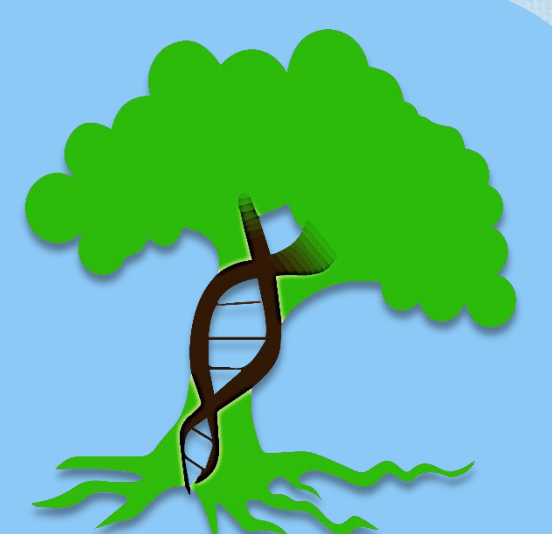Khan

PREVALENCE OF SELF-MEDICATION AMONG UNDERGRADUATE STUDENTS OF LIFE SCIENCES AT BUITEMS:A CROSS-SECTIONAL STUDY

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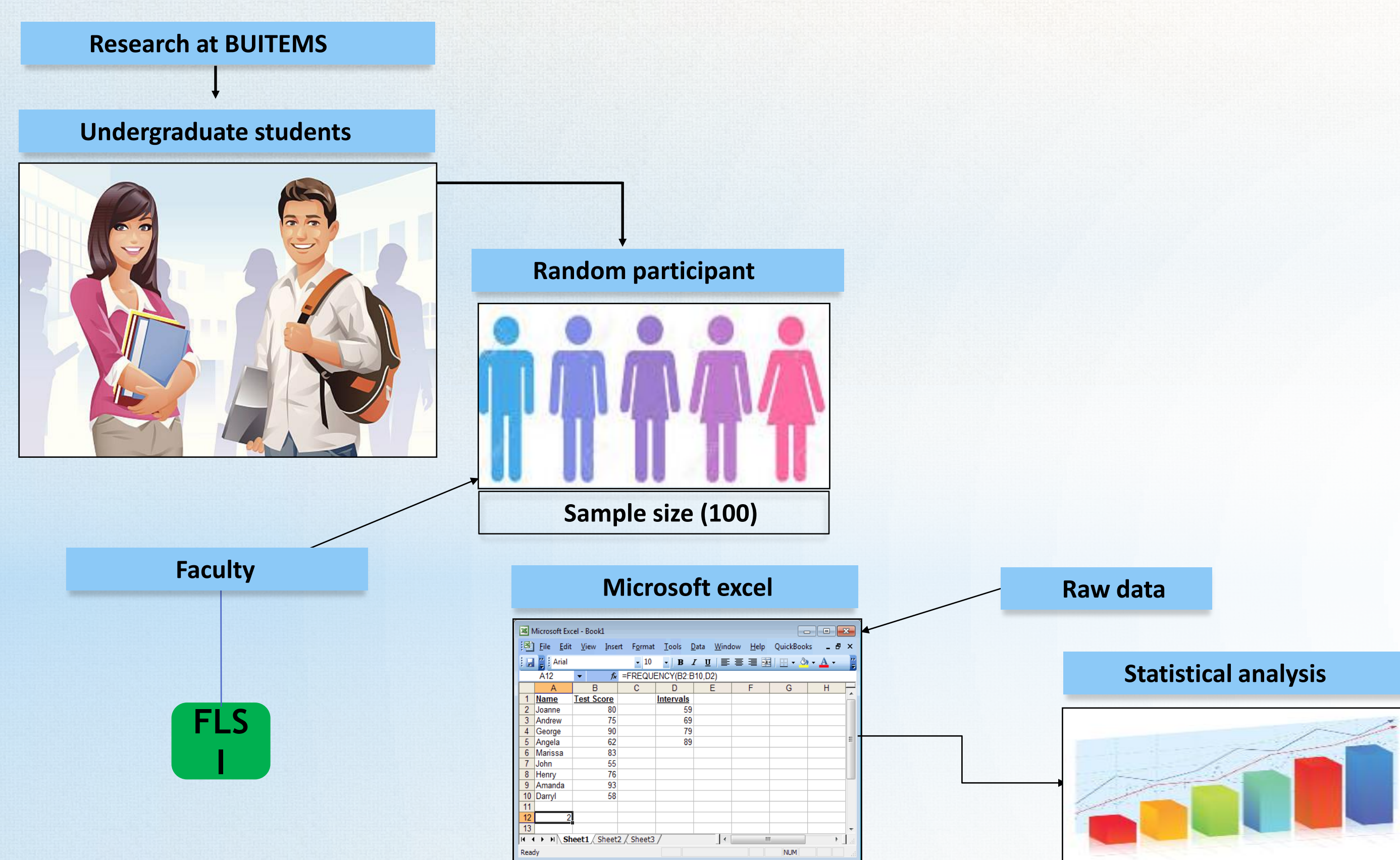
ABSTRACT

