

Prevalence of Self-Medication Among Undergraduate Students of Life Sciences at Buitems: a Cross-Sectional Study

Nida Tabassumkhan

Balochistan University of Information Technology, Engineering and Management Sciences

***Corresponding Author:** Nida Tabassumkhan, Balochistan University of Information Technology, Engineering and Management Sciences

Received Date: February 13, 2025; **Accepted Date:** February 24, 2025; **Published Date:** March 07, 2025

Citation: Nida Tabassumkhan, (2025), Prevalence of Self-Medication Among Undergraduate Students of Life Sciences at Buitems: a Cross-Sectional Study, *J, Surgical Case Reports and Images*, 8(3); **DOI:**10.31579/2690-1897/236

Copyright: © 2025, Nida Tabassumkhan. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

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.

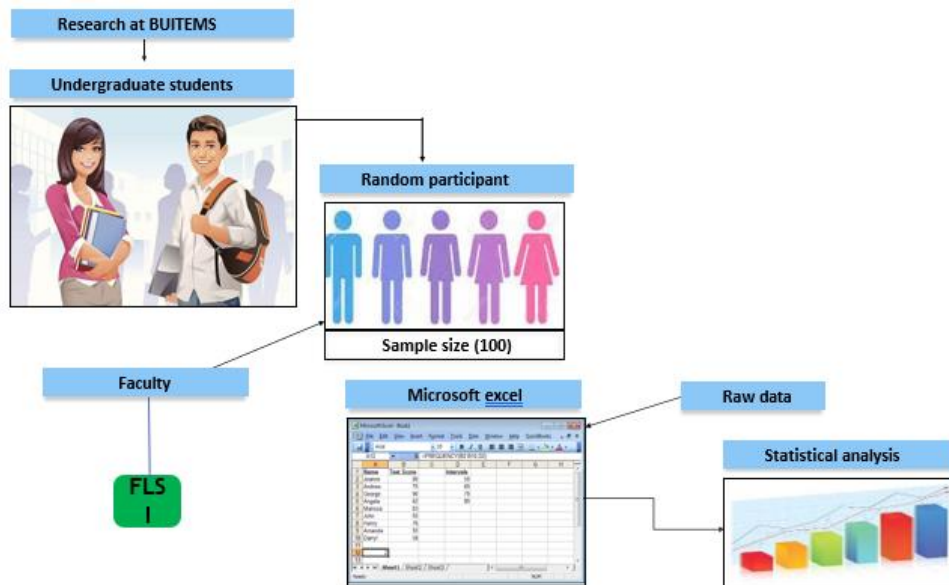
Keywords: obstruction; hypoxia; neurons; occipital lobe

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

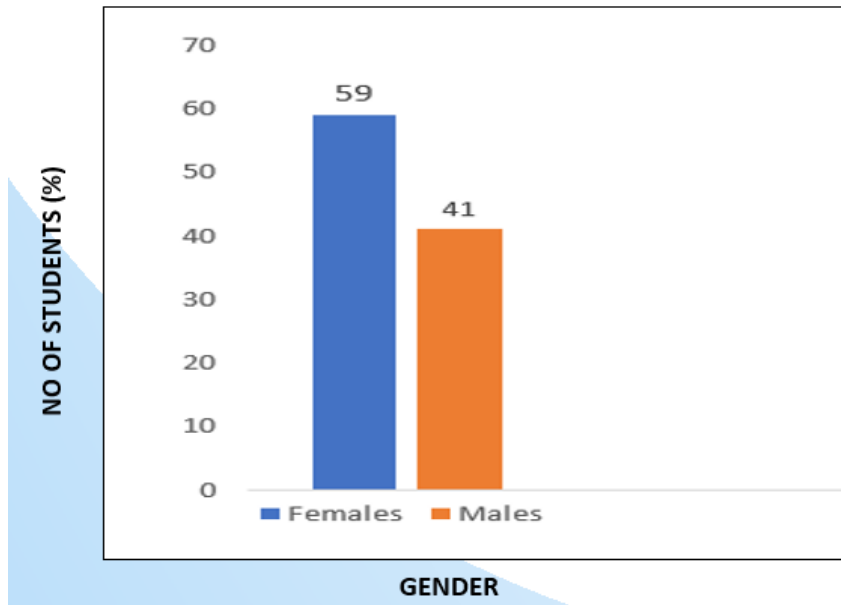


Figure-1: Out of 100 randomly selected students 59% were females and 41% were males.

