# UNDERGRADUATE RESEARCH REPORT

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|---|---|---|
| | **TITLE OF THE PROJECT** | **"A STUDY TO ASSESS THE PREVALENCE OF OVER THE COUNTER DRUGS USAGE AMONG ADULTS OF SELECTED VILLAGE OF HONNAVAR, UTTAR KANNADA DISTRICT"** |
| | **PROJECT CODE OF THE PROJECT** | **UGNUR283** |
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| | **NAME OF THE DEPARTMENT** | **OBSTETRIC AND GYNECOLOGICAL NURSING** |
| | **DATE OF COMMENCEMENT OF RESEARCH ACTIVITY** | **28/10/2019** |
| | **DATE OF COMPLETION** | **25/01/2020** |
| | **OBJECTIVE STATEDAND OBJECTIVE ACHIEVED** | **OBJECTIVE STATED**<br>• **To find out the level of usage of over the counter drugs among adults.**<br>• **To find the association between the level of usage of over the counter drugs and the selected demographic variables.**<br><br>**OBJECTIVES ACHIEVED**<br>• **Found out the level of usage of over the counter drugs among adults.**<br>• **Found association between the level of usage of over the counter drugs and the selected demographic variables.** |

**1) FIELD/ EXPIREMENTAL WORK.**

## METHODOLOGY

**The present study was aimed to assess the prevalence of over the counter drugs usage among adults of selected village of Honnavar, Uttar Kannada district.**

## MATERIAL AND METHODS

- **RESEARCH APPROACH**

  **A quantitative approach was adopted for the present study.**

- **RESEARCH DESIGN**

  **The research design adopted for the study was cross sectional research design.**

- **RESEARCH SETTING**

  - ✓ **The study was conducted in Selected Village haldipur, honnavar of uttar Kannada district.**

- **POPULATION**

  **The population consists of adults in the selected village Haldipur of Uttar Kannada district.**

- **SAMPLE SIZE**

  **The sample size for the study is 100 adults among selected village Haldipur of Uttar Kannada district.**

- **SAMPLING TECHINIQUE**
    - ✓ **In this study purposive sampling technique is used to collect the samples for study**

**CRITERIA FOR SAMLE SELECTION**

- **INCLUSION CRITERIA**
    - ✓ **Adult population who belonged to the age group of above 20 years and are residing in the village haldipur of uttar kannada district**
    - ✓ **Adult population who were willing to participate in the study.**
- **EXCLUSION CRITERIA**
    - ✓ **Adults who are not willing to participate in the study**
    - ✓ **Adults who do not know to read and write Kannada**

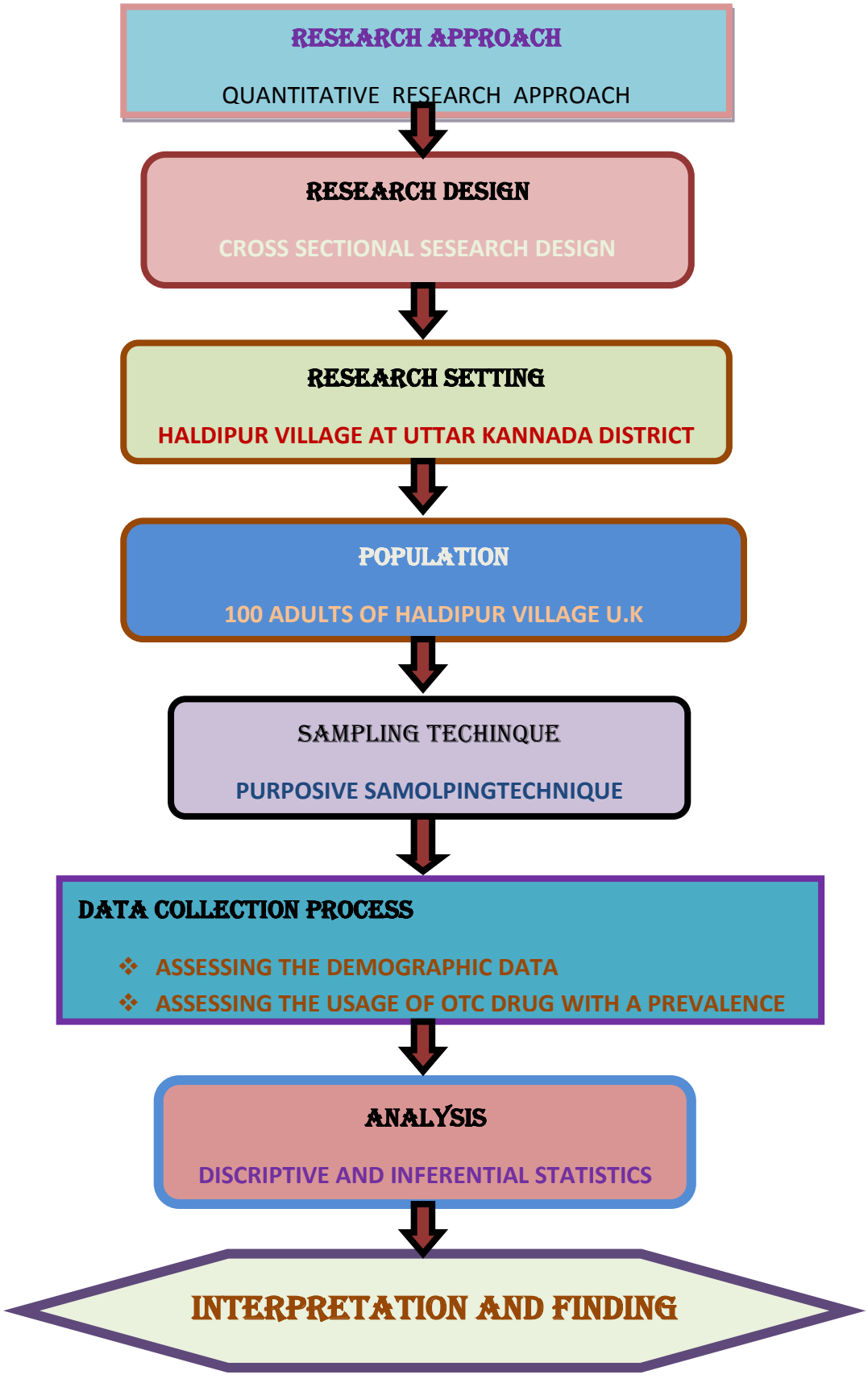
DATA COLLECTION METHODS

- Demographic Performa
- Prevalence questionnaire.

DATA ANNLYSIS

- Data was analyzed using descriptive and inferential statistics.
- Association was found by using chi-square test.

