

ABSTRACT

Self Medication Pattern to Reduce a *Common Cold* (Study to Bachelor Degree's Student on Social Science Faculty at Airlangga University Side B)

Self medication can be defined to cure symptoms with medicines from pharmacy or drug store without any medical advices. It's save both money and time so the patient has ability to continue their daily activities when self medication it self is correct. A research about self medication pattern to reduce common cold in Airlangga's students (age 18 to 27 years old) was observed. This was a retrospective observational research. After validity and reliability test was done to some questions, questionnaire was spread in convenience order. To cure common cold, 96% of them used modern pharmaceutical drugs as they saw from advertising (38%), both health care and non health care professional ($\pm 30\%$). In case of choosing drugs, mostly they were consider about compatibility (70%) and quality of drugs itself (19%). Main source to get the drugs is a pharmacy (68%) because it's near from home (52%) and originality guaranted (42%). About 82% of them know from brochures and labels about dosage and administration because they thought about the safety of drugs depend to the dosage (70%). Mostly they were followed its dosage from the label (77%). Almost all of respondent has highly awareness about adverse effect of drugs ($\pm 90\%$), about contraindication of drugs ($\pm 70\%$), and expired date of drugs (83%). They were aware the expired drugs (98%) but 1% of them still used it because its still have pharmacologyc effect and not harmful. The respondent commonly didn't change the administration time of drugs but they decided to go to the physician if self medication was failed. They put their drugs in medicine's box (58%), fridge (10%), and anywhere (16%). Totally, they showed their awareness about using drugs to relief the symptoms.

Keywords : Self medication, common cold, self medication pattern.