SELF MEDICATION PRACTICES AMONG SECONDARY SCHOOL TEACHERS IN ONDO WEST LOCAL GOVERNMENT AREA, ONDO STATE, NIGERIA.

ARIYO AYODELE OLUWAKAYODE (Ph.D)

Department Of Physical And Health Education, School Of Science, Adeyemi College Of Education, Ondo.

ABSTRACT

Self medication is becoming an increasingly important area within healthcare. *Hence, the ensuing paper was designed to consider self medication practice among secondary school teachers in Ondo west LGA, Ondo state Nigeria. Four hundred (400) respondents were selected who took part in the study. A self-designed*

INTRODUCTION

Self medication is a global public health problem especially in developing countries. According to Esan, Akinwande, Odesanya, Esan, Ojo and Faeji (2018), self-medication is the use of drugs to treat self diagnosed disorders or symptoms or the intermittent or continued use of prescribed drug for chronic or recurrent disease or symptoms, it is also the use of medication modern and or traditional for self treatment without consulting a physician either for diagnosis, prescription, or surveillance of treatment capable of increasing the possibility of drug abuse and drug dependency. It involves obtaining medication without prescription and taking medicines on advice of and from friends and relatives. Kwese (2017) affirmed that youths are more vulnerable to the practice of self-medication due to low perception of risk associated with the use of drugs, knowledge of drugs, easy access to Internet, wider media coverage on related health

TIJERLS

*questionnaire of 4-points Likert type rating scale tagged self medication practise among secondary school teachers in Ondo west LGA, Ondo state Nigeria (SMASST) with reliability coefficient of 0.84 was used to elicit information from the respondents through a multi-stage sampling technique subjected to Pearson Product Moment Correlation (PPMC) analysis. at 0.05 alpha level of significance. The **statistics** of frequency counts and percentages were used to analyse **demographic** data of the respondents, while PPMC test **was used to analyse hypothesis one to five.** The findings of the research work revealed that affordability of hospital bills, effectiveness of On-The-Counter (OTC) drug, accessibility to the hospital, availability of drugs and attitudes of medical personnel showed a strong positive relationship with self medication practice among secondary school teachers in Ondo west LGA. Based on the findings of the study, the following recommendations were suggested; Qualified and experienced Health education teachers should be employed to teach the subject matter in schools effectively and efficiently, policy makers should come up with policies that will effectively check mate self medication practices and drug abuse, frantic efforts should be made by the government to ensure that drugs are available and affordable at the hospital as well as access to the hospital, government should come up with more incentives to encourage medical personnel on the job as this will checkmate irrational behaviour and non-governmental organisations should partner with government and other relevant stakeholders in curbing the menace of self medication practices.*

Keywords: Self medication, medical personnel, Over-The-Counter drugs, sedatives, availability of drugs.

issues, ready access to drugs, level of education, and social status. In the opinion of Olayemi and Catarivas (2016), many people resort to the practice of self medication instead of contacting professional health care workers because of long waiting periods in hospitals, attitudes of medical personnel,

minor ailments cost, to save money and time, lack of accessibility shortage of doctors, lack of accessibility to hospitals in rural areas or a feeling that their ailment is beyond the knowledge of western trained doctors. Individuals sometimes self administers medications through drug identification. Trade names were common means of identification and less frequently by generic name, action; colour, shape and common usage names, sources of drug information could be from the sales clerk in the chemist shop, print media, family and friends, pharmacists, general medicine dealers, general and private medical practitioners and among individuals who interact frequently with the public (Abanikanda, 2017) and (Chimnonso, 2015)