## SYSTEMATIC REPRESENTATION OF THE RESEARCH DESIGN



**2) DETAILED ANALYSIS OF RESULTS.**

# RESULT

This chapter deals with the analysis and interpretation of data collected from the sample of 100 Adults in order to assess the prevalence of over the counter drug usage. A prevalence questionnaire was used for data collection and analysis was done with the help of descriptive and inferential statistics.

The collected data was coded ,entered in master sheet ,complied and categorized to summarize and organize the data .The analysis and interpretation were presented under 3 sections .

1) Distribution of sample according to demographic variable.

2) Distribution of sample according to prevalence.

3) Distribution of mean, and standard deviation of prevalence of over the counter drugs.

**ORGANIZATION OF THE STUDYFINDINGS**

The present study was designed to assess the prevalence of over the counter usage among Adults of selected village of honnavar of Uttara Kannada. A Prevalence questionnaire was used to assess the prevalence of over the counter drugs usage among adult. The data was analyzed by using descriptive and inferential statistics and the findings were discussed in relation to objective and hypothesis.

The demographic variable was age, religion, the type of family, employment status, and educational status.

**The major findings of the study were as follows**,

- Majority of the public were in the age group of 30-49 years.
- Around 81% populations were using self medication.
- Majority of population 70.4% uses Allopathy system of medicine by self.
- About 67.9% population uses the self medication because it is convenient for them.
- Around 45.6% population uses the prescribed medication for other treatment.
- Around 55.5% populations were by the medication by mentioning name.

**SECTION 1: Demographic distribution of the samples**

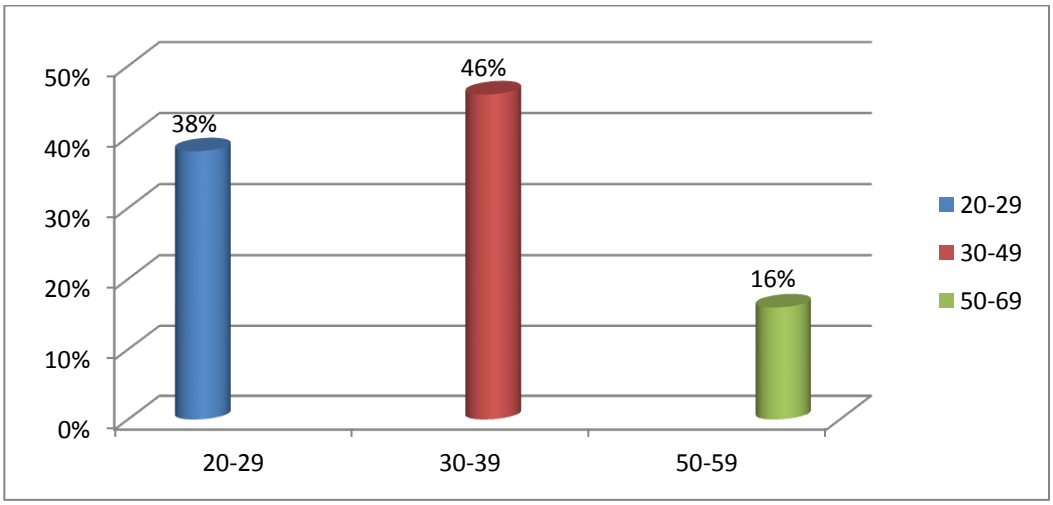
**N=100**

| SL. no | Demographic profile | Frequency | Percentage |
|---|---|---|---|
| **1)** | **Age in year** | | |
| a | 20-29 | 38 | 38% |
| b | 30-49 | 46 | 46% |
| c | 50-69 | 16 | 16% |
| **2)** | **Religion** | | |
| a | Hindu | 80 | 80% |
| b | Christian | 17 | 17% |
| c | Muslim | 3 | 3% |
| **3)** | **Types of family** | | |
| a | Nuclear | 58 | 58% |
| b | Joint | 42 | 42% |
| **4)** | **Employment status** | | |
| a | Un-employed | 26 | 26% |
| b | Govt. employee | 11 | 11% |
| c | Private employee | 32 | 32% |
| d | Self employee | 31 | 31% |
| **5)** | **Educational status** | | |
| a | No formal education | 6 | 6% |
| b | Primary education | 22 | 22% |
| c | Secondary education | 32 | 32% |
| d | Graduate | 34 | 34% |
| e | Post graduate | 6 | 6% |

**FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE BASELINE CHARACTERISTICS**

**Table 1**: demographic distribution of the population based on age in years

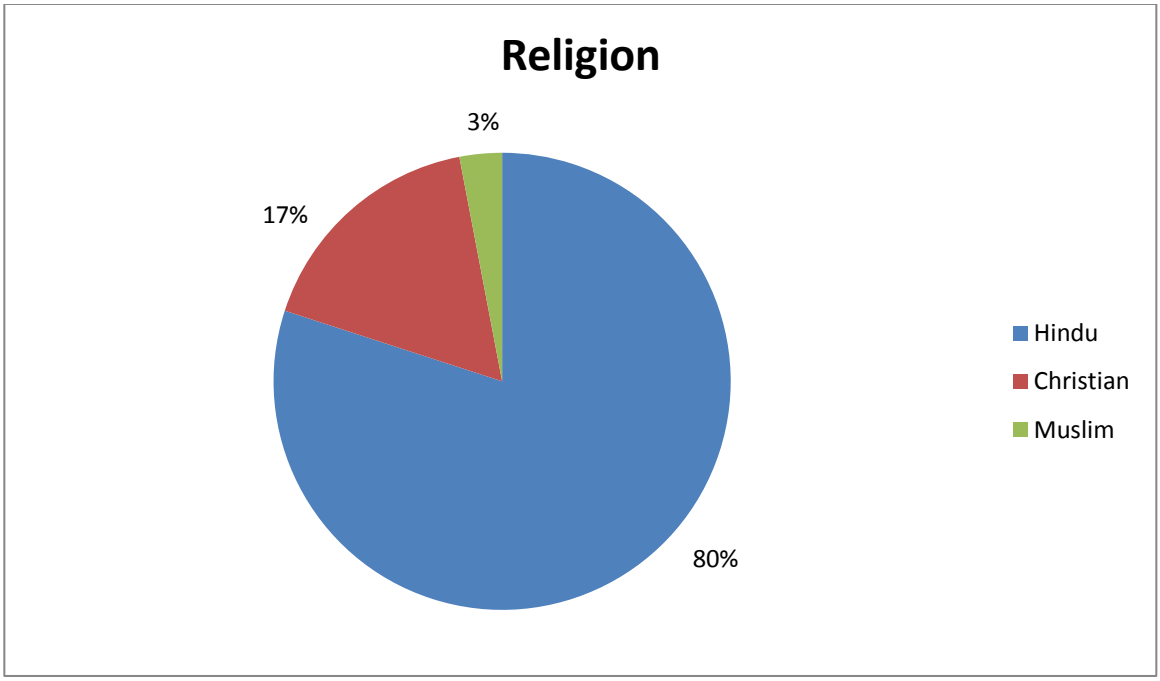
| SL.NO | AGE GROUP | FREQUENCY (f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | 20-29 | 38 | 38% |
| 2 | 30-49 | 46 | 46% |
| 3 | 50-69 | 16 | 16% |




The data presented in table 1 and frequency 1 shows that majority 46(46%) in age group of 30-49 year, followed by 38(38%) of 20-29 years. And the last minimum percentage belong to 50-69 years with 16(16%).