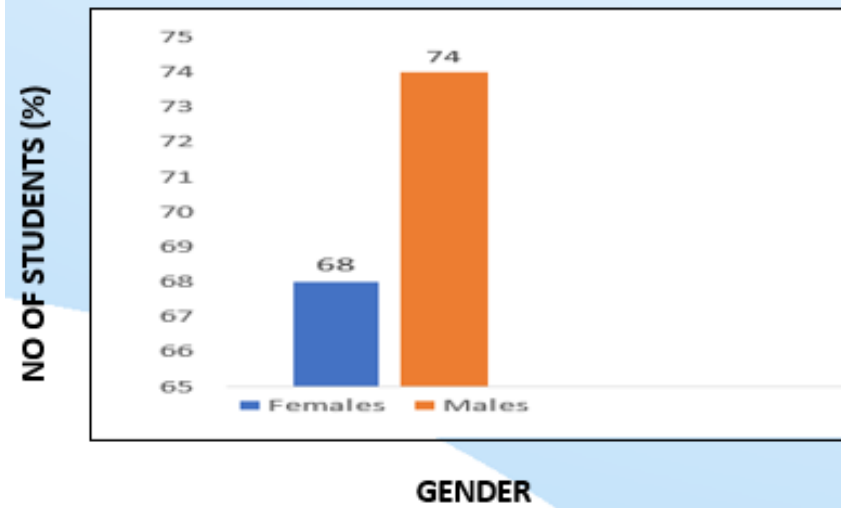


Figure-2: Gender wise prevalence of self-medication among life sciences undergraduates

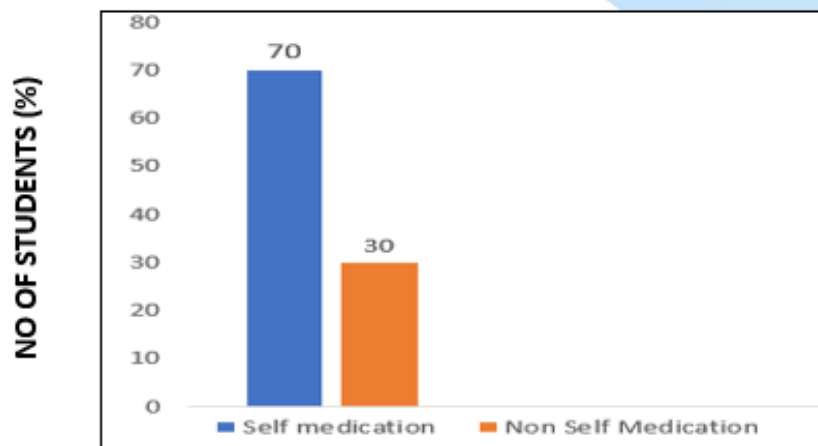
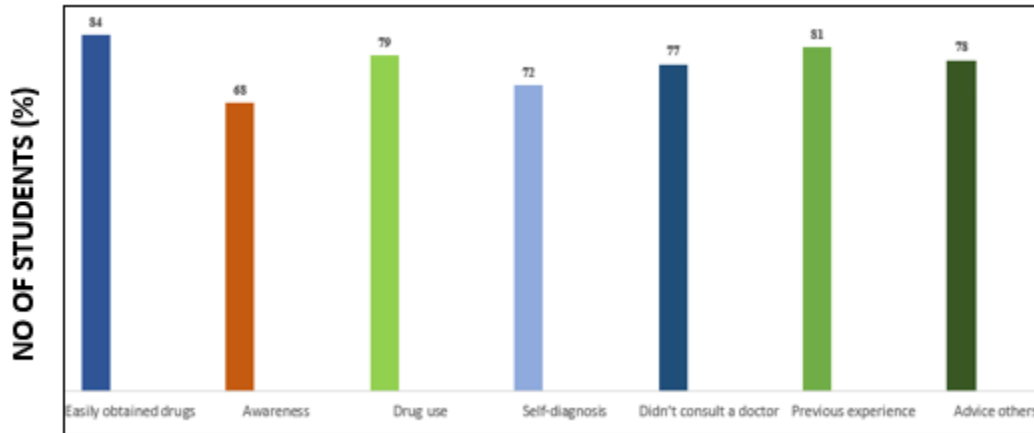


Figure-3: Overall prevalence of Self-medication among Life sciences undergraduates**Figure-4:** Reasons of self-medication among life sciences undergraduates

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

References

1. Afridi, M.I., Rasool, G., and Shujauddin, M. (2020). Prevalence and pattern of self-medication in Karachi: A community survey
2. Chouhan, K., and Prasad, S. B. (2016). Self-medication and their consequences: a challenge to health professional. *Asian J Pharm Clin Res*, 9(2), 314-317.
3. Mushtaq, M., Gul, S., & Naz, F. (2017). The practice of self-medication among Pakistani university students. *Pakistan Journal of Pharmaceutical Sciences*, 30(4).
4. Ruiz, M. E. (2010). Risks of self-medication practices. *Current drug safety*, 5(4), 315-323.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

Submit Manuscript

DOI:10.31579/2690-1897/236

Ready to submit your research? Choose Auctores and benefit from:

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more <https://auctoresonline.org/journals/journal-of-surgical-case-reports-and-images>