According to Odubanjo (2017), self-medication is considered okay by many because going to the doctor can be time-consuming and expensive; however, there are harmful side-effects to this. The idea of self-medication even for small health issues can lead to complications. People tend to pop pills as they are popping candies. Medicines such as pain relief drugs, cough syrups, laxatives, antibiotics, anti-allergy medicines, vitamins and even antacids are mostly consumed without consulting the doctor because these are Over-The-Counter drugs (OTC) drugs easier to acquire. It must be noted that self medication makes people prone to allergies, drug-dependence, and even addiction. Phil-Jones (2014) explained that there is very little or almost no awareness about the disadvantages of self medication, people still take doses randomly and do not even check the composition of the medicine and are clueless about the side effects. Taking pills may result to instant relief; it is not free of side-effects. At times, a patient may be under prescribed medication for different health issues, and self medicating may lead to adverse reactions. This is because one drug may react differently when consumed with another drug. This can even lead to death. Hence, consulting a doctor is a must. In agreement with Odubanjo (2017), Ogogo (2015) affirmed that the major problem with self medication is ignorance about the dosage because the potency is often underestimated, people do self medication because it is instant, and of course, there is no expense of the doctor when eventually, there are severe health issues as the

consequences. Self medication as a habit can damage irrevocably the health of the people causing disabilities and even premature death. Ondo West is a Local Government Area in Ondo State, Nigeria; the headquarters is in the town of Ondo. It has an area of 970 km² and a population of 283,672 at the 2006 census. The postal code of the area is 351.

Research objective

1. The objective of this study was to consider the self medication practice among secondary school teachers in Ondo west LGA, Ondo state Nigeria.

Research Questions

1. Will there be any significant relationship between affordability of hospital bills and self medication practice among secondary school teachers in Ondo west LGA?
2. Will there be any significant relationship between effectiveness of On-The-Counter (OTC) drug and self-medication practice among secondary school teachers in Ondo west LGA?
3. Will there be any significant relationship between accessibility to the hospital and self medication among practice secondary school teachers in Ondo west LGA?
4. Will there be any significant relationship between availability of drugs and self medication practice among secondary school teachers in Ondo west LGA?
5. Will there be any significant relationship between attitudes of medical personnel and self medication practice among secondary school teachers in Ondo west LGA?

Research Hypotheses

1. There will be no significant difference in affordability of hospital bills and self medication practice among secondary school teachers in Ondo west LGA

2. There will be no significant difference in the effectiveness of On-The-Counter (OTC) drug and self medication practice among secondary school teachers in Ondo west LGA.

3. There will be no significant difference in accessibility to the hospital and self medication practice among secondary school teachers in Ondo west LGA.

4. There will be no significant difference in availability of drugs and self medication practice among secondary school teachers in Ondo west LGA.

5. There will be no significant difference in attitudes of medical personnel and self medication practice among secondary school teachers in Ondo west LGA.

Methodology

The study adopted a descriptive survey research design because it was an investigation in which self-reported data were collected from sampled participants in describing the population on the relevant variables of interest. The number of registered public secondary schools in the study area is thirty-one (31) with a total population of over (834) eight hundred and thirty four teachers. Simple random sampling technique of fishbowl with replacement was used in selecting ten (10) secondary schools in the study area. Simple random sampling technique was also used in selecting twenty (20) male and twenty (20) female teachers from each of the ten schools. This implies that forty (40) teachers of both sexes were selected using simple random sampling technique from each of the school, thus a total number of four hundred (400) teachers participated in the study. A self-designed questionnaire tagged self medication practice among secondary school teachers in Ondo west LGA, Ondo state Nigeria (SMPASST) was used to elicit information from the respondents. The instrument consisted of two sections identified as sections A and B. Section A: contained information on demographic characteristics of the respondents such as sex, age, academic qualification and years of service. The respondents are expected to tick from the options as applicable to

them. In section B, the items were designed to ask specific questions directed towards the views of respondents with respect to self medication practice among secondary school teachers in Ondo west LGA, Ondo state Nigeria. The fifteen item questionnaire in this section was assessed on a four-point rating scale ranging from 4 strongly agreed, 3 agreed, 2 disagree and 1 strongly disagree as indicated below.

