



**CROSS-SECTIONAL STUDY ON  
KNOWLEDGE, ATTITUDE AND PRACTICE  
OF SELF-MEDICATION AND ITS  
DETERMINANTS IN THE CITY OF  
HYDERABAD, TELANGANA**

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## **INTRODUCTION**

William Osler once asserted that the inclination to resort to medicine is perhaps the most distinctive trait setting humans apart from animals. However, this inclination can be problematic if an individual engages in self-medication, taking medications without consulting a medical professional. It is crucial to remember that drugs possess inherent toxicity, and their therapeutic use involves a calculated risk, ranging from minor side effects to potential fatality [1].

Self-medication is defined as the practice of individuals selecting and using medications to address symptoms or illnesses, they have identified without seeking prior medical consultation regarding indications, dosage, and therapy duration [2]. This includes purchasing medications without a medical prescription, acquiring medicines by reusing old prescriptions, using leftover or unused medications at home, sharing medications with family, relatives, or friends, or relying on medications recommended by non-authorized lay sources or health workers. Over the counter (OTC) drugs are products for self-medication that can be obtained without a medical prescription and can be used by consumers without professional guidance [3,4].

## **RESEARCH QUESTIONS**

1. What was the prevalence of self medication practices among the general population in Hyderabad?
2. What factors were associated with the engagement in self-medication practices among the general population in Hyderabad?

## **RESEARCH OBJECTIVES**

### **General Objective:**

This study aimed to assess the knowledge, attitude, and practices related to self-medication among residents in Hyderabad.

### **Specific Objectives:**

1. To assess the knowledge, attitude, and practices of self-medication among residents of Hyderabad.
2. To ascertain the frequency of self-medication among citizens of Hyderabad.
3. To recognize the factors that affect self-medication practices within the general population in Hyderabad.

### **RESEARCH METHODOLOGY**

A quantitative survey was conducted to achieve the specific objectives of the study, utilizing semi-structured close-ended schedule-based interviews in a community-based cross-sectional descriptive approach. The survey was carried out in Hyderabad. The study spanned three months, starting on February 13, 2017, and concluding on May 12, 2017, upon reaching the desired sample size. Before analysis, the collected data underwent a check for partial or incomplete information. Descriptive outcomes regarding the prevalence of self-medication and its associated factors were presented in counts and percentages. Microsoft Excel and SPSS version 20.0 were employed for coding, tabulating, and analyzing the data.

### **RESULTS & DISCUSSION**

Despite residents being aware of the safety risks associated with self-medication, the high prevalence of this practice may be attributed to the educational attainment of the majority, with a significant proportion having tertiary education. This education level enables them to comprehend the risks and side effects associated with drugs used in self-medication. Respondents commonly cited reasons for engaging in self-medication, such as time and cost effectiveness. These factors arise from prolonged delays in government hospitals and perceived exploitation by private hospitals. These challenges favor the practice of self-medication, particularly in developing countries, as observed in various studies. Addressing these issues would necessitate improvements in health services, making treatment more accessible and minimizing patient

waiting times.

## **CONCLUSION**

Even though the residents of Hyderabad are predominantly well-educated, the prevalence of self-medication remains high, despite a significant awareness of its potential harmful effects. The preference for self-medication among respondents is primarily driven by its perceived time and cost effectiveness. Consequently, there is a critical need to provide the population with comprehensive drug information and educate them on the appropriate attitudes and practices related to self-medication.

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