

A study to assess the Self- medication practices with Over-The-Counter drugs among Industrial workers

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ABSTRACT:

INTRODUCTION-A descriptive correlation study was conducted to assess the self medication practice among industrial workers .Now days self medication is a modern and traditional method ,self medication is the process to treat his or her own illness without consuming doctors and other health care workers. The study which helps to know the self medication practices among the Industrial workers. **OBJECTIVES-** To assess the self-medication practices with over the counter drugs among the industrial workers, to assess the self - medication awareness with over the counter drugs among the industrial workers. To find correlation between self- medication practices and self-medication awareness among industrial workers. To find the association between self - medication practices with OTC drugs among the industrial workers with selected demographic variables.To find the association between self -medication awareness with over counter drug among the industrial workers with selected demographic variables. **RESEARCH MEDHODOLOGY** - Quantitative, descriptive correlation study was conducted in industrial employee were working at selected Rane break line company in ambattur.150 subject were selected who fulfilled convenient sampling technique. **RESULTS-** The study findings show that the majority of industrial workers 106(70.7 %) high level of self-medication practices 44(29.3%) the moderate level of self-medication practice among the sample frequency and percentage reveals that the industrial works 113 (75.3%) had fair levels of self-medication awareness of 37(24.7%) poor levels of self medication awareness. The positive correlation and shows the result pearson correlation statistically significant. among the association between level of self-medication practices and awareness with over counter drug had shown statistically significant association between level of self- medication practices with over counter drug among industrial workers . the study reveals had shown statistically

significant association between levels of self-medication awareness with over counter drugs among industrial workers

I. INTRODUCTION:

Most people would agree that a job or an occupation is an essential part of life, Individuals view work differently. Some people consider their job simply as a means to monetary compensation, while others consider it to be what defines their social status. They spend much of our time in the workplace.The World Health Organization defined self- medication (SM) as “the use of drugs to treat self-diagnosed diseases or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms”. SM as one element of self-care involves the process of getting and consuming drugs without the advice of a physician either for diagnosis, treatment, prescription, surveillance or monitoring. It is also associated with the selection, procurement and use of medicines by individuals to treat self-diagnosed conditions as well as giving medications to other household members or dependent. Fekadu et al. (2020)According to WHO “self- medication is the selection and use of medicines by individuals to treat self-recognized illnesses or symptoms.” Self-medication is used as a part of self-care. In history, human beings considered themselves as responsible for their own health. From 19th century onwards, medical profession has emerged as an important profession in caring human health from their scientific discoveries of diagnostics, surgeries and medicine as a result of which patients became passive in their self-care. Patil et al., (2017)Self-medication is a use of modern and traditional method for self-treatment without consulting a physician either for diagnosis, prescription, or surveillance of treatment. It involves obtaining medication without prescription and taking medicines on advice of and from friends and relatives. Self- medication is common in both developed and developing countries but higher in

developing countries, due to wider increase of drug availability without prescription. Self- medication increases the possibility of drug abuse and drug dependency. It also masks the signs and symptoms of underlying diseases, hence complicating the problem, creating drug resistance, and delaying diagnosis. Self- medication has been reported to be on the rise globally. Esan et al. (2018)

BACKGROUND OF THE STUDY

People around the world tend to treat the disease, almost 50% either wait for the problem to run its course or use a home remedy. 25% turn to the OTC medicines. The 2008 National Social Life, Health, and Aging Project examined the prevalence of both OTC and prescription medication use among adults aged 57 to 85 years old in Washington, DC. 81% of the respondents took at least one prescription medication 29% took five or more prescription medications concurrently; 42% used at least one OTC medication. In a recent New Mexico study of deaths from unintentional drug poisoning, 0.9% was from OTC medications. California showed that 8.5% admitted to abusing prescription drugs and 16.2% admitted to abusing OTC medications. Sharma, et al., (2017)

NEED FOR THE STUDY

In India there is a range of disease occurrence coupled with an inadequate health service, reduce the load on the medical service. 50% of people wait for the symptoms to subside, 25% take resort of prescription medicines while the remaining 25% turn to OTC (over-the-counter) medicines for relief. It is practiced significantly worldwide even though its type, extent and reasons for its practice may vary. They thought that these medications are risk-free and useful for the treatment of common health problems, their excessive use can lead to side-effects and unfavorable reaction. Krishnaveni et al. (2018)

MATERIALS AND METHODS

Research approach

A quantitative research approach.

