

*Original research article*

# A study to assess the knowledge and practice regarding self-medication among GNM 3<sup>rd</sup> year nursing students in selected Nursing colleges of district Etawah.

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## ABSTRACT

Self-medication, an integral and vital component of self-care, is defined as “selection and use of medicines / medicinal products including herbal and traditional products by individuals to treat self-recognized illness or symptoms, or the intermittent or continued use of a medication prescribed by a physician for chronic or recurring diseases or symptoms.” A cross sectional study was conducted to assess the knowledge and practice regarding self medication among nursing students. A sample of 60 GNM 3<sup>rd</sup> year Nursing students was taken by convenient sampling technique method. Consent was taken from the sample before data collection by structured knowledge questionnaire. The result was found that nursing students of GNM 3<sup>rd</sup> year have good level of knowledge regarding self medication. Out of 60, twenty six(43.33%) have very good level of knowledge, twenty seven(45%) have good level of knowledge, seven(11.66%) have average knowledge regarding self medication. It was found that majority of them were taking medications without prescriptions of physician. There is found significant association between knowledge and demographic variables that are residence and mother's highest qualification.

## 1 Introduction

Self-medication, an integral and vital component of self-care, is defined as “selection and use of medicines / medicinal products including herbal and traditional products by individuals to treat self-recognized illness or symptom, or the intermittent or continued use of a medication prescribed by a physician for chronic or recurring diseases or symptoms.[1] Self-medication is usually defined as intake of any type of drugs for treating oneself without professional supervision to relieve an illness or a condition. Self-medication is an issue with serious global implications. [2] Self-medication has both benefits and risks, proper use of self-medication can save scarce medical resources from being wasted on minor conditions, reduce the burden on health care facilities, and decrease the cost and time people spend to visit health care facilities for minor symptoms. [3] However, inappropriate self-medication can have a number of potential risks for example delay in seeking appropriate medical advice, failure to recognize or self-diagnose contraindications interaction with prescribed medicinal products, failure to report current self-medication to the prescribing physician (risk of double medication and/or harmful interaction), inappropriate duration of use of medicine, risk of dependence and abuse etc.[1,4] Self-medication is a global phenomenon, in which the use of drugs to treat self-diagnosed disorder or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms. Studied carried out on self-medication states that it is very common

practice, especially in economically deprived communities.

Every day we are practicing self-medication in the form of self of our health .Around the 1960's in the West, self-care and self-medication were regarded as unnecessary and potentially even unhealthy practices .this paternalistic approach to medicine supported by health systems designed to treat sickness (rather than to prevent disease) remains a familiar aspect of health care in many country this day. [5]

## Statement of the Problem

*“A study to assess the knowledge and practice regarding self-medication among GNM 3<sup>rd</sup> year Nursing students in selected Nursing colleges of district Etawah.*

## 2 Objectives

- 1 To determine knowledge score regarding self-medication among GNM 3<sup>rd</sup> year Nursing students in selected nursing colleges of district Etawah.
- 2 To determine the practice criteria related to different variables regarding self- medication among GNM 3<sup>rd</sup> year nursing students of selected nursing colleges of district Etawah.
- 3 To find out the association between knowledge score regarding self-medication of GNM 3<sup>rd</sup> year nursing students with their selected demographic variables.

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### 3 Hypothesis

**H<sub>1</sub>:** there will be significant good level of knowledge regarding self-medication among GNM 3<sup>rd</sup> year nursing students.

**H<sub>2</sub>:** there will be significant association between knowledge of self-medication with selected demographic variables.

### 4 Research Methodology

**Research approach:** Quantitative research approach.

A quantitative research approach involves the systematic collection of numerical information often under the condition of considerable control.

**Research design:** In the study descriptive research design is adopted.

### 5 Variables under study

The variables in the present study are-

- 1 The knowledge of nursing students regarding self-medication.
- 2 The practices of nursing students regarding self-medication.

**Population:** In this study population consisted of GNM 3<sup>rd</sup> year Nursing students that are studying in Nursing college UPUMS, Saifai

**Sample:** In the present study, 60 GNM 3<sup>rd</sup> year Nursing students studying in NURSING COLLEGE, UPUMS, Saifai.

**Sample size:** 60 GNM 3<sup>rd</sup> year Nursing students.

**Sampling technique:** In this study, the investigator will use convenient sampling technique to draw the samples.

### 6 Sampling criteria

**Inclusion criteria for sampling-**

- Study includes GNM 3<sup>rd</sup> year nursing students.
- Students who are willing to participate in the study.
- Students who are present at the time of data collection.

**Exclusion criteria includes-**

- Students who were not available during the study period
- Students who were not volunteers to participate in the study.

### 7 Methods of Data Collection Tool and Technique.

Tools for the present study consist of three parts- section A, section B, section C.

