

**KNOWLEDGE AND PREVALENCE OF SELF-MEDICATION AMONG UNDERGRADUATES OF
NNAMDI AZIKIWE UNIVERSITY AND CHUKWUEMEKA ODUMEGWU OJUKWU UNIVERSITY
IN ANAMBRA STATE, NIGERIA**

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Abstract

This study focuses on assessing the knowledge and prevalence of self-medication among undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu University in Anambra State, Nigeria. It examines students' knowledge of self-medication, major reasons for engaging in the practice, its prevalence, associated consequences, and possible intervention strategies, as outlined in the research objectives. Four theories were reviewed, namely: opportunist theory, self-medication theory, differential association theory, and health belief theory. However, the study adopted two theories as its theoretical framework: self-medication theory and opportunist theory. The study employed a mixed-method research design. The target population for Nnamdi Azikiwe University was 24,706 regular undergraduates, while that of Chukwuemeka Odumegwu Ojukwu University was 10,875 undergraduates. A structured questionnaire was administered to 360 students selected from the two universities. Quantitative data were analysed using the Statistical Package for the Social Sciences (SPSS), version 25, and presented in tables and charts. Qualitative data were analysed using thematic analysis with NVivo software (version 2.0). The hypotheses were tested using Chi-square (χ^2) inferential statistics. The study found that the knowledge and prevalence of self-medication are remarkably high among undergraduates of both universities. The study recommends that efforts should be intensified to discourage self-medication practices among university students in Nigeria through awareness campaigns and improved access to healthcare services.

Keywords: Exposure, health-seeking behavior, knowledge, self-medication, undergraduates.

Introduction

Around the world, self-medication is being increasingly seen as an aspect of self-care (James et al, 2016). According to the World Health Organization (WHO), self-care encompasses actions individuals take to maintain their health, as well as to prevent and manage illnesses (WHO, 2000). The International Pharmaceutical Federation (IPF, 1999) describes self-medication (SM) as the act of taking medication without a current prescription or without consulting a healthcare professional. The practice of self-medication, whether with over-the-counter drugs or prescribed medications such as antibiotics, is prevalent in many developing nations and, to a lesser extent, in some developed countries (Shaghghi et al, 2014).

In developing countries, according to Shaghghi et al (2014), the practice of self-medication is often driven by factors such as the absence of medical insurance, high costs of hospital visits, consultation fees, and easy access to prescribed medications. Advice from friends, affordability of the practice, and prior experiences are as well part of need for self-medication (Bamigboye et al, 2006; Araia, et al 2019.). Typically, self-medication is used to treat minor ailments like headaches, fevers, sore throats, gastrointestinal issues, respiratory problems, skin conditions, and ear symptoms (Babatunde et al, 2016; Gelayee, 2017). WHO acknowledges self-medication as a viable strategy for achieving universal health coverage (WHO, 2015).

The prevalence of self-medication among undergraduates has been significantly influenced by previous experiences with ailments and continuous advertising. These students often view certain illnesses as minor and opt for self-medicated drugs, ignoring the associated risks. According to Osemene and Lamikanra (2012: 2), this behavior accounts for much number of hospital deaths due to drug-drug interactions. Moreover, incessant advertising has exacerbated this trend, as manufacturers frequently end their ads with the phrase, "if symptoms persist after two days, consult your doctor." This statement has inadvertently promoted the practice of self-medication, as individuals are inclined to experiment with these drugs before ultimately seeking medical attention when their condition worsens.

Undergraduates in Anambra State may turn to self-medication due to factors such as limited financial resources, lack of awareness about proper medication use, and cultural beliefs that encourage personal management of health issues (Meysam et al, 2020). The implications of these behaviors are profound; they not only affect individual health outcomes but also pose risks to public health systems.

According to Adum et al (2016), nearly any adult can visit numerous pharmacies or Patent Medicine Stores (PMS), locally known as “chemists,” and purchase any available drug in any quantity without needing a doctor’s prescription. This behavior is not limited to any specific group of Nigerians but spans across all social classes, including the lower, middle, and upper classes.

