

UNIVERSITI TEKNOLOGI MARA

**SELF-MEDICATION PRACTICES
AMONG PUBLIC IN SELANGOR:
ATTITUDES AND PATTERNS**

SUHANA BINTI JAWAHIR

Dissertation submitted in partial fulfillment
of requirements for the degree of
Master in Pharmacy Practice

Faculty of Pharmacy

January 2015

CONFIRMATION BY PANEL OF EXAMINERS

I certify that a panel of examiners has met on 5th December 2014 to conduct the final examination of Suhana binti Jawahir on her Master of Pharmacy Practice dissertation entitled “Self-medication practices among public in Selangor: Attitudes and Patterns” in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The Panel of Examiners recommends that the student be awarded the relevant degree. The panel of Examiners was as follows:

Noorizan Abd. Aziz, PhD
Professor
Faculty of Pharmacy
Universiti Teknologi MARA
(Supervisor)

Mahmathi Karuppanan, PhD
Senior Lecturer
Faculty of Pharmacy
Universiti Teknologi MARA
(Internal Examiner)

Mumtaz Hussain, PhD
Senior Lecturer
Faculty of Pharmacy
Universiti Teknologi MARA
(External Examiner)



.....
AISHAH ADAM, PhD
Professor
Dean
Faculty of Pharmacy
Universiti Teknologi MARA
Date: 06-03-2015

AUTHOR'S DECLARATION

I declare that the work in the dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM). It is original and is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This dissertation has not been submitted to any other academic institution of non-academic institution for any degree of qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Postgraduate, Universiti Teknologi MARA (UiTM), regulating the conduct of my study and research.

Name of student : Suhana binti Jawahir

Student I.D. No. : 2013830572

Programme : Master in Pharmacy Practice

Faculty : Pharmacy

Dissertation : Self-medication practices among public in Selangor: Attitudes and Patterns

Signature of student : 

Date : January 2015

ABSTRACT

Irrational use of medications during self-medication may lead to serious consequences. Recently, there is a great concern about the self-medication practices among the Malaysian population. The study was aimed to explore the attitudes and patterns of self-medication practices among public aged 18 years old and above in Selangor. A validated questionnaire was administered to the public via both, web-based and paper-based self-administrated survey. 401 responses received, with 33.9% participants mentioned that they had practiced self-medication in the previous two weeks. The prevalence was generally higher among the middle age groups of 25 - 34 and 35 - 44 years, and participants aged 35 – 44 was associated with higher odds of self-medication practices compared to younger ones (18 – 24 years old) ($p = 0.016$). More than half (66.6%) of the participants had a satisfactory level of attitude towards self-medication practices. Gender ($p < 0.034$), marital status ($p < 0.008$) and whether the participant's occupation or participant's family's occupation related to healthcare ($p < 0.046$) were significantly associated with the level of attitude towards self-medication practices. Two major reasons for practicing self-medication were the illness is a minor and previous experience or knowledge about the illness and treatment. Majority of the participants (83.8%) would look for information about medications before practicing self-medication and 58.4% of participants mentioned modern healthcare professionals as their source of information for self-medication. Although analgesics and cough or flu medicines were the most commonly used medications, herbs or traditional medicines were also used by the public when practicing self-medication. More than half (71.3%) of the participants mentioned pharmacy outlet as their main source of medications for practicing self-medication. This study also revealed the events of side effects experienced by the participants after practicing self-medication. Public need to be well-equipped with information regarding self-medication practices to ensure rational use of medications during self-medication.

Keywords: Self-medication, public, attitudes, prevalence, practices, adults, Malaysia.

TABLE OF CONTENT

	Page
CONFIRMATION BY PANEL OF EXAMINERS	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENT	vi
LIST OF TABLES	ix
LIST OF FIGURES	x
LIST OF ABBREVIATIONS	xi
CHAPTER ONE: INTRODUCTION	1
1.1 Overview	1
1.2 Problem Statement	3
1.3 Research Objectives	4
1.3.1 General Objective	4
1.3.2 Specific Objectives	4
1.4 Research Questions	4
1.5 Rationales of the Study	5
1.6 Hypothesis	5
CHAPTER TWO: LITERATURE REVIEW	6
2.1 Attitudes towards Self-medication Practices	6
2.2 Prevalence of Self-medication Practices	6
2.3 Association of Socio-demographic Characteristics with Self-medication Practices	7
2.4 Patterns of Self-medication Practices	7
2.5 Benefits of Self-medication	8
2.6 Risks of Self-medication	9