

# A Study to Assess the Effectiveness of Planned Teaching Program Regarding Knowledge Related to Ill Effects of Self Medication Among Adults in Selected Area of Ahmedabad

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## Abstract

A true experimental study was conducted to assess the knowledge of adults regarding ill effects of self-medication. The study was conducted in partial fulfillment for the award of degree of B.Sc. Nursing at Apollo Institute of Nursing, Gandhinagar. 30 adults were chosen as samples for conducting the study. The main objective of study was to assess the knowledge regarding ill effect of self-medication among adult's in selected areas of Ahmedabad, before and after provision of planned teaching program. A structured questionnaire was used to assess the knowledge of people in order to achieve the objective of the study. Data gathered from the survey was analyzed and interpreted using true experimental study. The mean of knowledge regarding ill effects of self-medication among adults in pretest is 13.23 whereas the mean of posttest, after the planned teaching programme was administered came to be 19.8. The calculated 't' value was 8.09262 and 3.83 for the study conducted. Hence there was no evidence against null hypothesis. The result strongly suggests that adults were well acquainted with the knowledge regarding ill effects of self-medication after the provision of planned teaching programme.

**Keywords:** Ill effects; Medicine; Self-medication; Planned teaching.

## Introduction

A Quantitative Research Approach is used in the study to assess the Effectiveness of a Planned Teaching Program on ill effect of self-medication in terms of Knowledge among Adults of Ahmedabad. The investigator adopted purposive sampling technique to select the samples and with this method investigator selected 30 samples from selected areas in Ahmedabad.

Investigator prepared questionnaires on ill effect of self-medication. This tool is divided in to two sections:

### Section I

Demographic variables:

- Age
- Gender
- Religion
- Education
- Occupation

### Section II

Self-structured questionnaires regarding ill effect of self-medication

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### Objective

1. To assess the knowledge regarding ill effect of self-medication among adult's before and after provision of planned teaching program in selected area of Ahmadabad.
2. To find out association with their pretest and posttest variables

### Background of the Study

Self-medication is a part of self-care which is known to contribute to primary health care. If practiced appropriately, it has major benefits for the consumers such as self-reliance and decreased expenses. However, inappropriate practice can have potential dangers such as incorrect self-diagnosed, dangerous drug-drug interactions, incorrect manner of administration, incorrect dosage, incorrect choice of therapy, masking of a severe disease, and/or risk of dependence and abuse.<sup>1</sup>

A study awareness & use of OTC in society, Gujarat cross sectional study was conducted with a self-administered internet base OTC questionnaire among the respondent. From our society questionnaires were forwarded & requested to rate the responses. Half of the respondent rated use of OTC on weekly & 4.4–8.8% rated yearly & monthly bases. Headache 75.5%, body pain 68.1%, cough & cold 64.9%, fever 59.9%, acidity 54.2%, allergy 34.9%, diarrhea 36.2% & for other 4.9% where the common condition for which respondents used OTC. Some respondents unable to reply the name & strength of medicine, they were unaware about duration of medicine. Medical shop & general store was the common point of OTC medicine to purchase & they consumed it as per instruction.<sup>2</sup>

### Need of the Study

Survey was done on awareness about ill effect of self-medication in Indian population with 80 participations by an online link on survey planning result was over obtain and statistically analysis was done, finding was 76.3% people were taking self-medication. Conclusion of the study, most people take self-medication. The total 80 nearly 65% of the participants were aware of over dosage of self-medication, while 35% of them are not aware of over dosage. Only 53% of the participants were aware that over dosage of self-medication leads to organ failure and the remaining 47% of them were not aware of systemic failures due to over dosage of self-medication.<sup>3</sup>

A cross-sectional study was in implication of self-medication among the medical student was conducted January to June. The sample comprised student of first, second, third, fourth and fifth professional year. Data was collected using self-generated questionnaire. About 400 subjects approached.