Self-medication also poses the risk of misdiagnosis and delayed treatment. Individuals who self-diagnose often lack the medical expertise required to accurately identify their condition, leading them to choose inappropriate medications or dosages. This delay in seeking professional medical advice can exacerbate health issues, sometimes resulting in more severe complications or chronic conditions. Afolabi (2008) reported that many Nigerians engage in self-medication due to perceived convenience and cost savings, but this often leads to poor health outcomes.

There is also the issue of substandard or counterfeit medications, which are prevalent in many developing countries like Nigeria due to weak regulatory frameworks. Individuals who self-medicate often purchase drugs from unregulated sources such as roadside vendors or informal markets, increasing their risk of consuming ineffective or harmful products. The World Health Organization (WHO) has consistently warned about the dangers of counterfeit medicines, noting that they contribute significantly to poor health outcomes globally (WHO Fact Sheet on Counterfeit Medicines, 2017). It is against this background that this study tends to assess the Knowledge and Prevalence of Self-medication among Undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu University in Anambra State, Nigeria.

Research Questions

1. What is the level of knowledge regarding self-medication practices among undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu Universities in Anambra State?
2. What is the prevalence of self-medication practices among undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu Universities in Anambra State?

Review of the Relevant Empirical Literature

Knowledge of Self-Medication among Undergraduates in Anambra State

A study conducted by Brian et al, (2025) Titled; Knowledge, Attitude and Practice towards responsible self-medication among pharmacy students in Uganda. The study made use of cross sectional survey with the aim to assess the pharmacy students’ knowledge, attitude and practice about responsible self-medication. A non- probable snowball sampling techniques was used to recruit 203 students as well as questionnaires. The findings indicated that a significant number of the students have good knowledge about self-medication.

Also, in the same year, a study conducted by Ababneh et al. (2025) titled, Knowledge, attitudes and practice towards self-medication among pharmacy undergraduates in Penang, Malaysia. The study assessed the Knowledge, Attitudes and Practices among undergraduates’ pharmacy students in Penang regarding self-medication. The study made use of a descriptive cross sectional study using a self-administered and web based survey, which was completed and responded to by 203 undergraduates a chi-square test and regression analysis were carried out as well. The result shows that; significant numbers of participants are knowledgeable about self-medication.

Another study conducted by Alduraibi and Altowayan (2022) titled, Knowledge, attitudes and practices of self-medication in medical and pharmacy students at Quassim University, Buraydah Saudi Arabia. The study made use of a cross –sectional study, a multi stage random sampling technique was used to recruit about 154 pharmacy students. The data were collected through questionnaire and analyzed using SPSS. The finding indicates that a good number of pharmacy students appear to have significant knowledge on self-medication compared to medical students.

Preye (2018) also carried out another study titled “Self-medication – Knowledge and Prevention among undergraduate students of University of Port-Harcourt, River state Nigeria”. The aim of this study was to access the level of knowledge of the practice among secondary school students. The major instrument of data collection was a written questionnaire. The result indicated a significant knowledge was exhibited by secondary school students. Most students who claimed to know and describe self-medication maintained that their parents had played a major role in insisting that they visit the doctor in the school clinic should they have any need for medical

attention or medication. Sample size of about 420 students was used in the study. However, they were able to describe self-medication as a way of one prescribing or knowing what drugs to buy to cure ill health without consulting the doctor.

Prevalence of Self-Medication Practices among Undergraduates in Anambra State

Khalil, and Wong (2019) carried out a study titled “Prevalence, practice and pattern of self-medication among medical students in Al-Iraqia medical college, Baghdad, Iraq”. The aim of this study was to access the prevalence of self-medication among medical students and to describe self-reported medication and pattern by medical students. The study adopted descriptive transversal method and a sample size of 400 undergraduates. The major instrument was data collection was a written questionnaire. Data were analyzed using percentage tables. The result indicated high prevalence of self-medication practices among undergraduates. Many students attested to have presumed some certain drugs will heal them instead of going for professional prescription from their practicing superiors.

