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A STUDY TO ASSESS THE PREVALENCE OF SELF-MEDICATION ADMINISTRATION AMONG B.SC NURSING STUDENTS AT SELECTED NURSING COLLEGE OF GUWAHATI, ASSAM

Pallabi Sarmah*¹

^{1*}Army Institute of Nursing, Guwahati, Assam, India.

ABSTRACT

Self-medication is the use of drugs to treat self-diagnosed disorders or symptoms, or intermittent or continued use of a prescribed drug for chronic or recurrent diseases or symptoms without prescription. Medicines for self-medication are often called 'non-prescription' or 'over the counter' (OTC) and are available without a doctor's prescription through pharmacies. In some developing countries, many medications are available to public without prescription, thus, self-medication, due to its lower cost, is a replacement for people who cannot afford medical services.

KEYWORDS

Self-medication, B.Sc. Nursing students and Administration.

Author for Correspondence:

Pallabi Sarmah,
Army Institute of Nursing,
Guwahati, Assam, India.

Email: pallabisarmah1@gmail.com

INTRODUCTION

Self-medication, as one element of self-care, is the selection and use of medicines by individuals to treat self-recognized illnesses or symptoms. The practice of self-medication is widely prevalent worldwide, especially in developing countries like India where many drugs are dispensed over-the-counter without prescription. The prevalence of self-medication has sharply increased throughout the world. The practice of self-medication exists not only in the developing countries but also in the developed countries.

According to WHO's definition, self-medication is the use of drugs to treat self-diagnosed disorders or symptoms, or intermittent or continued use of a

prescribed drug for chronic or recurrent diseases or symptoms without prescription. Medicines for self-medication are often called 'non-prescription' or 'over the counter' (OTC) and are available without a doctor's prescription through pharmacies. In some developing countries, many medications are available to public without prescription, thus, self-medication, due to its lower cost, is a replacement for people who cannot afford medical services.

BACKGROUND OF THE STUDY

Many studies have revealed that young adults are more vulnerable to the practice of self-medication due to their low perception of risk factors associated with the use of drugs, knowledge of drugs, easy access to internet, wider media coverage on related health issues, ready access to drugs, level of education etc.

Advice from families, friends, neighbours, pharmacists, previous prescribed drugs, or suggestions from an advertisement in newspapers or magazines are common sources of self-medication practice. Now-a-days, self-medication should be seen as the desire and ability of people/patients to play an intelligent, independent and informed role to manage of minor ailments which concern them.

One study was conducted in Addis Ababa, capital city of federal democratic republic of Ethiopia to assess the prevalence and determinants of self-medication practice in Addis Ababa community. Prevalence of self-medication practice was found 75.5%. For practice self-medication most common ailments were headache, abdominal pain, cough, main source were health professionals and previous experience, most common reasons were mildness of illness, previous knowledge about the drug.

NEED OF THE STUDY

Self-medication is an important concern for health authorities at global level and potential contributor to human pathogen resistance to antibiotics. Self-medication is far from being a completely safe practice, in particular in the case of non-responsible self-medication. The major problems associated with self-medication practice have been drug resistance,

drug side effects, wastage of resources, and serious health hazards including death.

The dangers of self-medication are many such as habituation, allergic reactions that may be severe or even fatal. Under-dosage may not cure the symptom. Over-dosage can produce collateral damage to many organs. By masking the symptom temporarily, it will be difficult for a doctor to arrive at a correct diagnosis. Paracetamol, an antipyretics and analgesic in large doses can cause liver failure. NSAID drugs like ibuprofen increase the risk of stroke.

Title

A study to assess the prevalence of self-medication administration among the B.Sc. Nursing students at selected nursing collage of Guwahati, Assam.

Objectives

To assess the prevalence of self-medication practice among students of 18-22 years selected nursing college, Guwahati, Assam.

To determine the association between prevalence of self-medication practice with socio demographic variables in selected nursing college of Guwahati

CONCEPTUAL FRAMEWORK

The conceptual framework for this study is based on Rosenstock's (1974) and Becker and Maiman's (1975) health belief model as cited in Potter and Perry. It addresses the relationship between a person's belief and behaviors. It provides a way of understanding and predicting how individuals will behave in relation to their health and how they will comply with health practices. In health belief model, emphasis is on the individual, his/her perception and actions.

The models are comprised of three primary components:

Individual perceptions

Modifying actors

Likelihood of action

Individual perceptions

In this study individuals are adults who practice self-medication. Individual's perception regarding the susceptibility and seriousness to irresponsible self-medication practice.

