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## **A study to assess the prevalence of Self-medication and its associated factors among adolescents of Pre University Colleges of Udupi District**

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## "ABSTRACT

The study titled "A study to assess the prevalence of Self-medication and its associated factors among adolescents of Pre University Colleges of Udupi District" was carried out by Edlin Glane Mathias, in partial fulfillment of the award of Master's Degree in Nursing, at the Manipal College of Nursing, Manipal.

Objectives of the study were to determine the prevalence of self-medication among adolescents, identify the factors associated with use of self-medication among the adolescents by using self-medication assessment tool and find the association between self-medication and demographic variables like age, gender, type of family, area of residence, education of parents, occupation of father and mother and distance of nearest medical store.

The conceptual framework for the study was based on Consumer Socialization model developed by Moschis and Churchill (Revised on 1978). The data was collected by using validated and pretested tools. Cluster sampling technique was used to select the sample. Pilot study was conducted among 30 adolescents after establishing content validity and pretesting tools. Main study was conducted among 220 adolescents belonging to St Mary's PU College, Shirva, Al-Ishan PU College, Mulloor, Government Pre-University College, Palimar.

The major findings of the study were that majority of the adolescents 120 (54.5%) were in the age group of 17 years, specifically 123 (55.9%) of them were females. Majority of parent's had primary qualification 95 (43.2%) and were non-professional. Most of the adolescents 175 (79.5%) expressed that the distance of nearest medical store was 1-4 kms from their home.

The study further revealed that the self-medication is common and rampant. About 147 (84.9%) of the adolescents had taken self-medication as anti-pyretics, anti-tussives 120 (69.30%), 86 (50.0%) had taken analgesics, 58 (33.5%) took anti-emetics, antacids 46 (26.50%), anti-allergics 30 (17.30%). Commonly used drugs were: Tablets Calpol, Cetrizine and Domstal, Syrups Alex and Gelusil. Majority of the adolescents reported reasons for taking self-medication was due to emergency conditions, busy work, relying on previous prescriptions and unavailability of the physicians. Study results showed that there is significant association between use of self-medication and 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 of nearest medical store ( $\chi^2=17.290$ ,  $p<0.05$ ).

The study concluded that 173 (78.6%) of the adolescents residing in rural areas had used self-medication during past one month. Adolescents reported that the most preferred system of medicine was allopathic drugs like Tablets Calpol, Ceftum, Domstal and Imodium, Syrups Alex, Asthalin and Gelusil were commonly used in the self-medication. The source of information reported were Parental advice especially from mother, distance of the pharmacy, emergency situations, busy work, previous prescription, and long distance of clinic. The

study also concluded that majority of the adolescents used self-medication when symptom was difficult to control.

Based on the specific study on adolescents the following recommendations are made which are of great help to the further research:

- A similar study can be done with qualitative approach
- A qualitative study can be done to assess the factors associated with self-medication
- A comparative study can be done among rural and urban adolescents on self-medication.
- A interventional study can be done to create awareness among adolescents on self-medication.

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