Another study conducted by Brian et al, (2025) Titled; Knowledge, Attitude and Practice towards responsible self-medication among pharmacy students in Uganda. The study made use of cross sectional survey with the aim to assess the pharmacy students’ knowledge, attitude and practice about responsible self-medication. A non- probable snowball sampling techniques was used to recruit students as well as questionnaires. The study shows that the prevalence of self-medication practice among pharmacy students is mostly among youths from developing countries than those from developed countries.

Similarly, Esan (2018) carried out a similar study titled, “Assessment of self-medication practices and its associated factors among undergraduates of a private university in Nigeria”. The aim of the study was to assess the practice of self-medication among undergraduates at a private university in Nigeria. Four research questions and four research hypothesis were formulated to guide the study. The study adopted a descriptive transversal survey method. Written questionnaires were self-administered to a sample study of 363 students. It was revealed after the study that many students relied on past experiences to know what medications to take on a certain minor symptoms. Others noted that the internet made things much easier and as such relied on online medical quizzes to ascertain what medications to give to themselves. In other words, self-medication is very much prevalent in this study area.

Aboiye (2016) conducted a study to identify the consequences of self-medication among undergraduates of nursing at OAUTHC Ile-Ife& School of nursing, Wesley guild hos IlesaOsun State Two hundred students participated in this study. The socio-demographic distribution of the respondents revealed that their mean age and the standard deviation were $21.57 = 3.08$. Majority of the respondents were within age range of 20-29 years, almost all were Yoruba and majority was females. About two-third were Christians, while half of the respondents were in 200level, the other half were in 300 levels. The study made use of self-structured questionnaire and SPSS for analysis. In this study however, showed that about two third of the respondents had high level practice of self-medication, while a third had low level practice and more than half equally signified that, they are willing to practice self-medication whenever the need arises.

Theoretical Framework

The self-medication theory in a broader sense identifies the causes of self-medication practices as a solution to certain challenges that may be associated with getting professional prescriptions (like proximity, urgency and costliness). Obviously, self-medication theory provides better explanation for students’ involvement in the practice of self-medication in some universities because individuals may perceive their health issues as minor or manageable without professional help, self-medication is also important because there is a belief that self-medication can provide quick relief, also self-medication theory helps to avoid long wait times, high cost or geographical barriers. People will also resort to self-medication due to poor understanding of symptoms and medication use, Also this theory tries to explain that professional consultation isn’t necessary and therefore does not require the stress; also successful past self-treatment reinforces the behavior. The theory added that lack of adequate campaign for prescription medication and therapies has contributed to the prevalence of self-medication practices among students.

The opportunist theory when used as a theoretical framework to this study provides valuable insight into why individuals engage in self-medication: because of its convenience, low cost, ease of access and perception of low risks. It complements other models by focusing on the situational and pragmatic nature of health behavior rather than beliefs or social influence alone. The opportunist theory was also selected as the theoretical framework because it holds the view that when certain conditions are created in the society; people are predisposed to behave

in very unpredictable ways. In behavioral sciences, this theory suggests that people may engage in certain actions when they perceive benefits outweigh the risks, especially in the context where knowledge is limited. The theory best explains the topic because, when pharmacists, over the counter medicines or left over prescriptions are available, a lot of persons see it as an opportunity to address health problems. Also if individuals believe their health condition is minor or similar to previous ones they opportunistically choose self-medication based on past experiences and how they navigate through them this is understandable because self-medication provides students with an immediate ease to their health challenges. Many students are drawn to self-medication because of the opportunity at hand. The above perspectives are insightful and made self-medication and opportunities more relevant and suitable for the topic under the study.

Study Hypothesis

1. Students who practice self-medication are unaware of the risk factors associated with it than those who do not practice self-medication.