**TABLE 2**: Demographic distribution of population based on religion

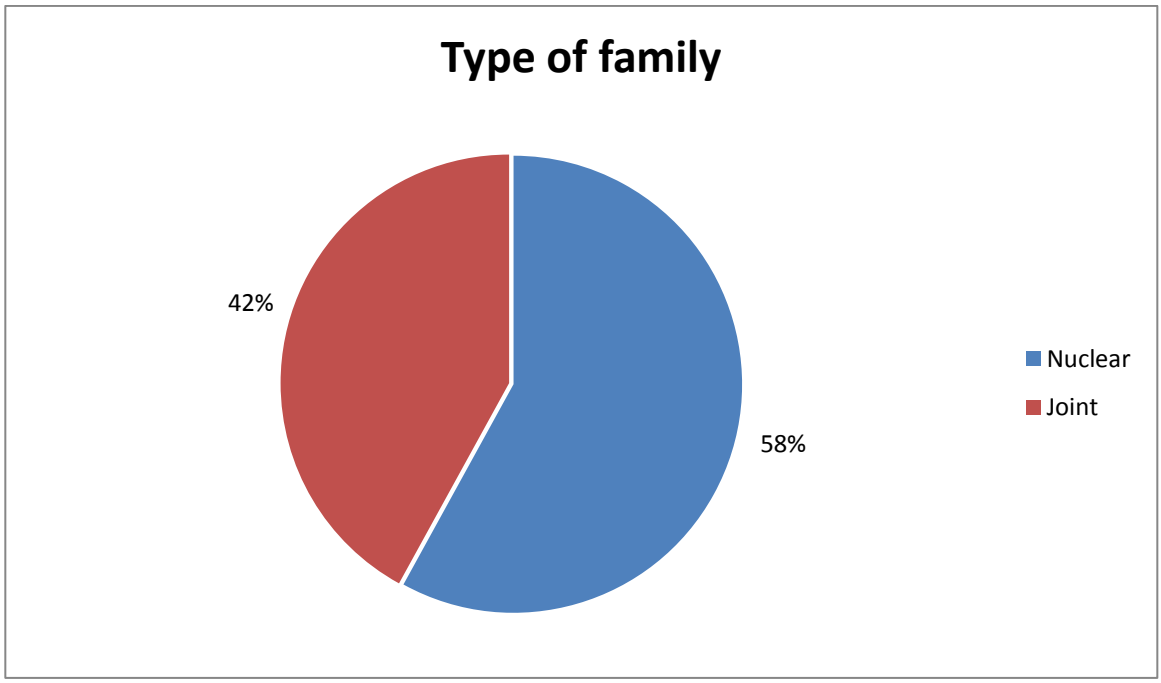
| SL.NO | RELIGION | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Hindu | 80 | 80% |
| 2 | Christian | 17 | 17% |
| 3 | Muslim | 3 | 3% |




The above table narrates the percentage description according to their religion total 80% population was Hindu, 17% were Christian and 3% were Muslim.

**TABLE 3:** Demographic distribution of population based on family

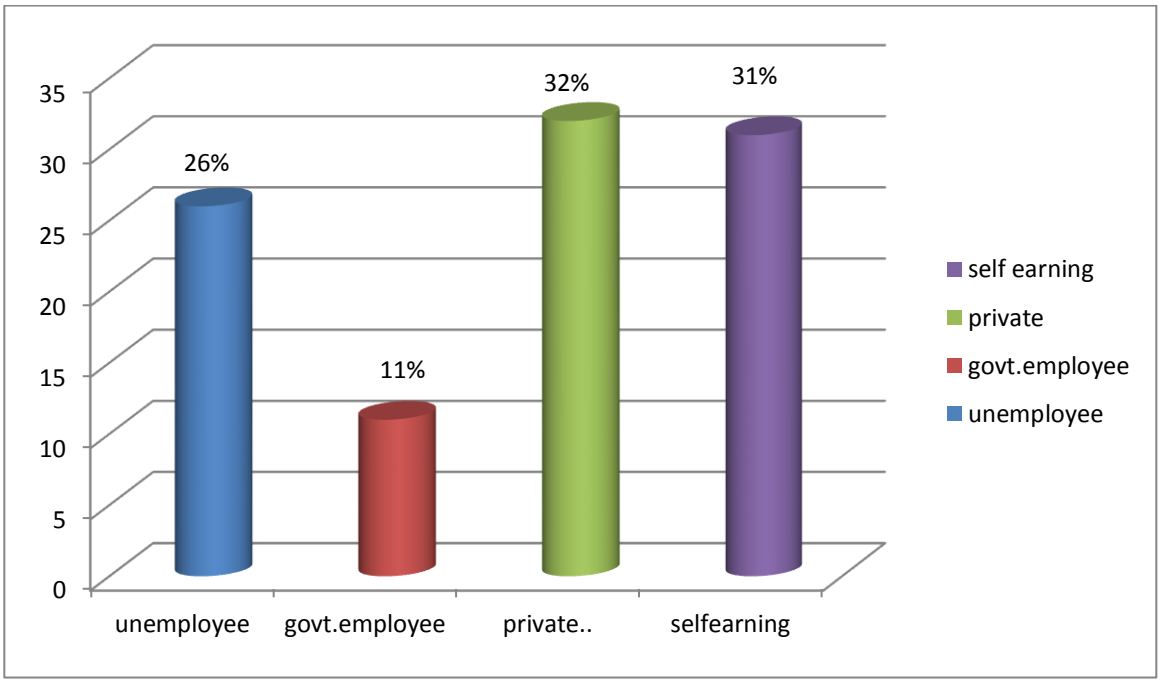
| SL.NO | FAMILY | FREQUENCY (f) | PERCENTAGE (%) |
|---|---|---|---|
| **1** | Nuclear | 58 | 58% |
| **2** | Joint | 42 | 42**%** |




Percentage distribution of adults by their type of family majority of population belongs to nuclear family (58%) and joint family is about (42%)

