



A STUDY TO EVALUATE THE KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENT AT SELECTED PU COLLEGE BIJAPUR WITH A VIEW TO DEVELOP AN INFORMATION GUIDE SHEET

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Abstract : This study has been undertaken to investigate the knowledge regarding substance abuse among Pre-University college adolescence students in Bijapur, Karnataka and also to find out the association between the selected demographic variable and the knowledge level in view to develop an information guide sheet. A descriptive survey design was used to collect 80 adolescents' student's data through purposive sampling technique by self-administering questionnaire, analysis of this study was done by descriptive and inferential statistics the result shows that, the knowledge scores among most of the students were moderate, no association between the knowledge score at 0.05 level and selected demographic variables and the information guide sheet helps the students to learn more about substance abuse.

IndexTerms – Substance abuse, alcohol consumption, adolescents, pre-university students.

INTRODUCTION

Since time immemorial, man has used several substances for their psychoactive properties. The psychoactive properties included relief from pain and tension, attainment of pleasurable effects and expansion of the mind's perceptual horizons.¹ About 190 million people all over the world consume one or other drugs.² Drug abuse has led to a detrimental impact on society. It has led to an increase in the crime rate, with most drug users being in the productive age group of 18-35 years; the loss in terms of human potential is incalculable.³ Drug abuse in adolescents ranging from 11–12 to 17–18 years of age is likely to start with tobacco smoking, which can be followed by marijuana and/or alcohol, and eventually psycho stimulants as well as opiate drugs.⁴ A higher prevalence of substance abuse was reported among school students, with alcohol (4-13%) being the commonest, followed by tobacco (3-6%) and minor tranquillisers (1-4%). These studies conducted in the eighties did not report any cannabis or opiate use.⁵ ⁶ In recent years, opioid use has been reported in school children.^{7,8} Initiation to heroin use was before the age of 16 years in 8% of heroin abusers in the northeastern part of the country.⁹

Study Objectives

1. To assess the knowledge regarding substance abuse among PU college students.
2. To find out the association between the selected demographic variable and the knowledge level of PU College students.
3. To develop and provide an information guide sheet regarding substance abuse and its harmful effects.

RESEARCH METHODOLOGY

The descriptive survey design was used to assess the knowledge regarding Substance abuse among 80 adolescent students who are studying at a selected Pre-University College, Bijapur, Karnataka, through purposive sampling technique, data was collected from samples by a structured self-administering questionnaire which is developed by the investigator after referring relevant literature reviews and validated by experts in the field of mental health. A pilot study was conducted to evaluate the feasibility of the study.

After getting ethical approval from the institute, the final data was collected and analysed by using descriptive and inferential statistics.

RESULTS AND DISCUSSION

The results were computed by using descriptive and inferential statistics based on the objectives.

Section A: Description of demographic variables of the sample

Table 01

N=80

| Sl.No. | Variable | Frequency | Percentage |
|--------|-----------------------------------|-----------|------------|
| 1. | Age in years | | |
| | a. 15 | -- | -- |
| | b. 16 | -- | -- |
| | c. 17 | 63 | 78.7 |
| | d. 18 | 17 | 21.3 |
| 2. | Religion | | |
| | a. Hindu | 56 | 70 |
| | b. Muslim | 24 | 30 |
| | c. Christian | - | -- |
| 3. | Place of stay | | |
| | a. Home | 55 | 68.7 |
| | b. Hostel | 14 | 17.5 |
| | c. Relative's house | 11 | 13.5 |
| 4. | Type of family | | |
| | a. Nuclear family. | 36 | 45 |
| | b. Joint family. | 42 | 52.5 |
| | c. Single parent family. | 2 | 2.5 |
| 5. | Monthly pocket money | | |
| | a. Below Rs 100. | 59 | 73.75 |
| | b. Rs 100-200 | 17 | 21.25 |
| | c. Above Rs 200. | 4 | 5 |
| 6. | Education status of father | | |
| | a. No formal schooling. | 33 | 41.25 |
| | b. Primary school. | 15 | 18.75 |
| | c. Middle school. | -- | -- |
| | d. High school | 10 | 12.5 |
| | e. College/ university. | 22 | 27.5 |
| 7. | Education status of mother | | |
| | a. No formal schooling. | 46 | 57.5 |
| | b. Primary school. | 16 | 20 |
| | c. Middle school. | -- | -- |