Items	SA	A	D	SD
Positive items	4	3	2	1
Negative items	1	2	3	4

The validity of the instrument was ascertained by experts in the field of Physical and Health Education and Medicine. A reliable coefficient of 0.84 was obtained through the use of Pearson Product Moment Correlation (PPMC) analysis. Therefore, the instrument is considered adequate and appropriate enough to be used for data collection for the study. Copies of the questionnaire were administered to the respondents at the selected schools respectively. The respondents independently spent not more than ten minutes on the average to carefully and accurately complete the questionnaire as it decreases the possibilities of sharing opinion and discussing the questionnaire items before submission was done individually.

Data Analysis:
Descriptive and inferential statistics were used to process the data collected. The general questions were analyzed using the descriptive statistics of frequency counts, percentages and standard deviation, while the hypotheses formulated were tested using PPMC at 0.05 level of significance.

Result
Demographic information
The analysis of the demographic variables is presented in table below

Demographic information of respondents

Variable Description		Frequency	Percentage
Gender	Male	180	45%
	Female	220	55%
	Total	**400**	**100%**
Age	18-24 years	30	7.5%
	25-31years	40	10%
	32-38years	80	20%
	39-45years	90	22.5%
	46-52years	80	20%
	53-59years	60	15%
	60 years & above	20	5%
	Total	**400**	**100%**
Class teacher	JSS1	50	12.5%
	JSS2	70	17.5%
	JSS3	60	15%
	SS1	80	20%
	SS2	80	20%
	SS3	60	15%
	Total	**400**	**100%**
Years of teaching experience	1-7	40	10%
	8-14	80	20%
	15-21	120	30%
	22-28	100	25%
	29-35	60	15%
	Total	**400**	**100%**

The result in table 1 showed that 45% and 55% of the respondents were male and female respectively. In the area of age, 22.5% of the respondents fall under 39-45 years, while 5% are respondents that are 60 years and above. Class teachers of SS1 and SS2 are 20% each of the total population, while JSS1

teachers are 12.5%. Teachers with 15-21 years experience are 30% of the total population, while teachers with 1-7 years experience are 10%.

Hypothesis 1

There will be no significant difference in affordability of hospital bills and self medication practice among secondary school teachers in Ondo west LGA

Table 2: showing significant difference in affordability of hospital bills and self medication practice among secondary school teachers.

Variable description	Test	Affordability of hospital bills	Self medication practice among secondary school teachers
Affordability of hospital bills	(PPMC) Significant (2-tailed) N Mean SD	1 - 400 1.3250 0.3271	0.241 0.01 400
Self medication practice among secondary school teachers	(PPMC) Significant (2-tailed) N Mean SD	0.241 0.01 400 1.2700 0.44507	1 400

Correlation is significant at the 0.05 level (2-tailed)

A Pearson Product Moment Correlation was run to test for the difference between affordability of hospital bills and self medication among secondary school teachers in Ondo west LGA. The result showed a strong positive relationship between the variables (r=0.241) and the relationship was found to be significant (P<0.05). The null hypothesis which states that there will be no significant difference in affordability of hospital bills and self medication practice among secondary school teachers in Ondo west LGA was rejected.

Hypothesis 2

There will be no significant difference in the effectiveness of On-The-Counter (OTC) drug and self medication practice among secondary school teachers in Ondo west LGA.

Table 3: showing significant difference in the effectiveness of On-The-Counter (OTC) drug and self-medication practice among secondary school teachers.

Variable description	Test	Effectiveness of On-The-Counter (OTC) drug	Self medication practice among secondary school teachers
Effectiveness of On-The-Counter (OTC) drug	(PPMC) Significant (2-tailed)	1 -	0.401 0.000
	N	400	400
	Mean	2.1341	
	SD	0.5564	
Self medication practice among secondary school teachers	(PPMC) Significant (2-tailed)	0.401 0.000	1

	N	400	400
	Mean	3.5200	
	SD	0.57323	

Correlation is significant at the 0.05 level (2-tailed)

A Pearson Product Moment Correlation was run to test for the difference in the effectiveness of On-The-Counter (OTC) drug and self medication practice among secondary school teachers in Ondo west LGA. The result showed a strong positive relationship between the variables (r=0.401) and the relationship was found to be significant (P<0.05). The null hypothesis which states that there will be no significant difference in the effectiveness of On-The-Counter (OTC) drug and self medication practice among secondary school teachers in Ondo west LGA was rejected.