**TABLE 4:** Demographic distribution of population based on their employment

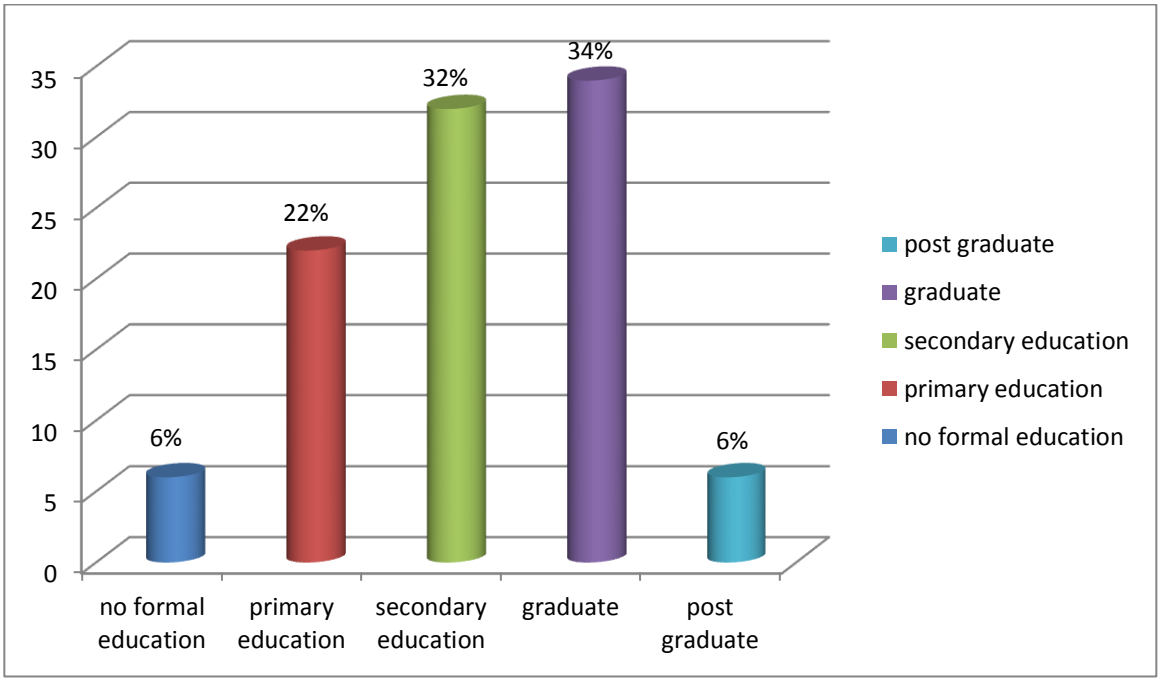
| SL.NO | EMPLOYMENT | FREQUENCY (f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Un-employee | 26 | 26% |
| 2 | Govt.employee | 11 | 11% |
| 3 | Private employee | 32 | 32% |
| 4 | Self earning | 31 | 31% |




Percentage distribution of population based on their Employment around 32% population were private employee, 31% were self earning, 11% were govt. employee and 26% were un-employed.

**TABLE NO 5:** Demographic distribution of population based on educational status.

| SL.NO | EDUCATION | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | No formal education | 6 | 6% |
| 2 | Primary education | 22 | 22% |
| 3 | Secondary education | 32 | 32% |
| 4 | graduate | 34 | 34% |
| 5 | Post graduate | 6 | 6% |




Percentage distribution of population based on education about 34% population were graduate, 32% secondary education, 22% primary education, 6% primary education and 6% of population no formal education.

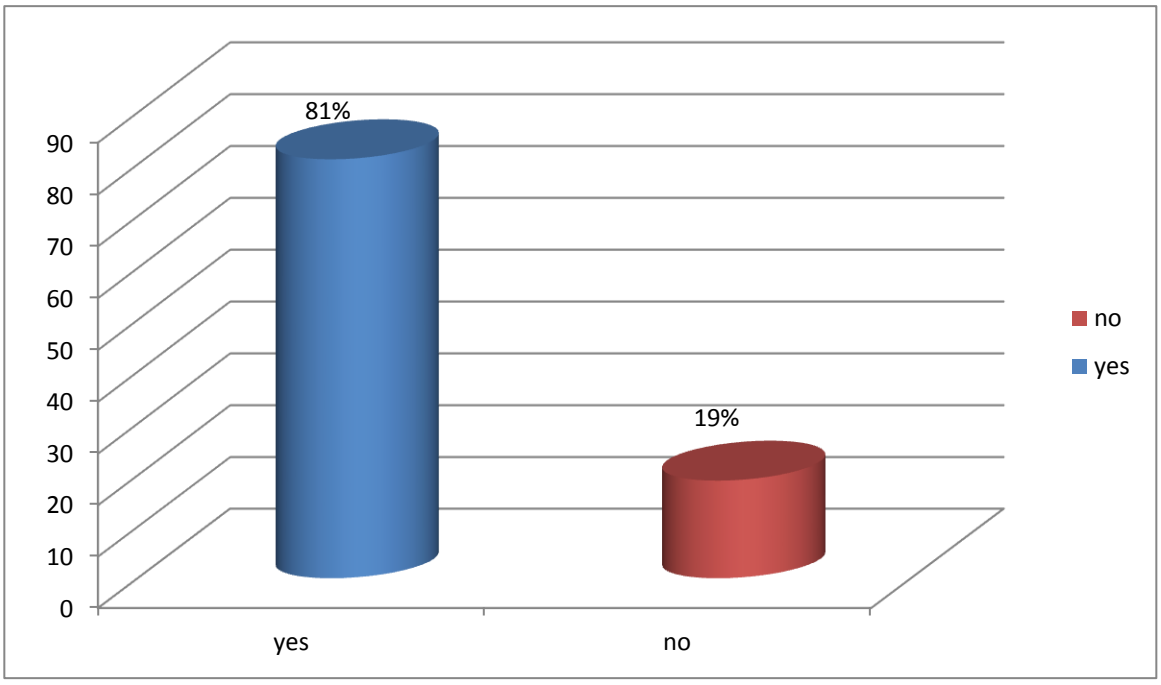
**SECTION2: Distribution of sample according to Prevalence Questionnaire**

| SL. no | Prevalence | Frequency | Percentage |
|---|---|---|---|
| 1 | **Habit of taking self medication** | | |
| | a. Yes | 81 | 81% |
| | b. No | 19 | 19% |
| 2 | **Frequency of bringing medication from medical shop without doctor prescription** | | |
| | a. Weekly | 0 | 0% |
| | b. Monthly | 11 | 13.5% |
| | c. Sometimes | 70 | 86.5% |
| 3 | **System of medication brought by self** | | |
| | a. Allopathy | 57 | 70.4% |
| | b. Homeopathy | 3 | 3.7% |
| | c. Ayurveda | 21 | 25.9% |
| 4 | **The reason that they brought medicines directly from shop** | 21 | 25.9% |
| | a. Cost saving | 5 | 6.2% |
| | b. Lack of trust on doctor | 55 | 67.9% |
| | c. Convenience | | |
| 5 | **Habit of consuming the previous prescribed medication for other treatment** | | |
| | a. Yes | 22 | 27.2% |
| | b. Sometimes | 37 | 45.6% |
| | c. Never | 22 | 27.2% |
| 6 | **Sources of information to get to know the name of the drugs** | 22 | 27.2% |
| | a. From family or friends | 3 | 3.7% |
| | b. Social media/ internet | 56 | 69.1% |
| | c. Other health personnel | | |
| 7 | **Buy the drugs over the counter** | | |
| | a. By mentioning the drug names | 45 | 55.5% |
| | b. By mentioning the symptoms | 27 | 33.3% |
| | c. By using friends and family prescription | 9 | 11.2% |

