Chapter - V

Conclusions and Implications
CONCLUSIONS AND IMPLICATIONS

Conclusions

This section covers major findings of the present investigation. The frequency of large percentage of misuse of drugs by older subjects is an alarming fact illustrated by the findings of the present study. On the basis of findings, the present study has led to certain conclusions.

Irrespective of the ways of drug misuse, older subjects in comparison to younger subjects have reported that they misuse significantly different kinds of drugs for alleviating various kinds of sickness.

By taking into consideration the different levels of drug misuse, the result shows that:

Younger subjects than the older subjects with high IHLC significantly purchase appetite suppressants, inhalants or other things to sniff due to easy availability of drugs at chemist's shop and also without consulting to the doctor. They also misuse throat or cough medicines and cornpads and footpowders along with unani, ayurvedic and homeopathic drugs.

Younger in comparison to older subjects with low PHLC and low CHLC significantly use antidepressants prescribed by other persons.

Younger subjects as compared to older subjects with high CHLC significantly purchase tonic rejuvenators without consulting to the doctor.

Older subjects in comparison to younger subjects significantly misuse the following drugs along with ayurvedic, homeopathic and unani medicines.
Older subjects as compared to their younger counterparts with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC and low CHLC significantly misuse indigestion remedies, laxatives, aspirin or other pain killers, skin ointments, eyedrops, tonic rejuvenators, and emfrocatons and ointments.

Drugs such as appetite suppressants was only misused by older subjects than younger subjects with high IHLC.

Older subjects in comparison to younger subjects with high, moderate and low health consciousness significantly misuse indigestion remedies, laxatives, cold or congestion relievers, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, eyedrops, cornpads and footpowders, tonic rejuvenators, slimming tablets, medicinal foods, antibacterial drugs, emfrocations or ointments and anti-allergics.

Older subjects in comparison to younger subjects significantly misuse the following drugs without checking expiry dates.

Older subjects as compared to their counterparts of low IHLC, high PHLC, low PHLC, high CHLC, and low CHLC significantly misuse indigestion remedies, laxatives, throat or cough medicines, cold or congestion relievors, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, eye drops, diarrhea remedies, cornpads and footpowders, inhalants or other things to sniff, tonic rejuvenators, antibacterial drugs, vitamin tablets, emfrocations or ointments and anti-allergics. Older subjects as compared to younger subjects with low PHLC did not significantly use appetite suppressants. Antidepressants were not
misused by only older subjects with low CHLC than younger subjects with low CHLC.

Older subjects with low, high and moderate health consciousness in comparison to younger subjects with high, low and moderate health consciousness significantly misuse indigestion remedies, laxatives, throat or cough medicines, cold or congestion relievers, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, eyedrops, diarrhea remedies, appetite suppressants, inhalants or other things to snift, tonic rejuvenators, antibacterial drugs, vitamin tablets, emfrocats or ointments and anti-allergics.

Older subjects as compared to younger subjects significantly use following medicines prescribed by other persons.

Older subjects with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC, and low CHLC in comparison to their younger counterparts significantly misuse indigestion remedies, laxatives, aspirin or other pain killers, skin ointments and emfrocats and ointments. Throat or cough medicines were not used by older subjects with low CHLC.

Older subjects with high, low and moderate health consciousness in comparison to their younger counterparts significantly misuse indigestion remedies, laxatives, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, diarrhea remedies, cornpads and footpouders, emfrocats or ointments and anti-allergics. Eyedrops were misused only by older subjects with moderate health consciousness.

Older subjects in comparison to younger subjects significantly purchase the following medicines without consulting to the doctor.
Older subjects with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC and low CHLC as compared to their younger counterparts significantly misuse indigestion remedies, laxatives, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, cornpads and footpowders, vitmain tablets, emfrcations or ointments and anti-allergics.

Older subjects than their counterparts of high, moderate and low health consciousness significantly misuse indigestion remedies, laxatives, cold or congestion relievers, aspirin or other pain killers, sedatives or sleeping pills, skin ointments, eyedrops, diarrhea remedies, cornpads and footpowders, vitmain tablets, emfrcations and ointments and anti-allergics.

