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Knowledge, attitude and practice of self-medication among adult population in seremban, negeri sembilan
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Abstract

Self-medication is usually defined as intake of any types of medications to relieve an illness without professional supervision. It is often associated with the use of over the counter (OTC) medicines to treat minor ailments. Self-medication is an issue with serious global implications as its appropriate practice remains a debatable concern. This study aimed to determine the knowledge, attitude and practice of self-medication among adult population in Seremban, Negeri Sembilan. A cross-sectional study was conducted on 435 sample of randomly selected adult population. Data was collected using self-administered questionnaire. The independent t-test and ANOVA was performed using SPSS version 24 to identify differences among the variables. Statistical analysis showed that three most common ailments treated with self-medication are pain (100%), fever (100%) as well as cough and cold (94.7%). The major reason behind the practice of self-medication among 47.8% respondents was because the doctor did not provide enough information about their health condition. A surprising 46.2% of the respondents do not remember the names of the medications used for self-medication. This reflects to their poor knowledge regarding self-medication as majority of them also do not know the importance of the indication, side-effect, and possible drug interaction of a medication. On the other hand, 87.1% of the respondents had a positive attitude towards self-medication as they are aware about the need to obtain adequate information from a healthcare professional if they are uncertain with the use of medication. It is well known that self-medication is becoming a routine in treating non serious illnesses perceived by lay person. Thus, it is crucial for pharmacists to live up their vital role in promoting responsible and safe self-medication. © 2020, Advanced Scientific Research. All rights reserved.

Author Keywords

Minor Ailment; Over the counter; Self-medication

Index Keywords

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