**ITEM VICE PERCENTAGE DISTRIBUTION OF THE PREVALENCE QUESTIONNAIRE:**

**TABLE NO 6**: Distribution of population according to habit of taking self medication

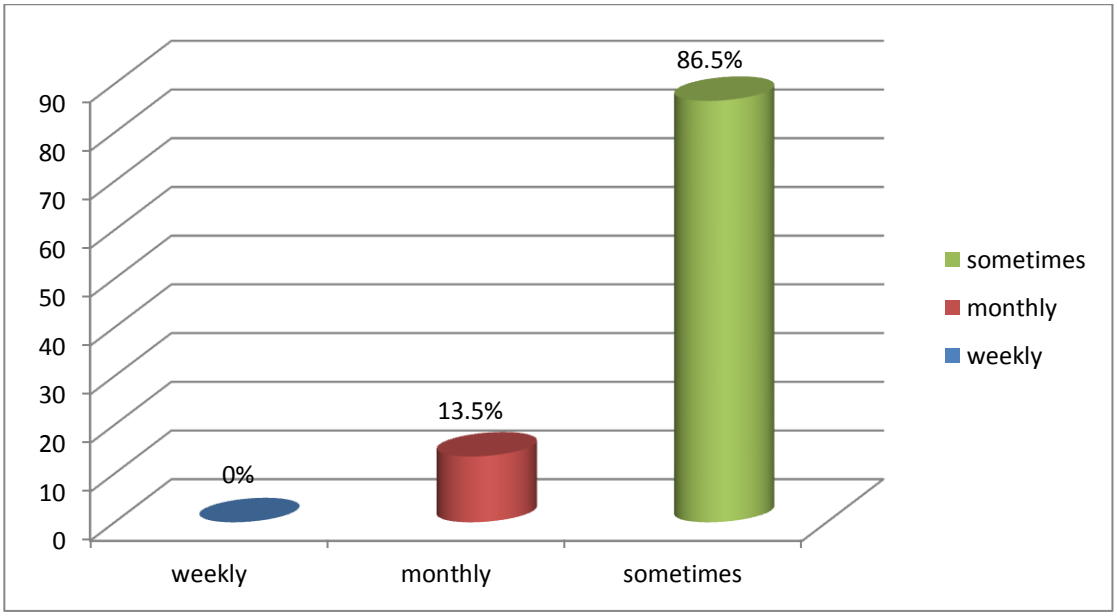
| SL.NO | HABIT OF TAKING MEDICATION | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Yes | 81 | 81% |
| 2 | No | 19 | 19% |




**HABIT OF TAKING SELF MEDICATION:** Majority of adults were having the habit of taking self medication that is about 81% and 19% population were not using self medication.

**TABLE NO 7:** Distribution of population according to frequency of bringing medication from shop without doctor prescription

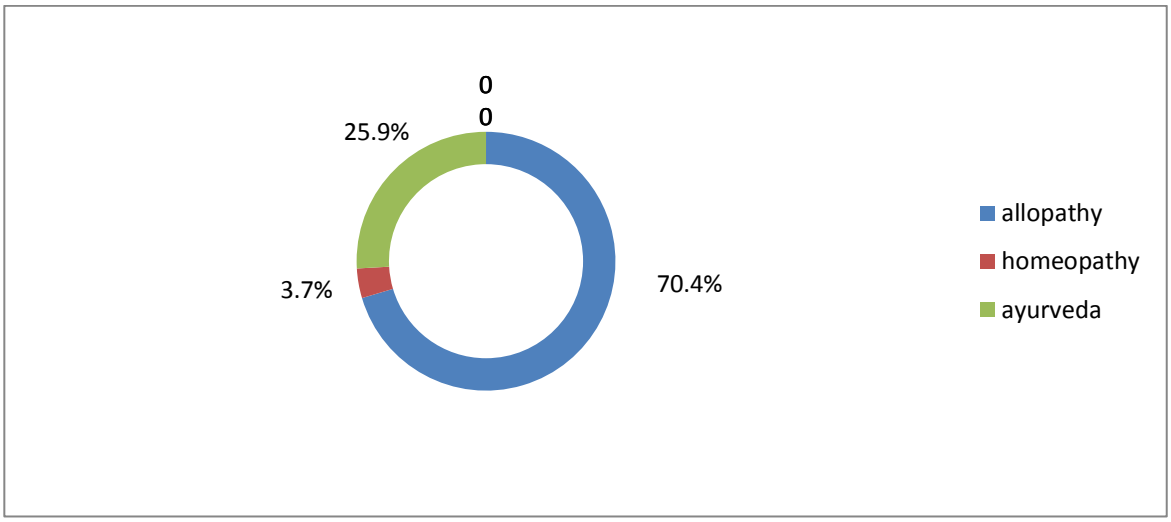
| SL.NO | FREQUENCY OF BRING MEDICATION FROM MEDICAL SHOP WITHOUT DOCTOR PRESCRIPTION | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Weekly | 0 | 0% |
| 2 | Monthly | 11 | 13.5% |
| 3 | Sometimes | 70 | 86.5% |




**PRESCRIPTION:** Around 86.5% population were using the self medication sometime, 13.5% were using monthly and no one using the self medication weekly.