The current learning concludes the prevalence of Self-medication among undergraduate students of Life sciences at BUITEMS and it is found to be relatively high (70%).In addition, a strong positive association between easily availability of drugs without prescriptions from nearby pharmacies and self-medication was identified. Besides, factors like self-diagnosis of diseases, less severity of disease etc also contributes towards self-medication practices by the students. Thus, awareness and education regarding the implications of self-medication among university students is must and strict policies could be introduced to regulate the procurement of medications.

INTRODUCTION

Self-medication is defined as usage of medicines without proper consultation from any healthcare experts or physicians (1). Self-medicating does not always mean to treat minor problems like headache, flu, cough etc (2). But now-a-days people mostly self-medicate to treat depression, anxiety, any emotional or physical stress without any prescription (3). You may research over your medication on the internet to know about your illness. However, if you consume your medicine without seeing your doctor then it is not a good idea (4).

STUDY DESIGN

RESULTS

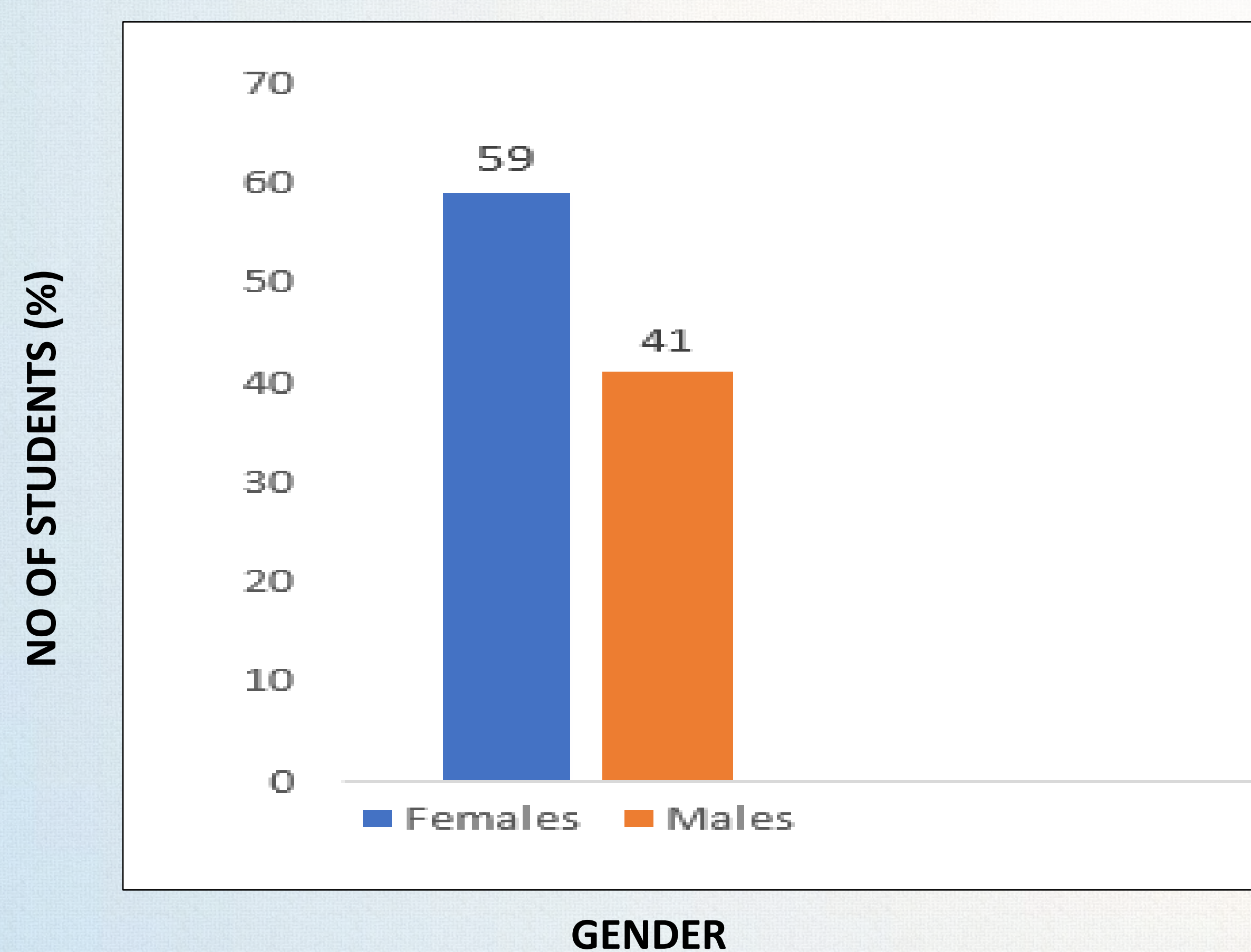**FIGURE-1: Out of 100 randomly selected students 59% were females and 41% were males.**