Hypothesis 3
There will be no significant difference in accessibility to the hospital and self medication practice among secondary school teachers in Ondo west LGA.
Table 4: showing significant difference in accessibility to the hospital and self medication practice among secondary school teachers.

Variable description	Test	Accessibility to the hospital	Self medication practice among secondary school teachers
Accessibility to the hospital	(PPMC) Significant (2-tailed)	1 -	0.750 0.000
	N	400	400
	Mean	3.2338	
	SD	0.55822	

Self medication practice among secondary school teachers	(PPMC) Significant (2-tailed)	0.750 0.000	1
	N	400	400
	Mean	3.2700	
	SD	0.56658	

Correlation is significant at the 0.05 level (2-tailed)

A Pearson Product Moment Correlation was run to test for the difference in accessibility to the hospital and self medication practice among secondary school teacher in Ondo west LGA. The result showed a strong positive relationship between the variables (r=0.750) and the relationship was found to be significant (P<0.05). The null hypothesis which states that there will be no significant difference in accessibility to the hospital and self medication practice among secondary school teachers in Ondo west LGA was rejected.

Hypothesis 4

There will be no significant difference in availability of drugs and self medication practice among secondary school teachers in Ondo west LGA.

Variable description	Test	Availability of drugs	Self medication practice among secondary school teachers
Availability of drugs	(PPMC) significant (2-tailed)	1 -	0.893 0.000
	N	400	400
	Mean	3.1500	

	SD	0.61841	
Self medication practice among secondary school teachers	(PPMC) significant (2-tailed)	0.893 0.000	1
	N	400	400
	Mean	3.1284	
	SD	0.76705	

Correlation is significant at the 0.05 level (2-tailed)

A Pearson Product Moment Correlation was run to test for the difference in availability of drugs and self medication practice among secondary school teacher in Ondo west LGA. The result showed a strong positive relationship between the variables (r=0.893) and the relationship was found to be significant (P<0.05). The null hypothesis which states that there will be no significant difference in availability of drugs and self medication practice among secondary school teachers in Ondo west LGA was rejected.

Hypothesis 5

There will be no significant difference in attitudes of medical personnel and self medication practice among secondary school teachers in Ondo west LGA.

Table 6: showing significant difference in attitudes of medical personnel and self medication among secondary school teachers.

Variable description	Test	Attitudes of medical personnel	Self-medication practice among secondary school teachers
Attitudes of medical personnel	(PPMC) significant (2-tailed)	1 -	0.352 0.000

	N	400	400
	Mean	3.4388	
	SD	0.43371	
Self-medication practice among secondary school teachers	(PPMC) significant (2-tailed)	0.352 0.000	1
	N	400	400
	Mean	3.5400	
	SD	0.58747	

Correlation is significant at the 0.05 level (2-tailed)

A Pearson product moment correlation was run to test for attitudes of medical personnel and self-medication practice among secondary school teachers. The result showed a strong positive relationship between the variables (r=0.352) and the relationship was found to be significant (P<0.05). Therefore, the null hypothesis which states that there will be no significant difference in attitudes of medical personnel and self medication practice among secondary school teachers in Ondo west LGA was rejected.