1. **Section A:** - Socio-demographic data are age, gender, previous qualification, socioeconomic status, residence, father's occupation, mother's occupation, father's highest qualification, mother's highest qualification
2. **Section B:** - Knowledge based questions

regarding self-medication.

3. **Section C:** -Practice checklist.

### 8 Organization Of Data

**Section 1:-**Demographic description of sample's characteristics.

**Section 2:-** analysis of data related to knowledge score of GNM 3<sup>rd</sup> year nursing students regarding self-medication.

**Section 3:-** analysis of data for practice criteria related to different variables of GNM 3<sup>rd</sup> year nursing students regarding self-medication.

**Section 4:-** Analysis of data to find association between knowledge and selected demographic variables of GNM 3<sup>rd</sup> year nursing students (such as – age, gender, previous qualification, socioeconomic status of family, residence of students, father's occupation, mother's occupation, father's highest qualification, mother's highest qualification).

### Section 2

#### Analysis of Knowledge Scores of GNM 3<sup>rd</sup> Year Nursing Students Regarding Self Medication

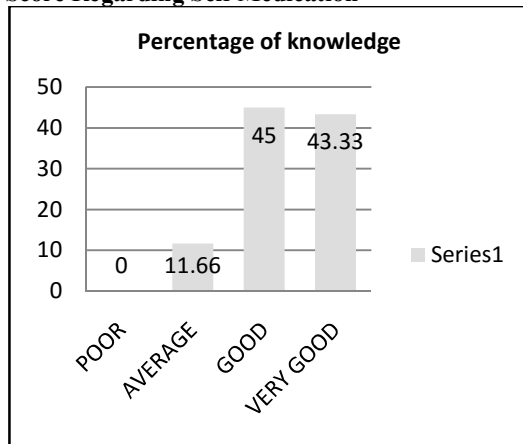
Distribution of 60 GNM 3<sup>rd</sup> year Nursing students based on their knowledge categories assessed by structured knowledge questionnaire, and is presented using descriptive statistics.

**Table 1: distribution of GNM 3<sup>rd</sup> year nursing students based on their knowledge categories regarding Self-medication n=60**

Grading	knowledge score	Frequency	Percentage
Poor	(0.5)	(f) <sub>0</sub>	%00
Average	(6-10)	7	11.66
Good	(11-15)	27	45
Very good	(16-20)	26	43.33

Maximum score = 20

The above table 3 shows that total 60 samples were selected and analyzed and categorized according to level that was divide into 4 categories of level : very good ,good, average, poor, very poor.

**Figure 1- Percentage Distribution of Knowledge Score Regarding Self Medication****Figure 1: Bar diagram showing the knowledge level of GNM 3<sup>rd</sup> year nursing students.**

The data presented in table 1 and figure 1 indicates that twenty six (43.33%) of the staff nurses are having very good knowledge, twenty seven (45%) of them with good knowledge, seven (11.66%) with average knowledge.

**Table 2: Mean, mean percentage, standard deviation for the knowledge scores of GNM 3<sup>rd</sup> year nursing students regarding self-medication**

Area	Maximum Score	Range	Mean	Sd	Mean Percentage Knowledge Scores	Level Of Knowledge
Self-Medication	20	(16-20)	14.48	2.87	72.4%	Good

The data presented in table 2 shows that the mean of total knowledge score is 14.48, whereas the standard deviation of the total knowledge score is 2.87

### SECTION 3

#### **Analysis Of Data Of Practice Criteria Related To Different Variables Of GNM 3<sup>rd</sup> Year Nursing Students Assessed By Self Administered Checklist.**

This section deals with the findings of the practice criteria related to different variables among GNM 3<sup>rd</sup> year nursing students.

**Table 3: Distribution of GNM 3<sup>rd</sup> year nursing students based on their practice criteria regarding self-medication**

Practice criteria related to different variables of 60 nursing students assessed by self- administered

checklist, and is presented using descriptive statistics as depicted in the table.

S.R.	Question Statement	Practice Criteria	Frequency (F)	Percentage %
1	Take Any Drug Without Prescription Of A Physician.	Yes No	32 28	53.33 46.66
2	Take Medication On Friends, Relatives Or Others Advice.	Yes No	18 42	30 70
3	Take Self - Medication Due To Knowledge Of Drugs Through Education/Internet.	Yes No	42 18	70 30
4	Take Medicines For Minor Illness Such As Fever, Headache As It Is Less Time Consuming.	Yes No	47 13	78.33 21.66
5	Take Self-Medication On Daily Basis.	Yes No	18 42	30 70
6	Take Self - Medication When Emergency Occurs.	Yes No	37 23	61.66 38.33
7	Read Instructions Written On The Literature/Strip With Medicine Before Taking It.	Yes No	52 8	86.66 13.33
8	Check Expiry Date Before Taking Un Prescribed Medicine.	Yes No	57 3	95 5
9	Experienced Any Adverse Reactions Such As Itching, Redness After Taking Self – Medication.	Yes No	18 42	30 70
10	Ever Stopped Taking Medicine As Soon As Observed Any Adverse Reaction.	Yes No	35 25	58.33 41.66
11	Inform To Doctor After Any Such Adverse Reaction/Condition.	Yes No	41 19	68.33 31.66