RESEARCH DESIGN AND METHODOLOGY

The study adopted a mixed method research design. This involved the use of both the quantitative and qualitative methods of data collection. The population of undergraduates in Nnamdi Azikiwe University (NAU) Awka is 24,706 and Chukwuemeka Odumegwu Ojukwu University Igbaram is 10,875. A sample size of the study was deducted from the population of the study using the Taro Yamane’s formula. The formula is given thus, $n = \frac{N}{1+N(e)^2}$

$$n = \frac{35,581}{1+35,581(0.05)^2} = \frac{35,581}{1+35,581(0.0025)} = \frac{35,581}{1+89} = \frac{35,581}{90} = 395$$

The researchers made use of quantitative and qualitative method of data collection, comprising the questionnaire schedule.

The Statistical Package for Social Sciences (SPSS) version 2.5 was used to process the data that was generated through the questionnaire. Specifically, descriptive statistics such as frequency tables, simple percentages and graphical illustrations (charts) were used for the presentation, interpretation and analysis of data. The hypotheses stated in this study were tested using the Chi-square (X^2) inferential statistic. This helped to determine and bring out clearly the relationships between the independent and dependent variables.

Thematic method of data analysis was used to analyze the qualitative data from the In-Depth Interviews using Nvivo (versions 2.0) software. The responses from the interviews will be summarized thematically after thorough editing and the key information highlighted by more than one participant will be identified and presented according to their relevance to the research questions and objectives of the study.

Socio-Demographic Characteristics of Respondents

Variables	Frequency	Percentage
Gender		
Male	155	43
Female	205	57
Total	360	100
Age		
16 – 21	281	78
22 – 27	61	17
28 and above	18	5
Total	360	100
Marital Status		
Single	336	93.5
Married	18	5
Divorced	0	-
Widowed	2	0.5
Separated	4	1
Total	360	100
Religious Affiliation		
Christianity	352	98
African Traditional Religion	6	1.5
Islam	0	-
Agnostics/ Atheist	2	0.5
Total	360	100
Faculty		

Management Sciences	90	25
Pharmaceutical Sciences	81	22.5
Social Sciences	81	22.5
Faculty of Education	108	30
Total	360	100
Department		
Business Administration	90	25
English Education	81	22.5
Pharmacy	81	22.5
Sociology	108	30
Total	360	100
Level of Study		
100 Level	77	21.5
200 Level	86	24
300 Level	95	26.5
400 Level	102	28
Total	360	100
Place of Residence		
School hostel	99	27.5
Off campus (alone)	180	50
Off Campus with Parents	81	22.5
Total	360	100
Current CGPA		
Below 1.5	18	5
1.5 – 2.5	79	22
2.5 – 3.5	173	48
3.5 – 4.5	52	14.5
4.5 and above	38	10.5
Total	360	100
Estimated Annual family income		
Less than N360,000	49	13.5
N361,000 – N720,000	149	41.5
N721,000 – 1,080,000	45	12.5
N1,081,000 – 1,440,000	36	10
N1,441,000 – N1,800,000	20	5.5
N1,801,000 – N2,160,000	34	9.5
N2,161,000 and above	27	7.5
Total	360	100

Field Survey 2025

Data Analysis in table 1 shows that minority (43%) of the respondents are males while the majority (57%) of the respondents are females. With regards to age of the respondents, table 1 indicates that majority (78%) of the respondents are within the ages of 16 – 21 years while minority (5%) of the respondents are within the ages of 28 and above. The marital status of the respondents indicates that majority (93%) of the respondents are single whereas minority (0.5%) of the respondents are widowed. With regards to the religious affiliation of the respondents, table 1 shows that majority (98%) of the respondents are Christians while the minority (1.5%) are Islamic followers. In terms of the faculties of the respondent's majority (27%) of the respondents are from faculties of Education whereas minority (22.5%) of the respondents is from the faculty of social sciences. Major number of the respondents (28%) is from 400 level while the minority (21.5%) are 100 level students of both schools. More so, table 1 shows that majority (48%) of the respondents have academic CGPA ranging between 2.5 – 3.5 while the minority (5%) of the respondents indicated their CGPA is below 1.5. A look at the annual income status of the respondents' families revealed that majority (41.5%) of the respondents indicated between N361,000 – N720,000 while the minority (7.5%) of the respondents supposed that their families fall within the income range of N2,161,000 and above every year.