**TABLE NO 8:** Distribution of population according to the system of medication brought by self

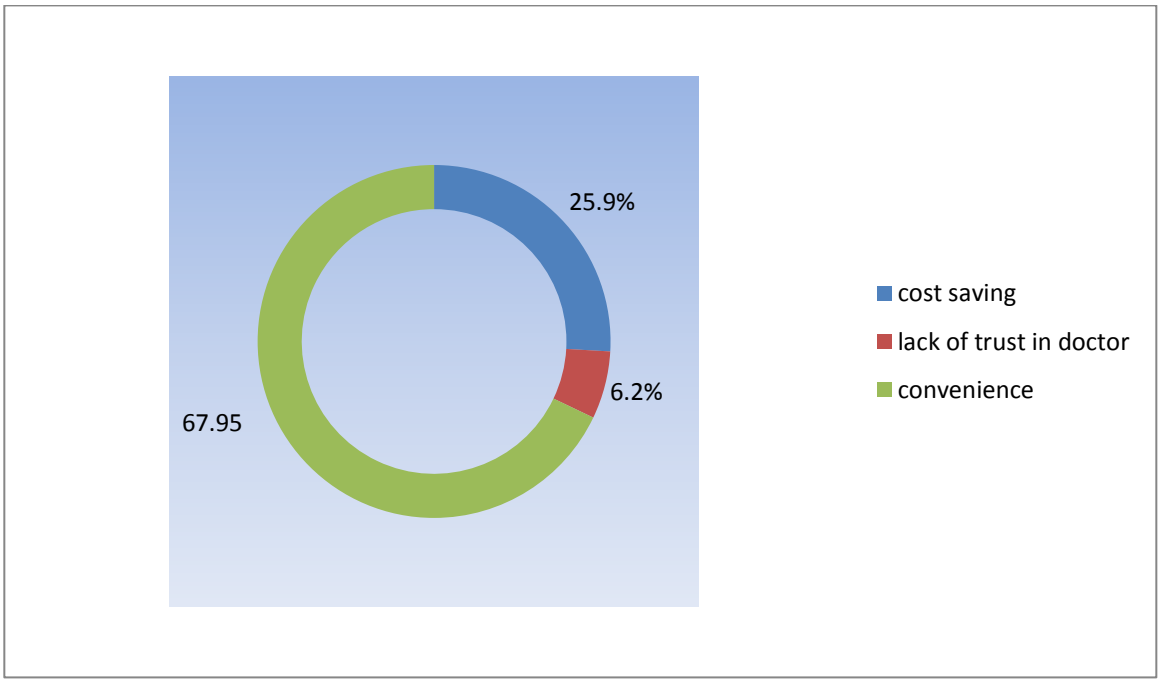
| SL.NO | SYSTEM OF MEDICATION BROUGHT BY SELF | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Allopathy | 57 | 70.4% |
| 2 | Homeopathy | 3 | 3.7% |
| 3 | Ayurveda | 21 | 25.9% |




**SYSTEM OF MEDICATION BROUGHT BY SELF:** Around 70.4% population use Allopathy system of medication, 25.9% population use Ayurveda and around 3.7% population use homeopathy system of medication.

**TABLE NO 9:** Distribution of population according to the reason that they brought medicine directly from shop

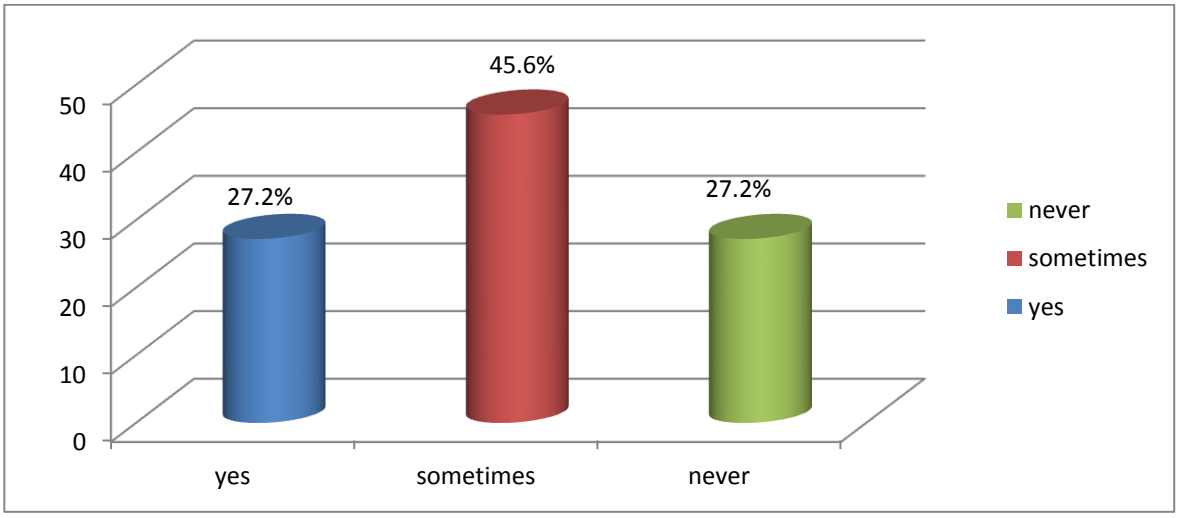
| SL.NO | THE REASON THAT THEY BROUGHT MEDICINES DIRECTLY FROM SHOP | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Cost saving | 21 | 25.9% |
| 2 | Lack of trust in doctor | 37 | 6.2% |
| 3 | Convenience | 22 | 67.9% |




**THE REASON THAT THEY BROUGHT MEDICINES DIRECTLY FROM SHOP:** Majority of the population use the self medication that is about 67.9% because it is convenient to them, 25.9% population use because it is cost effective and around 6.2% population use the self medication due to lack of trust on doctor.

**TABLE NO 10:** Distribution of population based on habit of consuming the previous prescribed medication for other treatment.

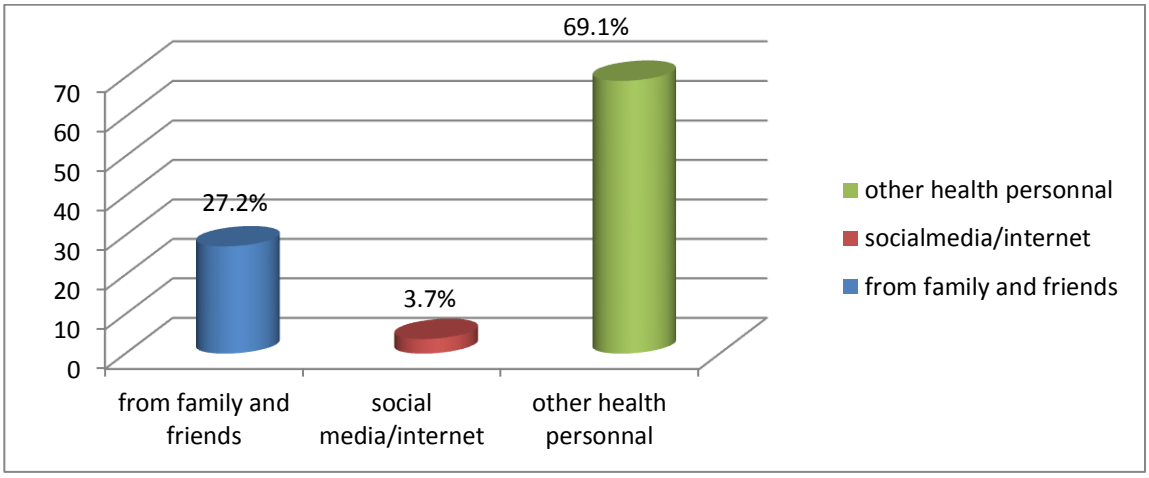
| SL.NO | HABIT OF CONSUMING THE PREVIOUS PRESCRIBE MEDICATION FOR OTHER TREATMENT | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | Yes | 22 | 27.2% |
| 2 | Sometimes | 37 | 45.6% |
| 3 | Never | 22 | 27.2% |
| | | | |