Research Design

A descriptive exploratory research design.

Setting of the study

Rane Brake Line industrial company

Population

Industrial employees .

Sample size

The sample for the study was 150 industrial workers.

Sampling technique

A probability cluster sampling technique.

SAMPLE SIZE

The sample size was 150.

SAMPLING TECHNIQUE

The samples were selected using simple random sampling by lottery method.

INCLUSION CRITERIA

- Men and women employees.
- Employees who are willing to participate in the study and present at the time of data collection

EXCLUSION CRITERIA

- Who were not willing to participate

Validity of the tool

The validity of the tool was obtained from five experts. Three experts were masters in medical surgical nursing, one biostatistician and one medical surgical nursing. The tool was validated and the modifications given were taken into consideration.

Reliability of the tool

Statistical Package for the Social Science (SPSS) version 25, Cronach's alpha reliability (r) which was found to be 0.89 in practice questionnaire. The reliability test score shows there is a stability and consistency in the tool items. Hence the tool was considered highly reliable for proceeding with the main study.

DATA COLLECTION PROCEDURE

The formal permission obtained from the concerned authorities. The industrial workers were selected by using convenient sampling technique. The investigator introduced and explained about the purposes of the study to the industrial workers. The investigator selected 150 industrial workers in between the 4 weeks of time duration (15.02.2021 to 15.03.2021). Each day 8 to 10 samples were selected and the investigator obtained the consent from industrial workers. After that the investigator assessed the industrial workers with demographic variables. Assessed the level of self- medication practices and awareness with over the counter drugs among the industrial workers by using standard questionnaire

II. RESULT

DESCRIPTION OF SOCIO – DEMOGRAPHIC VARIABLES

Frequency and Percentage Distribution of socio-demographic variables among industrial workers. Out of the 150 industrial workers who were interviewed, Majority of the industrial workers 58 (38.6%) of study population were in the age group between 40 years and above. Most of the

industrial workers were male 119 (79.3%).Majority of the industrial workers were belongs to married 104 (69.3%).Most of the industrial workers comes under nuclear family 76 (50.7%).Most of the industrial workers completed schooling 64 (42.7 %) in education .Most of the industrial workers were family monthly income is 60 (40%) in less than rupees 10000.Majority of the industrial workers were worked in 9 to 12 hours 70 (746.7%).Most of the industrial workers 72 (48%) were having comorbidities. Most of the industrial

workers 104 (69.3%) were not any health care professional at home. Majority of the industrial workers 44 (29.3%) were having sometimes in comfortable taking over the counter medication. Majority of the industrial workers 49 (32.7%) were having sometimes in buy the medication without doctor prescription. Most of the industrial workers 56 (37.3%) were illness was minor. Majority of the industrial workers 76 (50.7%) were oral form of taking self medication.

Assessment of the level of self-medication practices and awareness with over-the-counter drugs among industrial workers.

Level of Self-medication practices	Frequency (N)	Percentage (%)
Moderate	44	29.3
High	106	70.7
Total	150	100

Frequency and percentage distribution of level of Self- medication practices with over-the-counter drugs among industrial workers. Majority of the industrial workers 106 (70.7%) had high level of self-medication practices and 44 (29.3%) had moderate level of self-medication practices respectively.

Correlation between self-medication practices and awareness with over-the-counter drugs among industrial workers.

Correlation between Self-medication practices and awareness with over-the-counter drugs	MEAN	STANDARD DEVIATION	'r' VALUE	'p' VALUE
Self-medication practices	17.75	3.525	0.206	0.011*S
Self-medication awareness	2.126	0.845		

Showed Correlation between Self-medication practices and awareness with over-the-counter drugs among industrial workers is (17.75±3.525) and (2.126±0.845). Correlation between Self- medication practices and awareness indicates the positive correlation and shows the results pearson correlation r- value is (0.206), p- value is (p=0.011) are statistically significant.

Association between level of self-medication practices and awareness with over-the-counter drugs among industrial workers with their selected demographic variables

The table 5 depicts that the demographic variable Monthly income in rupees and How often do you buy the medication without doctor prescription had shown statistically significant association between level of Self- medication

practices with over-the-counter drugs among industrial workers with chi-square value at $p < 0.05$ level.