Analysis of Research Questions

Research Question 1: What do you know about Self-Medication Practices among Undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu University in Anambra State?

Table 2: Responses of respondents on Knowledge regarding self-medication practices among undergraduates of Nnamdi Azikiwe University and Chukwuemeka Odumegwu Ojukwu University in Anambra State?

Item	Yes		No		Total
	Freq.	(%)	Freq.	(%)	
Do you agree that self-medication is the self-prescription and administration of drugs and any other substance(s) for the purpose of relief from ill-health?	321	89%	39	11%	360 (100%)
Have you ever self-medicated before?	284	79%	76	21%	360 (100%)
Are you aware of the potential risks associated with self-medication?	155	43%	205	57%	360 (100%)
In your opinion, is self-medication completely safe?	192	53%	168	47%	360 (100%)

Field Survey, 2025

Table 2 presents the responses from the respondents with regards the research question 1 which seeks to find out what undergraduates of public universities know about self-medication. Four different questions were deduced from this research question and from these sub-questions (stating the majority views only) majority (89%) of the total respondents agreed that self-medication is the self-prescription and administration of drugs and any other substances for the purpose of relief from ill health. Majority (79%) of the total respondents also agreed to have engaged themselves in self-medication. Unfortunately, 205 respondents making a majority of the total respondents do not seem to be aware of the potential risks associated with self-medication. Lastly, it is very dicey among the respondents about if self-medication is completely safe.

This aligns with the qualitative data gathered from one of the interviewees who stated that:

"I understand self-medication as the act of not involving a professional healthcare provider before taking medications for any health discomfort. I don't know if it is wrong or right but most atimes I feel better when I take certain drugs which I think will solve my health challenge. But then, if the challenges continue to manifest, I will go for checkup or involve a doctor"
(Male, Single, 24 Years, Student, Department of Music, NAU, Awka).

Also another research participant in NAU Awka said that:

"For me, self-medication is simply when you diagnose and treat yourself without consulting a doctor or pharmacist. It's when you have a headache and reach for that leftover painkiller from last time, or when you feel a cold coming on and buy antibiotics because they worked once before. It's taking charge of your health in the moment, but based on your own guesswork or past experience rather than professional advice."
(Male, Single, 48Years, Lecturer, Department of Music, NAU, Awka)

However, another response from another interviewee posited:

"I see self-medication as a health-seeking behavior where an individual, independently and deliberately, uses substances or remedies to treat self-diagnosed ailments or symptoms. It goes beyond just using leftover pills; it includes using herbal concoctions, over-the-counter drugs, or even misusing prescription medications from friends. The core of it is the bypassing of formal medical consultation, placing the decision-making entirely in the hands of the individual, which carries both a sense of autonomy and significant risk."
(Female, Single, 19 Years, Student, Department of English Education, NAU, Awka)

Another opinion went thus:

"To me, self-medication refers to the act where an individual or a group of individuals decides for themselves what medications to take for certain bad health-conditions; that is of course without seeking for any professional

medical advice. (Male, Lecturer, 52 Years, Department of Business Administration, COOU Igbariam)

This interviewee stated that:

I think self-medication is the way people take drugs to heal themselves from sickness, by going to a pharmacist or a road side vendor. (Male, Student, 25Years, Department of Sociology, COOU Igbariam)

Research Question 2: Does Self-Medication Practices Prevail Among Undergraduates of NnamdiAzikiwe University and ChukwuemekaOdumegwuOjukwu University in Anambra State?

