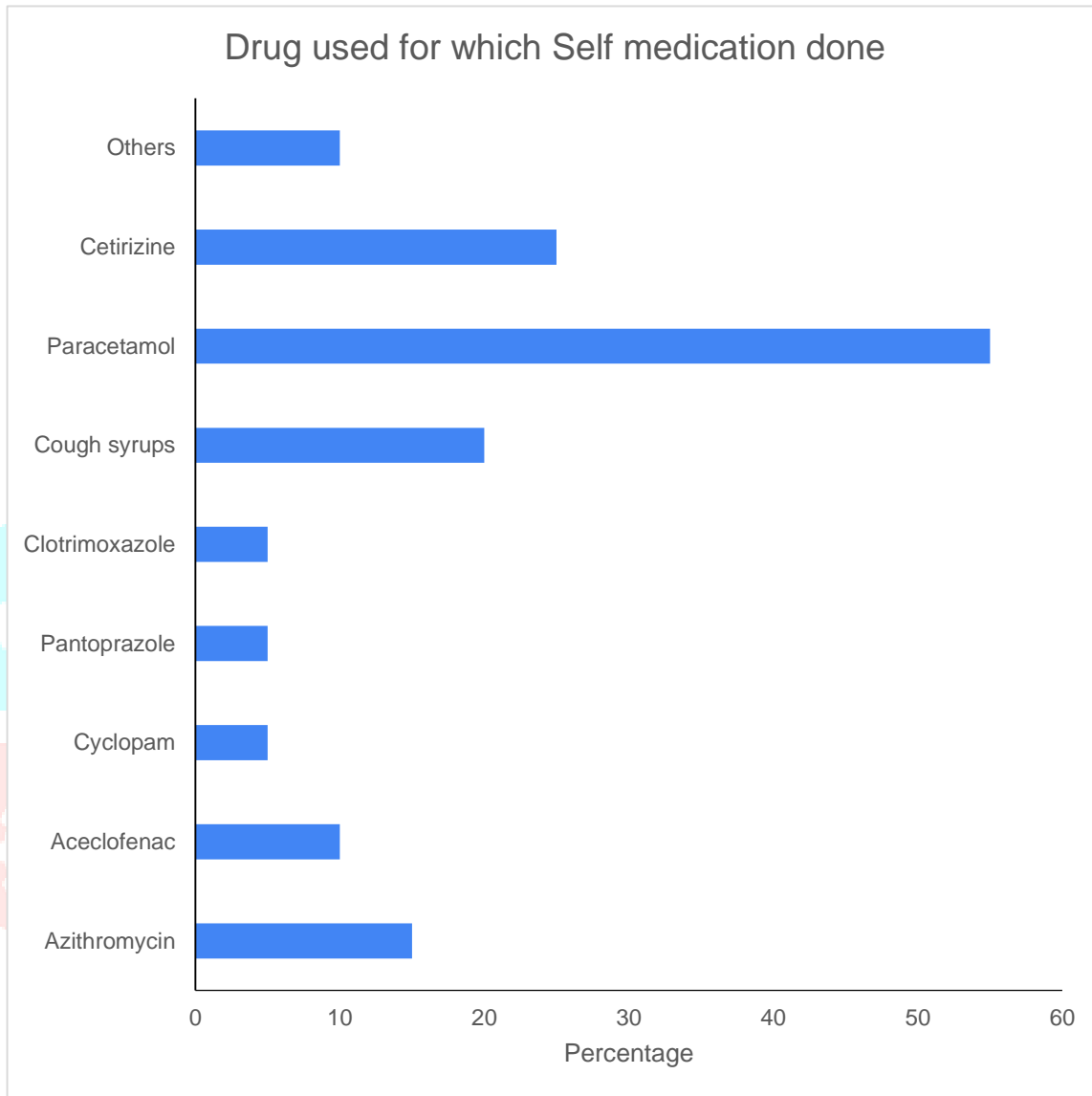


Fig 17:Drugs used for self medication

## CONCLUSION

The current study presents preliminary data regarding the use of self-medication among college students of wayanad, From our study, we conclude that self-medication was quite common among undergraduate medical students when compare to non medical students and among this most commonly used self medicated drug is paracetamol (57%), with currospondence disease fever , body pain and headache (40%). The reason for self medication is identified as pharmacist advice(35%) and the drugs are obtianed from pharmacy shopes(80%).

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