| | | | |
|----|---------------------------------|----|-------|
| | d. High school | 13 | 16.25 |
| | e. College/ university. | 5 | 6.25 |
| 8. | Monthly income of family | | |
| | a. Below Rs5000 | 21 | 26.25 |
| | b. Rs5001-10000 | 49 | 61.25 |
| | c. Rs10001-15000 | 7 | 8.75 |
| | d. Above Rs 15000 | 3 | 3.75 |
| 9. | Source of information | | |
| | a. Electronic Media. | 19 | 23.75 |
| | b. Print Media. | 11 | 13.75 |
| | c. Friends / Relatives. | 37 | 46.25 |
| | d. Health personnel. | 13 | 16.25 |

Table 01 shows:-

- Highest percentages 78.7% (63) of the students were in the age group of 17 years, and least 21.3% (17) were in the age group of 18 years.
- Majority of the respondents were Hindus 70% (56) as compared to Muslims 30% (24).
- Majority, 68.7% (55) of respondents, was staying at home, 17.5% (14) of respondents were staying in a hostel, and 13.5% (11) of respondents were staying in a relative home.
- Majority, 52.5% (42) of the respondents, belong to a joint family, followed by 45% (36) respondents belonging to a nuclear family, and the remaining 2.5% (02) of the respondents belong to a single-parent family.
- Majority, 73.75% (59) of respondents, are getting below Rs 100 as their pocket money and 21.25% (17) Rs 100-200, and the remaining 5% (4) are getting more than Rs 200 as their pocket money.
- Majority 41.25% (33) of respondents' fathers studied No formal school, and 27.5% (22) of respondents' fathers had studied college and had degrees above educational qualification. 18.75% (15) of respondents' fathers had studied Primary school Education, and 12.5% (10) of respondents' fathers had studied High school.
- Majority 57.5% (46) of respondents' mothers studied No formal schooling; 20% (16) of respondents' mothers had studied Primary school Education, 16.25% (13) of respondents' mothers had studied High school, 6.25% (5) of respondents mother had studied college and degree above educational qualification.
- Majority 61.25% (49) of respondents were with family monthly income ranging from Rs 5001-Rs10,000, 26.25% (21) of respondents had a family monthly income below Rs 5000, and the remaining 8.75% (07) respondents family monthly income was above Rs10,001-15,000. 3.75% (03) of respondents' family monthly income was Above Rs 15,000.
- Source of information shows multiple responses, with the majority 46.25% (37) of the respondents getting the information through Friends / Relatives, 23.75% (19) of the respondents through Electronic Media, 16.25% (13) of the respondents from health personnel and remaining 13.75% (11) of the respondents through contact with Print Media.

Section B: Knowledge regarding substance abuse among PU college students

Table -02

N=80

| Level of knowledge | Frequency | Percentage (%) |
|--------------------|-----------|----------------|
| Inadequate (0-14) | 16 | 20 |
| Moderate (15-22) | 61 | 76.25 |
| Adequate (>22) | 03 | 3.75 |
| Total | 80 | 100 |

The above table 2 Fig 13 shows that 76.25% (16) had moderate knowledge, 20% (16) had inadequate knowledge, and only 3.75% (03) of respondents had adequate knowledge.

Table: 3 Range of scores, the mean, the median and standard deviation of knowledge regarding substance abuse among PU college students.

| Range of score | Mean | Median | SD | Level of knowledge |
|----------------|-------|--------|------|--------------------|
| 6-23 | 17.28 | 17.5 | 3.34 | Moderate |

The data presented in the table: 3 show that the knowledge score was in the range of 6-23. The data also reveals that the knowledge score is 17.28.level of knowledge is moderate.