Table 3: Responses of Respondents on the prevalence of self-medication practices among undergraduates of NnamdiAzikiwe University and ChukwuemekaOdumegwuOjukwu University in Anambra State.

Item	Yes		No		Total
	Freq.	(%)	Freq.	(%)	
Are you aware of the prevalence of self-medication practices in your university?	301	84%	59	16%	360 (100%)
Is the rate of the prevalence of self-medication practices in your school is very high?	186	52%	174	48%	360 (100%)
In a space of one week, the students of this school self-medicate more than 3 times?	215	60%	145	40%	360 (100%)

Field Survey 2025

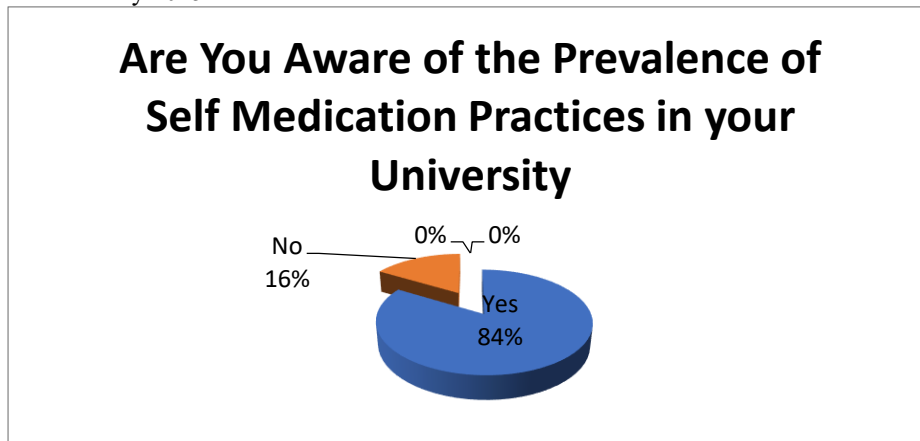


Fig. 1: Responses from the respondents on their awareness of the prevalence of self-medication practices in their universities.

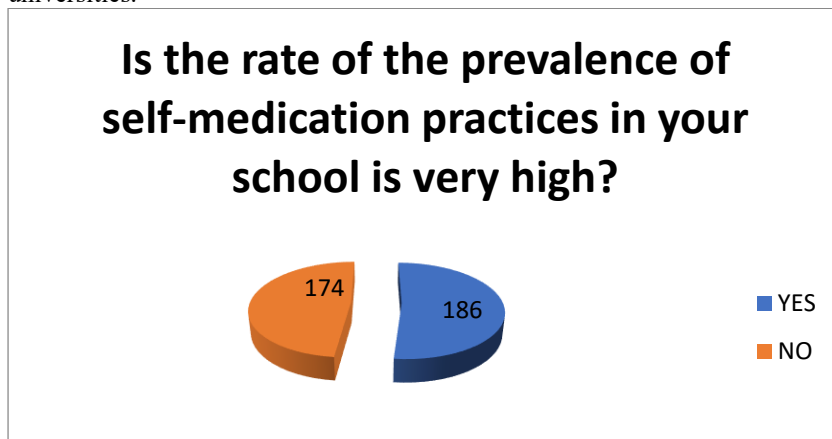


Fig 2: Responses of respondents on if the rate of the prevalence of self-medication practices in their schools is very high.