Modifying factors

These are the factors that modify a person's perceptions. It includes demographic variables and cues to action. The demographic variables such as, age, gender, education, occupation, religion, marital status, monthly family income, type of family and cues to action include information received on self-medication practice from different sources such as pharmacists, taking advice from neighbor/relative, own previous experience, newspaper and magazine. Perceived threat- Individual's perception, demographic variables and cues to action combine to determine the total perceived threat of self-medication practice.

Likelihood of action

Influenced by the perceived benefits of preventive action such as adequate knowledge, appropriate or responsible self-medication practice. Also, the investigator will further give suggestions to develop awareness programmes and health education in order to reduce irresponsible self-medication practice.

Operational definition

In this study self-medication practice is defined as an act of using common medication by B.Sc. nursing students without taking medical advice or a prescription in the last 3 months

Assumption of the study

B.Sc. nursing student may practice self-medication frequently.

Some factors may influence the B.Sc. Nursing students to practice self-medication.

Hypothesis

There is significant association between prevalence of self-medication use with socio demographic variables.

Delimitation

The study is limited to 18-22 years of B.Sc. Nursing students.

REVIEW OF LITERATURE

In the present study. The literature review has been presented under the following headings:

Mathias E, Prabhu S, Dsouza A, (2022) conducted a study on "self-medication practice among the adolescent's population of south Karnataka, INDIA",

The Aim of study to determine the prevalence of self-medication among adolescents and finding the association between self-medication and selected demographic variables the study was conducted in south Karnataka. A total of 220 adolescent were included in the study selected through cluster random sampling. Subjects were assessed by self-administered questionnaire with a demographic profile sheet. Results revealed that Around 120(54.5%) adolescents were in the age group of 17 years; among them, 123(55.9%) were females. The prevalence of self-medication was found to be 173(78.6%). Antipyretics were consumed by 147(78.6%) adolescents and antitussives by 120(54.5%). It was observed that 110(50%) of the adolescents preferred allopathic system of medication. The results also showed that factors like the type of family ($\chi^2 = 9.615$, $p < 0.05$), father's education ($\chi^2 = 13.791$, $p < 0.05$), mother's education ($\chi^2 = 14.633$, $p < 0.05$), and distance from a nearest medical store ($\chi^2 = 17.290$, $p < 0.05$) were associated with self-medication. The study concluded that the present study has shown that the prevalence of self-medication is high among adolescents, and most of them had taken it without consulting a doctor.

Basques R, J Popul (2022) conducted a study on "knowledge and attitude of medical students toward self-medication" The aim of this study is to assess the knowledge and attitude of self-medication among medical students in Tikrit University. The study setting was Tikrit University College of Medicine from December 15, 2017 to March 15, 2018. The sample of 225 students, out of which 113 were males and 112 were females. Samples were selected in a systematic stratified, random sampling design from all stages of the college. The result showed that about 81.3% of the medical students who enrolled in the study used self-medications. The results revealed that Headache (92%) followed by fever (64%) and common cold (58.6%), according to the opinion of the medical students. Doctors' advice was the main source of information that the students (64%) depended on, followed by advice from pharmacists (47.5%). The study concluded by showing most of the respondents had poor knowledge (72.8%), but

more than half of the students had a positive attitude (67.25%) toward self-medication.

METHODOLOGY

Research approach

A quantitative research approach.

Research Design

Non experimental descriptive survey design

Variables- Demographic variables and research variables.

Demographic variables

It includes age, gender, educational status, occupation, religion, marital status, monthly family income, type of family.

Research variable

Self-medication practice and its influencing factors.

Setting of the study

The study was carried out in the Nursing college of Guwahati.

The setting was selected because of feasibility of conducting the study. availability of the samples and geographical proximity.

Population

The target population of the present study consisted of the students in the age group of 18-22 years, in selected nursing college of Guwahati, Assam.

Sampling Technique

Non probability convenience sampling technique.

Sample And Sample Size

Sample size for present study = 54

Tool- Self structured questionnaire.

Inclusion Criteria

3rd year and 4th semester B.Sc. Nursing students.

Exclusion Criteria

Students who all are absent during the time of data collection.

Description of the tool

Socio demographic proforma, Prevalence of self-medication practice and its influencing factors.

Reliability of the tool

Reliability of the tool was done by split half method. The reliability of the tool was 0.91 was considered to be reliable.