A cross-sectional study was conducted online survey & snow ball technique by Sultan Alghadeer, Khalid Aljuaydi, Salmeen Babeghaith during January 2017 to May 2017 in Saudi Arabia. The sample was taken by random sampling in that 1264 responded & about 34% of respondent have antibiotic prescription & 81.3% of them knew that it might be harmful to health. The prevalence is high. Health awareness campaigns should be done to prevent misuse of antibiotic.<sup>4</sup>

A cross-sectional study was conducted by Cukovic JA, Miletic M, Pekmezovic T, Traykovic G, Ratkovic N, Aleksic D in 2014 to study self-medication practices & risk factor among medical students in Belgrade. The sample included 1296 by random sampling and data collected by questionnaire. The most frequent prescribed medications were analgesic (55.4%). Prevalence of self-medication could be controlled through regulatory authorities & further education.<sup>5</sup>

### Operational Definition

#### Assess

Deciding the worth of structured teaching program among community people regarding ill effect of self-medication.

#### Community

It is a small or large social unit that has something in common such as norms, religion, value, or identity.

#### Self-Medication<sup>6</sup>

It is the selection and uses of medicine by individuals to treat self-recognized illness or symptoms.

#### Planned Teaching Program

It refers to the extent to which the planning teaching program regarding effects of self-medication.

#### Ill Effect<sup>7</sup>

In medicine and adverse effect is a desired harmful effect resulting from medication.

### Hypothesis

$H_0$ : There is no significant difference between mean pre-test & post-test knowledge score before & after

the administration of a planned teaching program on ill effect of self-medication among community people of selected area of Ahmedabad.

$H_1$ : The mean post-test knowledge score will be significantly higher than the pre-test knowledge score after the administration of planned teaching program on ill effect of self-medication among community people of selected area of Ahmedabad.

**Materials and Methods**

The study was conducted in selected areas of Ahmedabad. Quantitative Research approach was adopted along with purposive sampling technique for the study. The sample consisted of 30 Adults (17 years to 58 years) living in selected areas

of Ahmedabad. A true experimental approach with one group pretest post-test research design was selected for the study. Approval taken by selected area of medical officers of each PHC center. A pretest was conducted using self structured questionnaire followed by planned teaching, regarding ill effects of self-medication. Post-test was conducted one week later. The purpose of the study was explained, and informed consent was taken from all respondents prior to the study.

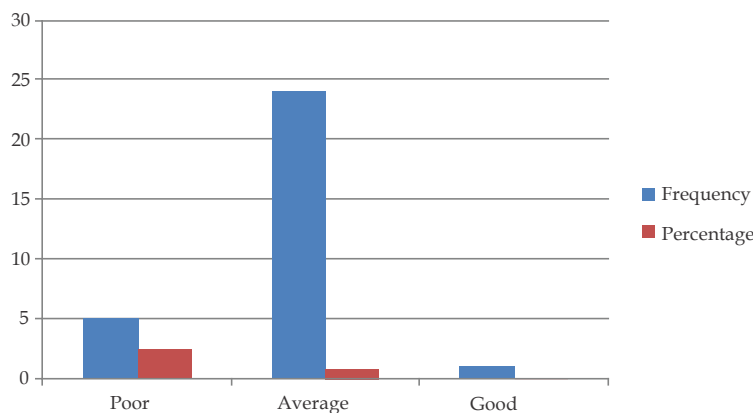
**Results**

An analysis of data related to assessment of knowledge regarding ill effects of self-medication before and after administration of planned teaching among adults in selected areas of Ahmedabad.

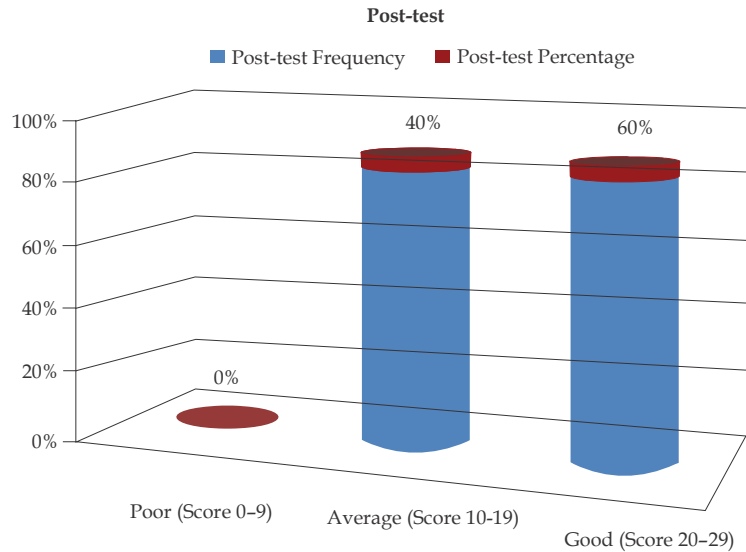
**Table 1:** Consist demographic data of samples