Older subjects with high and low, IHLC, PHLC and CHLC as compared to younger subjects significantly overuse the following medicines: indigestion remedies, laxatives, throat or cough medicines, cold or congestion relievers, sedatives or sleeping pills, eyedrops, cornpads and footpowders, tonic rejuvenators, and emfrcations and ointments. Anti-allergics, inhalants and medicinal foods were not misused by older subjects with high IHLC but misused by all other older subjects.

Older subjects than younger subjects with high, moderate and low health consciousness significantly misuse indigestion remedies, laxatives, throat or cough medicines, aspirin or other pain killers, sedatives or sleeping pills, antidepressants, skin ointments, eyedrops, cornpads and footpowders, tonic rejuvenators, vitmain tablets, emfrcations or ointments and anti-allergics.

Older subjects in comparison to younger subjects significantly underuse the following medicines.
Older subjects as compared to younger subjects with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC and low CHLC significantly misuse indigestion remedies, aspirin or other pain killers, skin ointments, tonic rejuvenaters and vitamin tablets whereas drugs like throat or cough medicines, cold or congestion relievers, sedatives or sleeping pills, antidepressants, eyedrops, diarrhea remedies, antibacterial drugs and anti-allergics were not misused by older subjects with high IHLC but misused by older subjects with low IHLC, high PHLC, low PHLC, high CHLC and low CHLC.

Older subjects in comparison to younger subjects with high moderate and low health consciousness significantly misuse indigestion remedies, throat or cough medicines, aspirin or other pain killers, antidepressants, antibacterial drugs, eyedrops, diarrhea remedies, inhalants or other things to sniff, tonic rejuvenators, vitmain tablets, emfrcations or ointments and anti-allergics.

Older subjects as compared to younger subjects significantly misuse the following drugs due to easy availability of drugs at chemists shop.

Older subjects than younger subjects with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC low CHLC significantly misuse emfrcations or ointments, antiallergics, eyedorps and vitamin tablets.

Older subjects in comparison to younger subjects with high, moderate and low health consciousness significantly misuse aspirin or other pain killers, sedatives or sleeping pills, skin ointments, eyedrops, diarrhea remedies, cornpads and footpowders, vitmain tablets,emfrcations
or ointments and antiallergics.

Older subjects as compared to younger subjects significantly misuse the following drugs due to non-compliance of the doctor's prescription by the chemists.

Older subjects in comparison to their younger counterparts with high IHLC, low IHLC, high PHLC, low PHLC, high CHLC, low CHLC significantly misuse laxatives, aspirin or other pain killers, skin ointments, eyedrops and cornpads and footpowders.

Older subjects in comparison to their younger counterparts significantly misuse laxatives, throat or cough medicines, cold or congestion relievers, aspirin or other pain killers, sedatives or sleeping pills, antibacterial drugs, antidepressants, skin ointments, eyedrops, diarrhoea remedies, cornpads and footpowders, appetite suppressants, slimming tablets, vitamin tablets, emfrocations or ointments and antiallergics.

Implications

As the findings indicate, older in comparison to younger adults misuse physicalistic medicines to a greater extent. Drug misuse may increase their health risk and develop a number of diseases. Those who misuse drugs following any means or ways may manifest various behavioural and physical problems. Thus the particular value of this kind of study may be emphasized by considering the following points:

The findings of the present study have obvious implications not only for health education, family life of drug misuser, but importantly, for
quality of life of the individual and society at large. Considerable attention should be paid to the health behaviour as the coping strategy for alleviating various diseases rather than misusing drugs.

Older adults would need help to prevent drug misuse. They can be given counselling as how to cope with stresses and to get proper treatment of a particular disease without misusing drugs. Counsellors can help them in dealing with daily hassles, physical, and behavioural problems. Drug misusers sometimes don't realize what they are doing and what are the ill effects associated with misusing the drugs. Thus, such patients need to know that they should focus on their needs and should take professional help in dealing with those problems.

Thus, it is clear that drug misuse is one of the major problems in our country in younger and older adults. It can be alleviated if timely and appropriate steps are taken to help the drug misuse with regard to improving their health-related quality of life.