



ASSALM INTERNATIONAL UNIVERSITY

FACULTY OF PHARMACY

**ASSESSEMENT OF SELF-MEDICATION PRACTICES
AND AWARENESS AMONG STUDENTS IN ASSALAM
INTERNATIONAL UNIVERSITY**

A Project submitted for the Partial Fulfillment of the Bachelor Degree of
Pharmacy

By

Alla Nasser Shpik (4181183)

Amal Nasser Bashir (4181109)

Under the supervision of

Mahmoud Abdalla Elderbi

Department of Pharmacology & Toxicology

2022/2023



Abstract

Introduction: Self Medication is important component of self-care and it is defined as the use of medication without professional supervision to alleviate an illness or condition. Over the counter drugs and complementary and alternative medicine (CAM) such as herbal medicines are dispensed without prescription for minor conditions. Self-medication may be economical and time saving if practiced properly. Moreover, it provides cheaper alternative to treat common illnesses however there are many potential health hazard such as drug interactions.

Self-medication is widely practiced both in developed and developing countries. The prevalence of SM among university students is high reach in some countries to 91.4%. the aim of study was conducted to evaluate the self-medication among students in AIU and their knowledge about SM.

Materials and Method: This study is a cross-sectional descriptive study carried out at AIU/ Benghazi. Total no of participants were 95 collected using a questionnaire , The questionnaire contained 17 questions. Data were entered into the EXCEL and descriptive analysis conducted. For determination percentage, means, standard division

Results: Self medications were very common among students of AIU (100%). The most common reasons for SM was headache (72%) so that analgesics were the most common used drugs . the pharmacy is the most important source of drugs purchased (90.5%) and the selection of drugs depend on the pharmacist (50%). The students obtain their information about drugs used from the reading the pamphlet.

Conclusion: The self-medication practice among students of AIU was higher than other countries. SM practice, if used irrationally, may constitute a health problem such as antibiotic resistance and drug interactions that needs awareness and interventions by health care regulators in Libya. Future studies are warranted to examine the impact of self-medication on students' health and SM practice among students in other universities.