Table: 4 Area-wise mean, the standard deviation of knowledge regarding substance abuse among PU college students.

| Area | Maximum score | Mean | SD | Mean Percentage |
|---|---------------|------|------|-----------------|
| Definition And General Concept Of Drug Dependence | 6 | 3.01 | 1.22 | 50.1 |
| Causes Of Drug Abuse | 4 | 2.4 | 0.85 | 60 |
| Ill Effects Of Drug Abuse On Health | 8 | 4.9 | 1.24 | 61.25 |
| Symptoms Of Drug Withdrawal | 5 | 2.7 | 1.14 | 54 |
| Treatment And Prevention Of Drug Abuse | 7 | 4.07 | 1.54 | 58.14 |

Table 4 depicts aspect wise and overall mean knowledge score of respondents. The highest mean knowledge of respondents found in the aspect of Ill effects of substance abuse on health 61.25%, followed by Causes of substance abuse 60%, Treatment and prevention of substance abuse 58.14%, Symptoms of drug withdrawal 54% and the least mean knowledge score 50.1% found in the aspect of Definition and general concept of substance dependence.

The highest SD knowledge of respondents was found in the aspect of treatment and prevention of substance abuse 1.54, followed by Ill effects of substance abuse on health 1.24, Definition and general concept of substance dependence 1.22, Symptoms of drug withdrawal 1.14 and the least SD knowledge score 0.85 found in the aspect of Causes of substance abuse

Section C: Association between knowledge levels with demographic variables.

Table: 5 Association between knowledge scores and demographic variables.

| Sl. No | Variables | X ² value | Df | Table value | P value | Inference |
|--------|----------------------|----------------------|----|-------------|---------|-----------------|
| 1. | Age in years | 0.67 | 3 | 7.82 | P>0.05 | Not significant |
| 2 | Religion | 0 | 3 | 7.82 | P>0.05 | Not significant |
| 3 | Place of stay. | 1.55 | 2 | 5.99 | P>0.05 | Not significant |
| 4 | Type of the family. | 2.53 | 2 | 9.48 | P>0.05 | Not significant |
| 5 | Monthly pocket money | 1.95 | 2 | 5.91 | P>0.05 | Not significant |

| | | | | | | |
|---|-------------------------------------|------|---|------|--------|-----------------|
| 6 | Educational status of Father | 5.13 | 4 | 9.48 | P>0.05 | Not significant |
| 7 | Educational status of Mother | 2.47 | 4 | 9.48 | P>0.05 | Not significant |
| 8 | Monthly family income | 0.54 | 3 | 7.82 | P>0.05 | Not significant |
| 9 | Source of Information | 2.23 | 3 | 7.82 | P>0.05 | Not significant |

Table 5 depicts that

- Non-significant association was found between the above all variables and knowledge level of respondents regarding substance abuse.

DISCUSSION

This study analysed the knowledge score of respondents regarding substance abuse was 76.25% (16) as moderate knowledge, 20% (16) as inadequate knowledge and only 3.75% (03) as adequate knowledge. A similar study was conducted by Jasdeep K and Kiranjit K among adolescents in selected schools of Amritsar; they reported that 43% of subjects had inadequate knowledge (below mean score) and 57% had adequate knowledge score (above mean score).¹⁰ Another study was conducted by Devulkar N and Badli S on substance abuse among adolescents in nursing school; they revealed that 9 (9%) had good knowledge, 72(72%) had average knowledge, and 20(20%) had poor knowledge.¹¹ A survey study on knowledge, attitude and opinion on the use of substances among adolescent students in India was conducted by Tsering D et al. they reported that the level of knowledge on the harmfulness of substance use among students was very high (urban — 84.6% and rural — 61.5%). They stated media as the most frequent source of information. Users were successful in influencing their peers into taking up this habit (urban — 15.4% and rural — 26.9%).¹²

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study:

1. The knowledge scores among most of the students were moderate.
2. The findings of the study revealed that there was no association between the knowledge score and selected demographic variables such as age, religion, place of stay, type of family, education status of parents, monthly income of the family, monthly pocket money and source of information at 0.05 level.
3. The information guide sheet helps the students to learn more about substance abuse.
4. The study paved the path to finding a variety of other information on substance abuse.

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