Discussion of findings

The study focused on self medication practice among secondary school teachers in Ondo west LGA, Ondo state Nigeria. The results of the demographic characteristics of the respondents on table 1 showed distribution according to gender male 180 (45%) female 220 (55%), while 22.5% of the respondents fall under 39-45 years, 5% respondents are 60 years and above. Class teachers of SS1 and SS2 showed 20% each of the total population, while JSS1 teachers are 12.5%. Teachers with 15-21 years

experience are 30% of the total population, while teachers with 1-7 years experience are 10%. Hypothesis one revealed a strong positive relationship between affordability of hospital bills and self medication practice (r=0.241) and the relationship was found to be significant (P<0.05). Waqnar, Djemba and Luepker (2018) affirmed that the practice of self medication is a common phenomenon worldwide in developed and developing countries, self medication became a good problem majorly because of the easy availability, affordability and being generally accepted because of the role in the care of minor illness. Hypothesis two revealed a strong positive relationship between effectiveness of On-The-Counter (OTC) drug and self medication practice (r=0.401) and the relationship was found to be significant (P<0.05). Abanikanda (2017) and Chimnonso (2015) revealed that one major reason for self medication practice is the effectiveness of the medication and the positive previous experiences of the consumer and hence the consumer go on to advice family and friends to do same rather than going to the hospital to see the doctor, because going to the hospital to see the doctor is rather time wasting, not economical, not convenient and so on. Hypothesis three revealed a strong positive relationship between accessibility to the hospital and self medication practice (r=0.750) and the relationship was found to be significant (P<0.05). In the view of Famakinwa (2018), the menace of self medication cannot be over stressed, self-medication is a common behavior associated with post-traumatic stress disorder (PTSD) and can have many potentially hazardous and tragic outcomes, and 20% of individuals with PTSD use substances in an attempt to relieve resultant symptoms. However, the practice of self medicating could be very devastating but because of the challenge of accessibility to the hospital in rural settlements most people regardless of the menace of self medication take to OTC drugs for remedy and cure. Hypothesis four also showed a strong positive relationship between availability of drugs and self medication practice (r=0.893) and the relationship was found to be significant (P<0.05). According to Sesan (2015), lack of knowledge and information is the cause many people take and use medication incorrectly or inappropriately. The availability of OTC drugs enables people to relieve

many annoying symptoms and to cure some diseases without the cost of seeing a doctor. However, safe use of these drugs requires knowledge, common sense, and responsibility. In addition to the substances such as aspirin and acetaminophen that people typically think of as OTC drugs, many other commonly available products are considered OTC drugs by the Food and Drug Administration (FDA). Some toothpastes, some mouthwashes, some types of eye drops, wart removers, first aid creams and ointments that contain antibiotics, and even dandruff shampoos are considered OTC drugs. Owoeye (2019) explained that the availability of a wide variety of drugs coupled with easy access and lack of regulatory control has been the main problem in developing countries that lead to the problems associated with irresponsible self medication such as drug misuse and abuse. Hypothesis five revealed a strong positive relationship between medical personnel and self medication practice (r=0.352) and the relationship was found to be significant (P<0.05). In lieu of the findings of this result, Jonathan (2016) affirmed that in many Sub-Saharan African countries, there have been concerns about the way and manner some health workers relate to and communicate with patients in health facilities. Health workers, particularly nurses, sometimes do not treat patients or clients well, some nurses are rude and harsh towards patients and health workers are often partial in giving immediate and high quality treatment to patients. For instance, Shokoya (2015), in a study in Nigeria found that a significant number of health professionals showed discriminatory attitudes and engaged in unethical behaviour towards patients and this made most patients resort to self medication. In another study by Kwese (2017), medical personnel in Ghana, pregnant women expressed reservations of delivering in the hospital due to previous experiences of being shouted at, beaten or neglected by nurses. Although some nurses agreed with the reservations of the pregnant women, they attributed the practices to many factors. These were organizational issues, professional concerns, including perceptions that staff were themselves abused by patients, a perceived need to assert control over the environment and patients, social sanctioning

of coercive strategies including punitive actions, and an underpinning ideology of patient ignorance and inferiority.

Conclusion

The findings of the research work revealed that affordability of hospital bills, effectiveness of On-The-Counter (OTC) drug, accessibility to the hospital, availability of drugs and attitudes of medical personnel showed a strong positive relationship with self medication practice among secondary school teachers in Ondo west LGA.