**HABITS OF CONSUMING THE PREVIOUS PRESCRIBE MEDICATION FOR OTHER TREATMENT:** Around 27.2% population were having the habit of consuming the previous prescribe medication for other treatment, 45.6% population were having the habit of consuming medication sometimes and around 27.2% population has never consumed the previous prescribed medication for other treatment.

**TABLE NO 11:** Distribution of population based on source of information to get to know the name of the drug

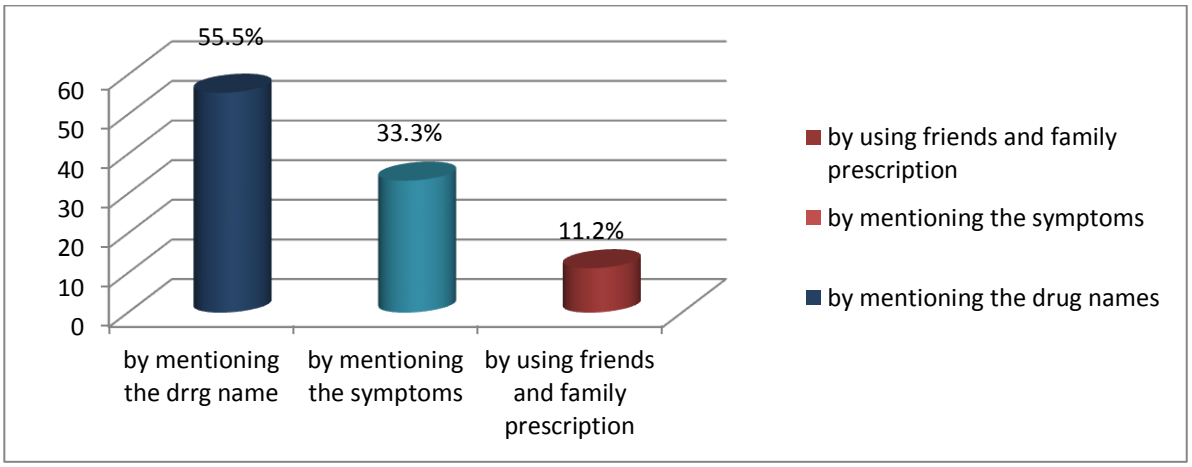
| SL.N0 | SOURCES OF INFORMATION TO GET TO KNOW THE NAME OF THE DRUGS | FREQUENCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | From family or friends | 22 | 27.2% |
| 2 | Social media/internet | 3 | 3.7% |
| 3 | Other health personnel | 56 | 69.1% |




**SOURCES OF INFORMATION TP GET TO KNOW THE NAME OF THE DRUGS:** Around 27.2% population were getting the information from family and friends, 3.7% from social media and about 69.1% were getting information from other health personnel.

**TABLE NO 12:** Distribution of population based on buying the drug over the counter by the drugs over the counter

| SL.NO | BUY THE DRUGS OVER THE COUNTER | FREQUNCY(f) | PERCENTAGE (%) |
|---|---|---|---|
| 1 | By mentioning the drug names | 45 | 55.5% |
| 2 | By mentioning the symptoms | 27 | 33.3% |
| 3 | By using friends and family prescription | 9 | 11.2% |




**BUY THE DRUGS OVER THE COUNTER:** Around 55.5% population were buying the drugs by mentioning the name of the drug, 33.3% by mentioning the symptom and around 11.2% by using family and friends prescription.

**SECTION 3: Association between the usage of over the counter drugs among adult of haldipur and the selected demographic variables**

| VARIABLES | >MEDIAN | <MEDIAN | VALUE ($X^2$) | (P) VALUE | INFERENCE |
|---|---|---|---|---|---|
| **1)Age in year** | | | | | **S*** |
| a. 20-29 | 5 | 33 | 7.15 | 5.99 | |
| b. 30-49 | 16 | 30 | | | |
| c.50-69 | 7 | 9 | | | |
| **.992)Religion** | | | | | **S*** |
| a. Hindu | 11 | 69 | 25.78 | 5.99 | |
| b. Christian | 16 | 1 | | | |
| c. Muslim | 1 | 2 | | | |
| **3)Types of family** | | | | | **S*** |
| a. nuclear | 22 | 36 | 6.74 | 3.84 | |
| b. joint | 6 | 36 | | | |
| **4)Employment status** | | | | | **NS*** |
| a. Un-employee | 6 | 20 | 2.49 | 7.82 | |
| b. Govt.employee | 5 | 6 | | | |
| c. Private employee | 7 | 25 | | | |
| d. Self earning | 10 | 06 | | | |
| **5) Educational status** | | | | | **NS*** |
| a. No formal education | 2 | 4 | 3.49 | 9.49 | |
| b. Primary education | 7 | 15 | | | |
| c. secondary education | 10 | 22 | | | |
| d. Graduate | 6 | 28 | | | |
| e. Post graduate | 3 | 3 | | | |

## 3) CONTRIBUTIONS MADE TOWARDS INCREASING THE STATE OF KNOWLEDGE IN THE SUBJECT.

The study explored the prevalence of usage of over the counter drugs among adults of haldipur village UK. It highlighted the various reasons of usage of over the counter drugs. The study contributes in creating awareness and understanding regarding the ill consequences of over the counter drugs among the adults of haldipur village UK. During the process of study, the investigator explained the various problems associated with over the counter drugs and established several guidelines in usage of drugs.

## 4) CONCLUSIONS SUMMARIZING THE ACHIEVEMENTS AND INDICATION OF SCOPE FOR FUTURE WORK.

The major findings of the study have been discussed under the following sections

**SECTION 1**: Findings related to demographic variables of the samples

**AGE**

With regard to age of the samples majority of them were 46(46%) belonged to the age group of 30-49 years, 38(38%) belonged to age group of 20-29 years and 16(16%) belonged to age group of 50-60 years.

**RELIGION**

Findings related to religion of the sample majority of the samples 80(80%) were Hindu, 17(17%) of samples were Christian and 3(3%) were Muslims.