This table shows the practice criteria of GNM 3<sup>rd</sup> year nursing students regarding self- medication. The self-administered checklist was used to assess the practice criteria related to different variables. The data we found in response to yes or no, and analyzed in percentage distribution that thirty two (53.33%) of students were taking medication without prescription of doctor while twenty eight (46.66%) were not taking the self- medication. Among 60 GNM 3<sup>rd</sup> year nursing students, eighteen

(30%) were taking self-medication on friends, relatives and others advice, forty two (70%) was taking self-medication due to knowledge through education/internet, forty seven (78.33%) was taking for minor illness and eighteen (30%) was taking self-medication on daily basis. Majority out of 60 students, thirty seven (61.66%) were taking on emergency situation. Majority out of 60 students, fifty two (86.66%) read the instructions written on strip with medicine and others not, fifty seven (95%) check the expiry date before taking it that is a very important issue regarding medication. out of sixty, only eighteen (30%) have experienced any type of adverse drug reaction after taking self-medication and thirty five (58.33%) have stopped taking medicine after taking any kind of medication with or without prescription and forty one (68.33%) had informed to doctor after any kind of drug reaction.

## Section 4

### Analysis of Data to Find Association between Knowledge and Selected Demographic Variables of GNM 3<sup>rd</sup> Year Nursing Students

This table shows the association between knowledge score of GNM 3<sup>rd</sup> year nursing students with their selected demographic variables. The data in the table show that the chi test value computed using excel to find the association between knowledge score of GNM 3<sup>rd</sup> year nursing students regarding self-medication with demographic variables residence and highest qualification of mother were found to be significant at 0.05 level. Thus it indicates that there is significant association between knowledge with residence and highest qualification of mother. Age, gender, previous qualification, socioeconomic status, father's occupation, mother's occupation and father's highest qualification were not significant at 0.05. Thus it can be interpreted that there is no significant association between knowledge with Age, gender, previous qualification, socioeconomic status, father's occupation, mother's occupation and father's highest qualification.

## 9 Implication

Finding of the present study have implication for nursing education, nursing research and nursing administration.

### 10 Nursing Implications-

Nursing research should be directed to explore and update the nurse's knowledge towards self-medication and its harmful effects on the human body.

### 11 Implications for Nursing Practice-

Self-medication is a global phenomenon, in which the use of drugs to treat self-diagnosed disorder or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms. Studied carried out on self-medication states that it is very common practice, especially in economically deprived communities.

Now-a-days health care services are getting costlier and in developing countries health care facilities are not available. Hence, that time self-medication becomes an obvious choice of healthcare service.

Furthermore, it has been noted that purchase of drugs and many drugs that can only be purchased with prescription in developed countries are over the counter medication in developing countries.

These study findings will help the nursing staff, nursing students and other health personnel to understand the factors that influence the patient's knowledge, belief and attitude towards health and illness in modifying the health related behavior's. So that they can give proper health advice and create health awareness among the patients and their family members. It also helps in developing desirable health care practice.

The proper dissemination of information regarding effects and side effects of self-medication is essential to help public to develop correct and healthy attitudes towards self-medication.

### 12 Implications for Nursing Education-

Nurse educator and student nurses must have awareness about uses, effects, side-effects and adverse effects regarding self-medication.

Student nurse must have knowledge and it helps them advance their field, stay updated and offer better patient care.

### 13 Implications for Nursing Administration-

The nurse administrator should take part in arranging classes for student nurse and staff nurse, thereby improving the standards of nursing and research based clinical practice. Students should be encouraged to participate in such programmes by the nurse administrator, which in turn helps in smooth functioning of the administration by saving time, money, material and energy.

### 14 Implications for Nursing Research-

Adequate knowledge, motivation and encouragement by the management and authorities of organization can enable various research activities. This could be the quest of many novice nurse, when motivated to indulge in research

activity could improve the body of knowledge of the profession.

The findings of the study help the professional nurses and students to develop enquiring by providing a base. This study helps the nurse researchers to develop insight into development of teaching module and material towards the promotion of health.

## Conclusion

Knowledge of GNM 3<sup>rd</sup> year nursing students was dividing into four levels: very good, good, average, poor. After assessing the knowledge, we concluded that-

- A large number of students have good knowledge regarding self-medication. 45% of the GNM 3<sup>rd</sup> year nursing students have good knowledge and 43.33% have very good knowledge regarding self-medication and only 11.66% have average score of knowledge regarding self-medication. So there is no need of spreading awareness regarding self-medication among GNM 3<sup>rd</sup> year nursing students.
- Two of the demographic variables are significant and remaining are not significant.

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