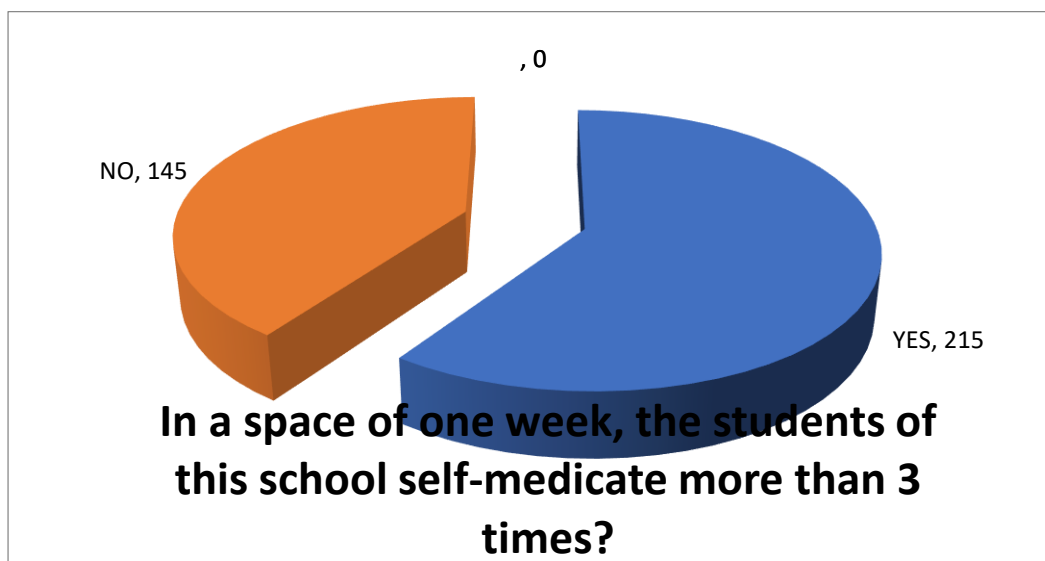


Fig 3: Responses of respondents showing if in a space of one week, the students of their school self-medicate more than 3 times.

Table 3 presents the responses from the respondents with regards the research question 2 which seeks to find out about the prevalence of self-medication among undergraduates of public universities. On this very subject matter it was discovered that 301 students making up majority (84%) of the total respondents are aware of the prevailing waves of self-medication among the students. 186 students out of 360 total respondents agreed that the rate of self-medication practices among students is very high in the school and 215 students making up majority (60%) of the total respondents affirmed that in a space of one week, the students of this school self-medicate more than 3 times.

Also, from the interview made on this very topic, the interviewee responded that:

"Self-medication is the order of the day. Students do not usually involve doctors for common illnesses except for the critical ones. They most often move to drug sellers and tell them what drugs they need and problem is solved. And it happens as often as possible."(Male, Married, 36 Years, Student, Department of Music, NAU, Awka)

Another interviewee opined that:

"From what I see around me in hostels and lecture halls, it's incredibly common and almost a normal part of student life. I'd be surprised if less than 8 out of every 10 students have done it this semester alone. Everyone has a 'save' or 'first aid' box with Panadol, ibuprofen, antibiotics like ampicillin, and drugs for stomach aches. During exam periods, you even see people sharing drugs to stay awake or manage stress. It's not the exception; it's the default first response for most minor illnesses."(Male, Single, 23 Years, Student, Department of English Education, NAU, Awka)

Whereas, another participant said:

"While my personal observation aligns with high prevalence, I recall a study from NnamdiAzikiwe University that put the figure at around 75%. But prevalence can vary depending on what you measure. For common ailments like headaches, fever, and mild diarrhea, the rate is staggeringly high, perhaps over 90%. The prevalence of more dangerous practices, like self-prescribing antibiotics or antidepressants, is lower but still deeply concerning. It's a pervasive culture here, fueled by easy access to pharmacies and patent medicine stores around campus."(Male, Married, 52 Years, Lecturer, Department of Music, NAU, Awka)

As well, our fourth interviewee explained that:

"Like in this school, you hardly hear students talk about booking appointments with doctors. You will hardly hear a student talk about "his" doctor, who he consults when he has medical challenges except in extreme cases. They would casually walk down a street chemist and mix a dosage or two and walk away in faith. So in a nutshell, self-medication prevails here

among students to a very large extent. (*Female, Lecturer, 45 Years, Department of Business Administration, COOU Igbariam*)

However, another participant said:

Among us the students, the rate of self-medication is very high. Yes I can tell you because even me “sef”, I don’t need to contact any doctor for headache or malaria. Unless it is something life threatening, and many of my friends are just like me. (*Female, Student, 25 Years, Department of Sociology, COOU Igbariam*)

Test of Hypothesis

H1: Students who practice self-medication are unaware of the risk factors associated with it.