N = 30

Sr. No.	Demographic variable	Category	Frequency	Percentage
1	Age of adults	17-30 years	18	60.00
		31-44 years	6	20.00
		45-58 years	6	20.00
2	Educational status	Primary	1	3.33
		Secondary	12	40.00
		Higher secondary	3	10.00
		Graduate and above	14	46.6
3	Gender	Male	15	50.00
		Female	15	50.00
4	Religion	Hindu	27	90.00
		Muslim	1	3.33
		Sikh	1	3.33
		Other	1	3.33
5	Occupation	Self employed	10	33.33
		Govt. job	3	10.00
		Private job	8	26.67
		Other	9	30.00



**Fig. 1:** Consists about knowledge of adults in selected areas of Ahmedabad regarding ill effects of self-medication before administration of planned teaching.



**Fig. 2:** Consist of knowledge of adults in selected areas of Ahmedabad regarding ill effects of self-medication after administration of planned teaching.

An analysis of the data related to the effectiveness of planned teaching program on the knowledge regarding ill effects of self-medication on adults in selected areas of Ahmedabad.

**Table 2:** Consist pretest and posttest knowledge of adults in selected areas of Ahmedabad

N = 30

Knowledge	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Poor (Score 0-9)	5	16.67	0	0
Average (Score 10-19)	24	80.00	12	40
Good (Score 20-29)	1	3.33	18	60

**Table 3:** Consists of paired t-test for effectiveness of planned teaching on knowledge of adults in selected areas of Ahmedabad.

N = 30

Administration	Mean	SD	Calculated 't' value	Table value	p-value
Pretest	13.23	3.289			
Posttest	19.8	2.99	8.09262	3.460	0.05

**Discusson**

Self-medication is a part of self-care which is known to contribute to primary health care. If practiced appropriately, it has major benefits for the consumers such as self-reliance and decreased expenses.

A study regarding effectiveness of planned teaching program on knowledge regarding Alzheimer disease among the family members of elderly in a selected urban community of Mangalore was carried out. The findings reviled

that the planned teaching programmed is an effective strategy for improving the knowledge of subject.

Hence it was decided to conduct a planned teaching program on ill effects of self-medication to increase knowledge of adults living in selected areas of Ahmedabad.

**Major Findings of the Study**

1. *Gender:* Among 30 samples 50% were male and 50% were female

2. *Age:* The majority, 60% of the samples were between the age group of 17 to 30 years, 20% of the samples were between the age group of 31 to 44 and 20% of the samples were between the age group of 45 to 58 years.
3. *Educational qualification:* 3.33% samples were studying in primary, 40% of the samples were studying in secondary, 46.66% of samples were graduate and 10% of the samples had other qualification.
4. *Religion:* 45% sample were Hindu, 3.33% Muslim, 3.33% were Sikh and 3.33% sample were from other religion.
5. *Occupation:* 33.33% sample were self-employed, 10% were having govt. job, and 26.66% were having private job and 30% samples were having other occupation.
6. Knowledge regarding ill effect of self-medication:
7. *\*Pre-test:* In pre-test, 16.67% samples scored poor; 80% samples scored average and 3.33% samples scored good.
8. *\*Post-test:* In post-test, 0% samples scored poor, 40% samples scored average and 60% samples scored good.

## Conclusion

The present study assessed the knowledge of adults from selected areas of Ahmedabad, related to ill effects of self-medication and concluded that planned teaching is an effective method of improving knowledge among the community people.

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