Pilot study

Pilot study was done to trial out the tool and it was effective.

DISCUSSION

The major findings of all nursing students surveyed

Majority 36(66.6%) were in the age group of 20-22 years. It was found that majority 26(48.1%) father's education have completed their study up to graduation, majority 23(42.5%) mother's education have completed their study up to higher education, majority 46(85.1%) were healthy (18.5-24.9). It was found that majority 47(87.03%) were from Hindu religion, majority 43(79.6%) were belongs to nuclear family.

In this study shows that 42.5% subjects practiced self-medication and 57.4% not.

Common ailments for self-medication practice were, mostly dysmenorrhea 32.2%, diarrhoea 28%, dental pain 27.1%, allergy 12.7%. Source of knowledge for self-medication practice were, mostly professional knowledge 61%, own previous experience 37.3%, internet 29.7%, friends and colleagues 5.9%. Reasons for self-medication practice were, mostly quick relief 45%, time saving 39.8%, minor illness 39%, doctor will prescribe the same drug 2.5%.

There is significant association of prevalence of self-medication practice with selected demographic variables (age) of B.Sc. Nursing at 0.05 level of significance. Thus, the stated research hypothesis, i.e. there is significant association of the prevalence of self-medication practice with selected demographic variables is accepted and the null hypothesis rejected with respect to religion and study year.

NURSING IMPLICATION

The findings of the study have implications to nursing education, nursing administration, nursing practice and nursing research. The implications can be discussed as follows:

NURSING EDUCATION

The results of the study help the nursing personnels to identify the prevalence of self- medication among the B.Sc. nursing students at selected nursing college of Guwahati, Assam.

NURSING ADMINISTRATION

In-service education may be organised for nursing professional to develop up to date knowledge about self-medication and its affects so that they can be a resourceful person.

The nurse as an administrator can plan, organise and conduct a structured tea ching programme for the B.Sc. Nursing students at college or clinical setting. This way nursing administrator can enhance the knowledge and keep them aware about their health.

NURSING PRACTICE

The study will help the nurses to develop their knowledge to promote and prevent various health hazards due to irresponsible use of self-medication in B.Sc. Nursing. The health nurse who are the core member can educate the B.Sc. Nursing students who practiced self-medication to limit the practice and to adopt responsible use of self-medication.

NURSING RESEARCH

Research in the field of nursing helps to improve the nursing practice and development of its own body of knowledge. Und Undertaking scientific research contributes to the profession as a whole body by improving knowledge, attitude and skills leading to improving the standard of nursing profession. Though the sample size is small, still this study results also contribute to expand the body of knowledge related to nursing research on self-medication practice.

LIMITATION

The study was limited to 54 samples of 3rd year B.Sc. nursing and 4th semester B.Sc. nursing students.

RECOMMENDATION

The study can be replicated on larger sample were findings can be generalised. The similar study can be conducted in different settings.

ANALYSIS OF THE DATA

SECTION - I

Table No.1: Frequency and percentage distribution of demographic data

S.No	Characteristics	Frequency	Percentage
Age (in years)			
1	Below 18 years	0	0%
2	Between 18-20 years	11	20.3%
3	Between 20-22 years	36	66.6%
4	Above 22 years	7	12.9%
BMI			
5	Less than 18.5	8	14.8%
6	Between 18.5-24.9	46	85.1%
7	More than 24.9	0	0%
Father's education			
8	No formal education	0	0%
9	Primary school	4	7.40%
10	Higher school	24	44.4%
11	Graduate and above	26	48.1%
Mother's education			
12	No formal education	2	3.70%
13	Primary school	13	24.0%
14	Higher school	23	42.5%
15	(Graduate and above	16	296%

Religion			
16	Hindu	47	87.0%
17	Muslim	5	9.2%
18	Christian	0	0%
19	Others	2	3.70%
Type of family			
20	Modern family	0	0%
21	Nuclear family	43	79.6%
22	Joint family	10	18.5%
23	Extended family	1	1.8%
Study year			
24	4th semester B.Sc. nursing	27	50%
25	3rd year B.Sc. nursing	27	50%
Have you taken self-medication in past three months?			
26	Yes	23	42.5%
27	No	31	57.4%

Section-II

Table No.2: Frequency and percentage distribution of level of knowledge among B. Sc. Nursing students

S.No	Level of knowledge	Score Percentage	Frequency	Percentage
1	Poor Knowledge	< 50%	3	5.56%
2	Moderate Knowledge	50-75%	48	88.88%
3	Good Knowledge	> 75%	3	5.56%