Table 2: Relationship between students and the risk factor associated with self-medication.

Are you familiar with the consequences of self-medication in your school?				
		Yes	No	Total
Do you know that self-medication can cause improper investigation for other underlying illnesses?	Yes	155	311	464
	No	205	49	254
	Total	360	360	

$\chi^2 = 18.670$, $df = 2$, $p = .000$

Table 7 shows that a statistical relationship ($\chi^2 = 18.670$, $df = 2$, $N = 360$, $p = .000$) was found between the students and the risk factors associated with self-medication at $P = .000$. As a result, the alternative hypothesis was rejected while the null hypothesis was accepted. The conclusion is that students who engage in self-medication are not aware of the risk factors associated with it.

Conclusion

This study shows that there is an average level of knowledge of self-medication among students in both universities included in this study. Although respondents are aware of the potential risks associated with self-medication, they often perceive it as an immediate and convenient option. The findings further revealed a generally positive perception of self-medication, and the level of practice among respondents was found to be high. Most respondents believed that self-medication is cheaper, saves time, and is as effective as prescription medicine. They reported engaging in self-medication when ill, based on past experiences and information obtained from drug leaflets. Drugs were often requested by name, and commonly used medications for self-medication included analgesics/antipyretics, anti-malaria drugs, and cough medications. The study also identified factors influencing self-medication among students, including minor illnesses, previous experiences, avoidance of long waiting times to see a physician, and time constraints. Other factors included high medical costs and negative attitudes of some healthcare workers toward patients. The study found a significant relationship between socio-demographic characteristics (age and sex) and the practice of self-medication, as well as a significant relationship between perception and practice of self-medication. Self-medication was more commonly practiced among non-clinical students, who justified the practice based on financial constraints, time limitations, perceived severity of illness, and previous experiences.

Recommendations

1. Efforts should be intensified at the University level to develop interventions that would encourage positive behavior such as seeking medical consultation, at a renowned conventional hospital or university clinic before taking medications and proper sanctions should be melted out by the university to curb its rate.
2. Information, Education and Communication (IEC) materials should be employed in sharing information on the harmful effects of self-medication to aid better understanding of its consequences also they should be able to organize videos and other informational contents to be able to address this issue properly because learning comes manly by observing.
3. At the community level, strict rules and penalties regarding unauthorized drug advertisement or sale should be enforced; many over the counter drugs do not have labels and NAFDAC registration numbers and therefore, should not be allowed to be seen in various communities around Anambra state.

4. The creation of health clubs/associations should be welcomed such as advising students to join NGO'S who fights adulterated drugs or use of expired drugs so as to create a more personal platform through which students can clarify issues on self-medication (and other health matters) and impact can be made.
5. Free medical check-up schemes should be implemented and encouraged by the university through grants from the federal or state government and as well private individuals so as to enable less privileged students to know their health status and get professional medical advice periodically.
6. Prices of laboratory diagnosis should be cheaper for students and reviewed from time to time to help students to always investigate for any underlying illnesses and symptoms that might be detrimental to their health and therefore enable them to develop a positive health seeking behavior.
7. The University medical Centre should be in close proximity to student's residential areas. Improving physical access makes it more convenient for students to visit the clinic than a pharmacy or seeing road side vendors.
8. The University management adopts persuasive communication techniques. This involves using campus media and trusted voices to frequently communicate the risks of medication misuse to positively influence student's health decisions.
9. Medical center staff members should be humane and caring when attending to sick students which would encourage them to seek professional help instead of going to over the counter or patent medical stores.
10. Routine public health campaigns on the dangers of medication misuse should be a mandatory part of the orientation program for all new students and reinforced throughout the semester.

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