FIGURE-2: Gender wise prevalence of self medication among life sciences undergraduates
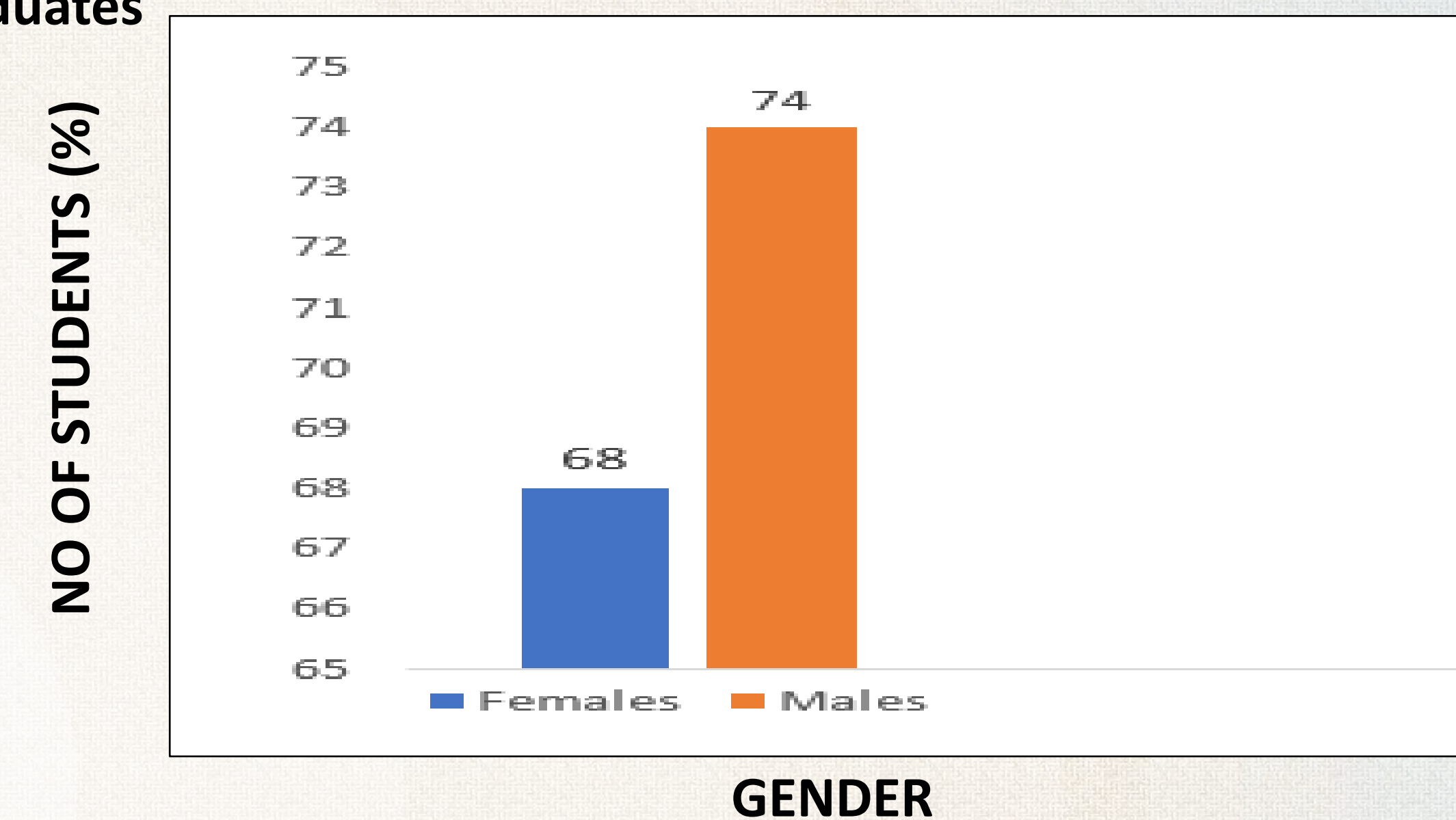