Section-III

Table No.3: To determine the association of self-medication practice with selected demographic variables

S.No	Demographic Variables	Good	Moderate	Poor	Total	d f	X ²	Value of “p”	Remarks
Age									
1	Below 18 years	0	0	0	0	6	5.68	0.46	NS
2	Between 18-20 years	0	9	2	11				
3	Between 20-22	3	32	1	36				
4	Above 22 years	0	7	0					
BMI									
5	Less than 18.5	0	7	1	8	6	3.18	0.75	NS
6	Between 18.5-24.9	3	41	2	46				
7	More than 24.9	0	0	0	0				
Father’s Education									
8	No formal education	0	0	0	0	6	8.161	0.196	NS
9	Primary school	1	3	0	4				
10	Higher school	0	21	3	24				
11	Graduate and above	2	24	0	26				
Mother’s Education									
12	No formal education	0	2	0	2	6	6.71	0.349	NS
13	Primary school	1	12	0	13				
14	Higher school	0	22	1	23				
15	Graduate and above	2	12	2	16				

Religion									
16	Hindu	3	43	1	47	6	13.12 1	0.041	S
17	Muslim	1	4	0	5				
18	Christian	0	0	0	0				
19	Others	1	1	0	2				
Type of family									
20	Modern family	0	0	0	12	6	9.985	0.125	NS
21	Nuclear family	2	39	2	24				
22	Joint family	1	8	1	17				
23	Extended family	0	1	0	1				
Study Year									
24	4th semester B.Sc. nursing	2	25	0	27	2	6.38	0.041	S
25	3rd year B.Sc. nursing	1	23	3	27				
Consumption in past 3 months									
26	Yes	1	22	0	23	2	2.49	0.288	NS
27	No	3	26	3	31				

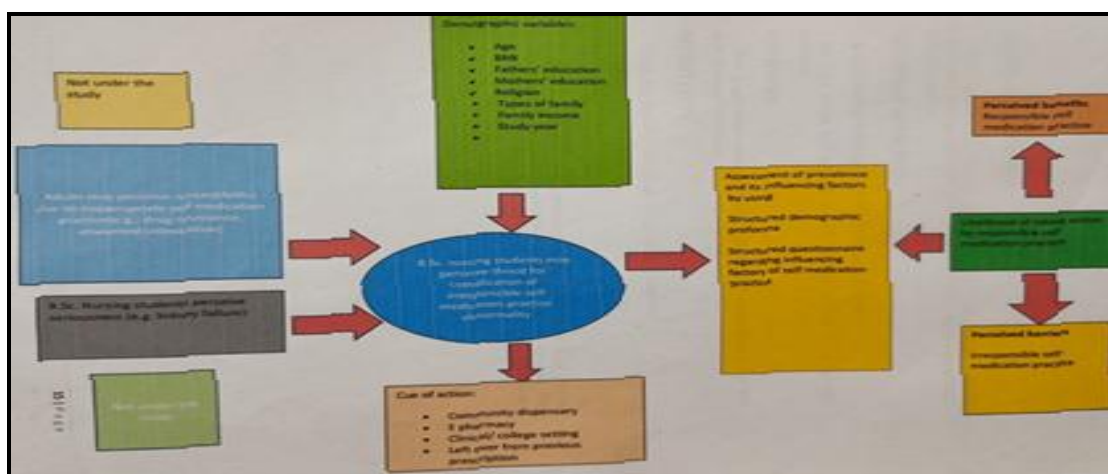


Figure No.1: Modified Conceptual framework

CONCLUSION

After conducting the study, the following conclusions can be drawn from the study finding

Firstly, the study concluded that, self-medication practice is quite prevalent among the B.Sc. Nursing students.

Secondly it was found that, influencing factors for practice self-medication were, common ailments, mostly for dysmenorrhea, diarrhoea, dental problems and other allergy. Pantoprazole and other analgesics were most commonly used drugs. Source of knowledge for practice self-medication were, mostly from professional knowledge, own previous

experience and taking advice from others. Reasons for practice self-medication were, mostly due to quick relieve, minor illness, previous experience of similar symptoms.

It was found that, there is significant association between prevalence of self-medication practice with selected demographic variables. The findings of the study are consistent with the literature and have strong support from some of the studies of the world and India. Based on the finding of the present study it concluded that self-medication is quite prevalent among B.Sc. Nursing students.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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