The other demographic variables had not shown statistically significant association between levels of Self-medication practices with over-the-counter drugs among industrial workers respectively.

ASSOCIATION BETWEEN LEVEL OF SELF-MEDICATION AWARENESS WITH OVER-THE-COUNTER DRUGS AMONG INDUSTRIAL WORKERS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

depicts that the demographic variable How often do you buy the medication without doctor prescription and Take self medication in the form had shown statistically significant association between level of Self-medication awareness with over-the-counter drugs among industrial workers with chi-square value at $p < 0.05$ level.

The other demographic variables had not shown statistically significant association between levels of Self-medication awareness with over-the-counter drugs among industrial workers respectively.

III. DISCUSSION

The first objective of the study was to assess the self-medication practices with over the counter drugs among the industrial workers. Frequency and percentage distribution of level of Self-medication practices with over-the-counter drugs among industrial workers showed that majority of the industrial workers 106 (70.7%) had high level of self-medication practices and 44 (29.3%) had moderate level of self-medication practices respectively. This result was supported by Karthikeyan, et al., (2019) conducted a cross-sectional study on Practice of Self Medication in Urban Field Practice Area of Perambalur Municipality, Tamil Nadu, India. The sample consisted of 150 participants. Non probability convenient sampling technique was used. The data were collected by using semi-structured questionnaire. The results showed that Fever was the most common condition (72%) closely followed by headache (67%) for which pharmacy was approached for self-medication followed by Respiratory infections (55%), general body pain (40%), diarrheal problem (8%) and lack of sleep (8%). The study concluded that there is an urgent need from the health system planners to address

this issue in a comprehensive manner before this burden goes out of control.

Frequency and percentage distribution of level of self-medication awareness with over-the-counter drugs among industrial workers showed majority of the industrial workers 113 (75.3%) had fair level of self-medication awareness and 37 (24.7%) had poor level of self-medication awareness respectively. This result was supported by Bekele et al. (2020) conducted a cross-sectional study on Knowledge, Attitude, and Practice on Over-the-Counter Drugs among Pharmacy and Medical Students in Ethiopia. The sample consisted of 380 students. Simple random sampling technique was used. The data were collected by using self-administered questionnaire. The results showed that 79.7% have the practice of self-medication. Fever (80.2%), headache (24.4%), and abdominal cramp (23.3%) were the most common conditions. The study concluded that significant problems and malpractices were identified.

The results showed that the correlation between Self-medication practices and awareness with over-the-counter drugs among industrial workers is (17.75 ± 3.525) and (2.126 ± 0.845) . Correlation between Self-medication practices and awareness indicates the positive correlation and showed that the results Pearson correlation r -value is (0.206), p -value is ($p = 0.011$) are statistically significant.

NURSING IMPLICATIONS

The findings of study have scope in following area nursing education, nursing practice, nursing administration and research

Nursing practice

- The findings of the can be used by nurse educators to illustrate importance of medication practices and awareness with over-the-counter drugs to the industrial workers.
- Student should be encouraged and prepared for their role as a health educator during their basic training.
- The nurse educator should help in bringing value and sense of responsibility instudent.
- The student should be brought about importance of medication practices and awareness with over-the-counter drugs to the industrial workers

Nursing education

- Nurse can perform risk assessment of the

industrial workers they come across and provide mass awareness program to the over-the-counter drugs to the industrial workers.

- Nurses can promote understanding of various risk factors involved over-the-counter drugs which in turn enhance the practice of healthy lifestyle.

Nursing administration

- Nursing administrators' plays an important role in nursing profession. Nursing administrator must involve themselves in policy making and budgeting for industrial workers.
- Nursing administration ensures that appropriate and current information is provided off to the nurses so that they are capable of educating the industrial workers to practices and awareness.

Nursing research

- health nurses and students to conduct further studies.
- The generalization of the study can be done by further replication of the study.
- This study helps the researchers to develop insight in the development of the teaching module and material for the industrial workers to practices and awareness

IV. CONCLUSION

Health facilities need to have Consultant, Pharmacology department officer, program officer, counselor, nursing officer to provide appropriate awareness with over-the-counter drugs among industrial workers. Similar study can be conducted in other parts of the country with a large sample. The study can be replicated with larger study participants for better generalization.

CONFLICT OF INTEREST:

The authors have no conflicts of interest regarding this investigation.

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