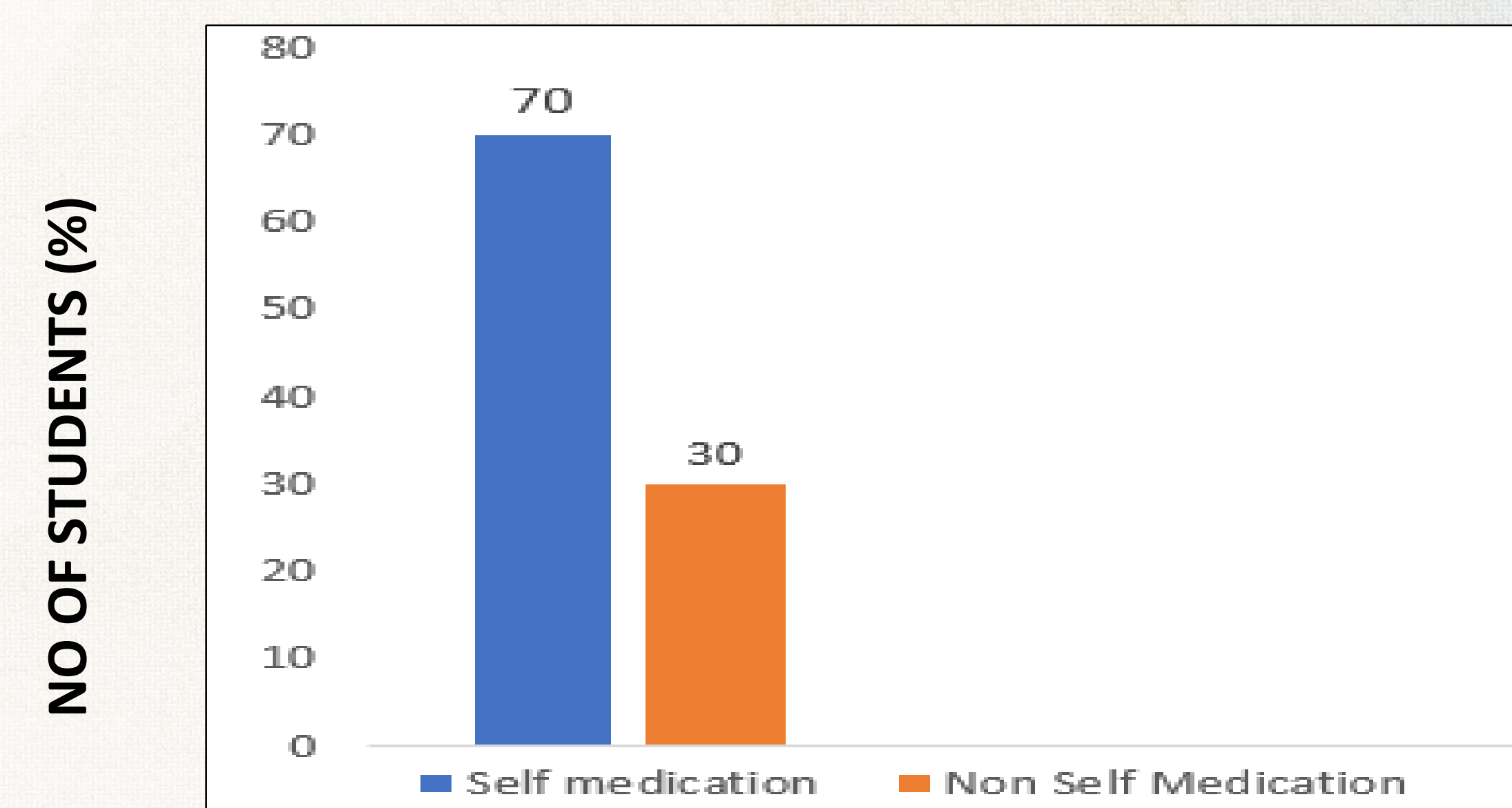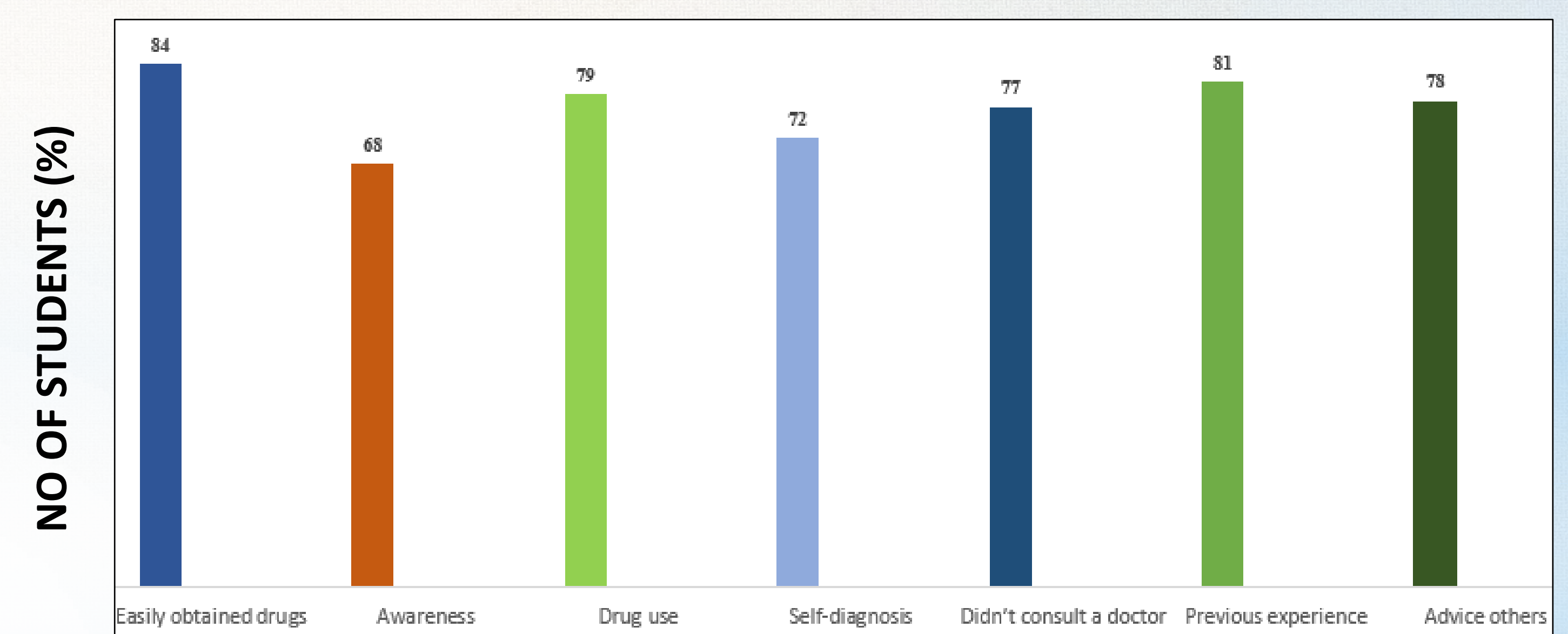**FIGURE-3: Overall prevalence of Self-medication among Life sciences undergraduates**

Figure-4: Reasons of self-medication among life sciences undergraduates

CONCLUSION

Results of this study showed that the overall prevalence of self-medication was high among the undergraduate students of Life sciences despite the fact that majority found aware of its harmful effects. Therefore there is need to revisit the definition and relative significance of 'self-medication' in our local setting.

RECOMMENDATIONS

1. Future studies based on my research model can be tested on various cities of Pakistan with same target sector
2. Establishment of counselling centers at universities to correct the behaviour of young and vulnerable undergraduates and upsurge their motivation to the rational treatment of diseases

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