Recommendations

Based on the findings of the study, the following recommendations were suggested

1. Qualified and experienced Health education teachers should be employed to teach the subject matter in schools effectively and efficiently.
2. Policy makers should come up with policies that will effectively check mate self medication and drug abuse
3. Frantic efforts should be made by the government to ensure that drugs are available and affordable at the hospital as well as access to the hospital.
4. The government should come up with more incentives to encourage medical personnel on the job as this will checkmate stress and irrational behavior..
5. Non-governmental organisations should partner with government and other relevant stakeholders in curbing the menace of self medication.

References

Abanikanda, O.T. (2017). Medical personnel and patient dichotomy in self medication: issues of availability and accessibility of over-the-counter medicines. *International Journal of Nursing Sciences (IJONS)*. 9(5) 106-117.

Chimnonso, N. K. (2015). Complications of self medication practices among secondary school students in Akwa-Ibom state: *International Journal of Pharmaceutical Practioners (IJOPP)*. 21(13) 831-838.

Esan, D.T., Akinwande, A. F., Odesanya, O.P, Ojo, E.F. and Faeji, C.O. (2018). Assessment of self medication practices and its associated factors among undergraduates of private university in Nigeria. *Journal of Environmental and Public Health (JEPH)* https://doi/101155/2018/5439079. Retrieved 2nd August, 2019

Famakinwa, A.A. (2018). Responsible self medication practice among paramilitary in the US: *America Journal of Pharmaceutical Sciences (AMJOPS). 20 (67825-67833)* https://www.amjopsi.com/journals/2018/53d76q98x/2067825-67833/Article/Id/epr2314.
Retrieved 23rd February 2021

Jonathan, M.D. (2016). Attitudes and behaviours of health workers and the use of HIV/AIDS health care services. https://www.hindawi.com/journals/2016/5172497/vol.2016/Article/Id/5172497/abstract.
Retrieved 12th January 2022

Kwese, K. K. (2017). The state of mind of health care givers in Accra Ghana. *International Journal of Public Administration and Counseling. 7 (7) 67-77.*

Odubanjo, D.A. (2017). Workload of health workers in government hospitals: a public health challenge. http://www.haelth-workers-stress/print/crjss/v2-311-315/246fg426.pdf.
Retrieved 18th February, 2019.

Ogogo, R.S. (2015). Mental and physical alertness in self medication: role of concerned stakeholder for general wellbeing. *International Journal of Public Health (IJOPH). 3* (2) 11429–11435.

Olayemi, J.P. and Catarivas, A.A. (2016). Justification for self medication in remote areas of Northeast Nigeria: should the people die? Journal of Transparency Vanguard (JTV). 54 (22) 432-441. https://jitv/doi65xd43/2016/333231-333220. Retrieved 21st may, 2020.

Owoeye, O.O. (2019). Adverse effect of self medication practices among hypertensive aged people attending blood pressure clinics in University teaching hospital, Ibadan. *Journal of Mental Health (JOMH). 7 (16) 52-55.*

Phil-Jones, V. (2014). Involve in exercise and stay away from seeing the doctors. *International Journal of Physical Conditioning Research (IJOPCR). 35 (18) 55532-55545.* https://www.rijopcr.net/research/30tr7789cx-benefits-of-daily-exercise.
Retrieved 10th January, 2019.

Sesan, O.O. (2015). Perception of registered pharmacists on self medication in Ijebo Ode, Ogun state. *Journal of Pharmaceutical and Chemical Sciences (JPCS). 5 (8) 67-71.*

Shokoya, D.E. (2015). Aerobic exercises and recreation in the place of boredom and stress. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/ 2004; 53:294-305.
Retrieved 21stFebruary, 2019.

Waqnar, D.I., Djemba, H.P., and Luepker, S.U. (2018). Use of non-prescription medications for perceived cardiovascular health. *American Journal of Preventive Medicine (AJOPM).* *12 (7)78-81.* https://www.ajopmjournals.com/Id/513267/abstract. Retrieved 12th May, 2022.