**TYPE OF FAMILY**

Findings related to type of the family of the sample majority of the samples 58(58%) belonged to nuclear family and 42(42%) of the samples belonged to joint family.

**EMPLOYMENT STATUS**

Findings related to the employment status of the samples majority of the samples were 32(32%) were private employees, 31(31%) of the sample were selfearning, 26(26%) of the samples were un-employee and 11(11%) of the samples were Govt.employee.

**EDUCATIONAL STATUS**

Findings related to educational status of the samples majority of the samples 34(34%) were graduates, 32(32%) of the samples had completed secondary education, 22(22%) of the samples had completed primary education, 6(6%) of the samples were post graduates and 6(6%) of the samples had No formal education.

**SECTION 2:** Findings related to prevalence questionnaire.

1) Depicts that habit of taking self medication is present in 81(81%) and absent in 19(19%) of samples.
2) Depicts that frequency of bringing medication from medical shop without doctor prescription is majority in 70(86.5%) samples taking sometimes, 11(13.5%) samples taking monthly and 0(0%) samples taking weekly.
3) Depicts that system of medication brought by self by the sample, majority is 57(70.4%) take Allopathy system of medicine, 21(25.9) samples take Ayurveda system of medicine and very few 3(3.7%) take homeopathy system of medicine.
4) Depicts that the reason they brought medicine directly from shop, majority 55(67.9) samples brought because it is convenient, 21(25.9) samples brought because it is cost saving and 5(6.2%) samples brought because of lack of lack of trust in doctor.
5) Depicts that the habit of consuming the previous prescribe medication for other treatment, majority 37(45.6%) of the samples say sometimes, 22(27.2%) of the samples say yes and 22(27.2%) of the samples say never.
6) Depicts that sources of information to get to know the name of the drugs, majority 56(69.1%) of the samples get information from other health personal, 22(27.2) of the samples get information from family and friends and 3(3.7%) of the samples get information from social media/internet.
7) Depicts that the distribution based on buying the drugs over the counteris around 55.5% population were buying the drugs by mentioning the name of

the drug, 33.3% by mentioning the symptom and around 11.2% by using family and friends prescription

**SECTION 3:**

**Findings related to Association between usage of over the counter drug among adult of village haldipur and the demographic variables. Viz, age, religion, type of family, employment status and educational status.**

The obtained chi- square value is significant for variable like age, religion and type of family. Variables like employment status and educational status not significant at 0.05 levels.

**Age in year**

The obtained chi-square value 7.15P < 0.05 for age in year showed that the value is significant at 0.05 levelsfor the samples with their demographic variable. Hence the significance found with variable age in year.

**Religion**

The obtained chi-square value 25.78P< 0.05 for religion showed that the value is significant at 0.05 levels for the samples with their demographic variable. Hence the significance found with variable religion of the sample

**Types of family**

The obtained chi-square value 6.74P< 0.05 for type of family of the sample showed that the value is significant at 0.05 levels for the samples with their demographic variable. Hence the significance found with variable type of the family the sample belongs.

LIMITATION OF THE STUDY

- The sample size was only 100. Hence generalization of the population is difficult.
- The study was confined to selected village haldipur of honnavar U.K

**CONCLUSION:**

The study was aimed to assess the prevalence of usage of over the counter drugs, among the adults of haldipur village honnavar, UK. The data was collected from 100 adults of haldipur by using a prevalence questionnaire with 7 items. Data was analyzed using descriptive and inferential statistics.

The findings of the study indicate that significant number of adults living in the village haldipur have the habit of taking over the counter drugs. The study helps the samples and their family members to understand the side effects of using over the counter drugs, moreover the study helps the adults to stop using the over the counter drugs and only use the drugs prescribed by the doctors.

## SCOPE FOR THE FUTURE WORK

The findings of the study enable to determine the prevalence of usage of over the counter drugs among the adults of village haldipur. The findings of the study have implications for nursing practice, nursing education, nursing administration and nursing research.

## NURSING PRACTICE

Health education is an important tool of health care services agency a cost effective intervention to promote healthy living. Nurses are the key providers of preventive, promotive, curative and rehabilitative services to individual and hospitals.

## NURSING EDUCATION

The nurses came across people of all age group during their course of study as well as service. It is one of the responsibilities of a nurse to equip herself with updated knowledge on prevalent disease conditions so that she will be able to impact her knowledge to the entire population.

The nursing curriculum should give to the importance to health education and should be cooperative like preparation of booklet, pamphlet and teaching materials for disseminating knowledge about hazards of self medication on health.

## NURSING ADMINISTRATION

Nursing administration plays a vital role in the supervision and management of nursing profession. The nursing administration can plan and conduct education programmes which are beneficial to patients and to common people who visit hospital. The nurse administration can arrange in-service education and continue education program regarding the hazards of self medication on health. The nurse administrative can train student nurses to gain knowledge of nursing curriculum efficiently according to their level of understanding in order to deal with the hazards of self medications on health.

## NURSING RESEARCH

In the field of nursing research,

- Research findings can be used as a guide line for future study.
- Long term study can be conducted.
- Similar study can be replicated in large sample.

# 5)ABSTRACT

Non prescription drugs are drugs which that are sold over the counter which means they are sold without a prescription from doctor.

**METHODS:** Demographic data was collected using a baseline Performa. And the usage of over the counter drugs was assessed by using the prevalence questionnaire.

**RESULTS:** Regarding age, 46(46%) between the age group of 30-45years, 38(38%) 20-29 years, and 16(16%) 50-69 years. Majority of the samples 80(80%) were Hindu, 17(17%) were Christian and 3(3%) were Muslim. Regarding type of family of the samples 58(58%) were from nuclear family and 42(42%) were from joint family, Regarding the employment status of the samples majority of the samples were 32(32%) were private employees, 31(31%) of the sample were self earning, 26(26%) of the samples were un-employee and 11(11%) of the samples were Govt.employee, regarding educational status of the samples majority of the samples 34(34%) were graduate, 32(32%) of the samples had completed secondary education, 22(22%) of the samples had completed primary education, 6(6%) of the

samples were post graduates and 6(6%) of the samples had No formal education. Assessment revealed that the maximum using age group is 30-49(46%), the adults are Hindu (80%), the adults belong to nuclear family (58%) and the adults are private employees (32%). The chi-square was computed to find the significant association between the usage of over the counter drugs among adults and demographic variables. The significant association was found with the age in year ($\chi^2$ (2) =7.15), religion ($\chi^2$ (2) =25.78) and types of family ($\chi^2$ (1) = 6.74) at 0.05level.

**CONCLUSION** Research needs to focus and assess the usage of over the counter drugs among adults of haldipur village setting in improving the quality of life of people of the village. Innovative approaches in this field have to be initiated in nursing.

**Keywords**: Over the counter drugs, adults and usage.

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