

A Descriptive Study to Assess the Knowledge Regarding Substance Abuse and Ill Effects among P.U. Students in the Selected P.U. College of Bagalkot

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Abstract:-

➤ Aims

The aims of this study are as follows.

- To assess the knowledge regarding substance abuse and ill effects among P.U. students.
- To find out the association between knowledge regarding substance abuse among P.U. students with their selected socio-demographic variables.

➤ Materials and methods

- Study design: A cross sectional descriptive study design.
- Target population: All PU Students who were studying in the Bagalkot City.
- Accessible population: all P.U. Students who were studying at Vaghdevi P.U.College of Bagalkot.
- Sample size: P.U. students who were studying in Vaghdevi P.U.College of Bagalkot were selected by using stratified random sampling technique.
- Data collection instrument and technique: study was conducted by self administered knowledge questionnaire.
- Data analysis: data was organized and analyzed by using descriptive statistics like mean, median and frequency distribution. And in this study inferential statistics is also used like chi-square test to test research hypothesis.

➤ Results

After collection, the data were organized and analyzed with the help of mean, median, frequency distribution and percentage. The socio-demographic characteristics of the P.U.students were as follows.78 % of students' age was 17 years, 68% students were males,84% of students belonged to Hindu religion.62% of fathers of participants' educational status was degree and above. 32% of mothers of participants' educational status were PUC. 40% fathers of students' were government employees. 46% mothers of students' were house wives. 46% of students' family income was 20,000 and above. 76% students were residing in urban area. 58% of

students' type of family was nuclear family. 88% of students' family members had no history of substance abuse. 60% students had no previous information regarding substance abuse. Percentage distribution of knowledge of students, 16% students had poor knowledge, 82% students had good knowledge and only 2% students had excellent knowledge regarding substance abuse. There was no significant association between knowledge and selected socio demographic variables except sex of the students.

➤ Conclusion

After thorough analysis of the data, researcher concluded that students' knowledge regarding substance abuse should be increased in order to promote their health and there by avoid the consequences occurring due to substance abuse.

I. INTRODUCTION

“Every form of addiction is bad, no matter whether the narcotic, be alcohol or morphine or idealism” Health is a common theme in most cultures indeed health continues to be a neglected entity despite lip services. Health is taken for granted and its value is not fully understood until it is lost¹. Adolescence is described as teenager between the years 13 to 19 and can be considered the transitional stage from childhood to adulthood. However the physical and physiological changes that occur in adolescence, can start earlier during the “preteen” or “teen” ages (9-12years).Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity. Sometimes adolescents may be experimenting with drugs, alcohol and sexuality. During this time peer group, mass media like television, internet and external appearance tend to increase in importance².

Substance abuse means using psychoactive substance in a way, that may cause physical, psychological, economic, legal, or social harm to users themselves or to people directly or indirectly associated with them . The risks of substance abuse relate chiefly to the specific dangers of particular substance the damage that it can be due to user's health and related social impacts. Substance use becomes abuse when it

impairs the user's physical and psychological health, aggravates certain illness, or even causes premature death. Social risks endangers or harms the user or other people.³ People abuse substances such as drugs, alcohol, cigarette, chewing tobacco, cocaine, heroin, ganja, marijuana, are used for varied and complicated reasons. Substances abuse is growing at an explosive rate and just little over decade it has spread its malevolent tentacles to almost every part of the globe surrounding almost all barriers of race, caste, creed, religion, sex, educational status, economic strata etc. Use and abuse of substance such as cigarette, alcohol, and may begin in childhood to teen years⁴.

According to WHO, about 190 million people all over the world consume alcohol? The picture is grim if the world statistics on alcohol scenario is taken into account. With a turnover of around 5500 billion, it is third largest business in the world. Today we are more aware about how bad smoking is for our health. Smoking is restricted or banned in almost all public places and cigarette companies are longer allowed to advertise on TV, radio, internet and in many magazines. Cigarette fills the lungs with harmful smoke when you use cigarette, you are at risk of using nicotine. The pre university students are more involved in substance abuse due to insufficient parental supervision, peer group influence, influence of mass media, family conflict, psychological distress, lack of communication, severe discipline, parental attitude towards adolescents smoking and alcohol.⁸ A study conducted in U.S showed that one in five teenager is involved in alcohol abuse. As per W.H.O estimates about 80% of adults' smokers initiate their tobacco use before the age of 18 years. As per national sample survey of India, 29.3% of rural and 20.2% of urban male as well as 2.3% of rural and 0.7% of urban females smoke beedies and cigarette.

The prevalence of alcohol and drug use disorder among adolescent is 32%, according to National Institute on drug abuse, 81% of people in United states age 12 and old have used alcohol sometimes in their lives, 65.5 millions American aged 12 and older 29.3 % use tobacco product, 55.7 millions smoked cigarette⁵. A cross sectional study was conducted among students of New Delhi, India. 596 students participated in the study. A pretested and validated, close under self administered questionnaire was used. Almost 42% tobacco users started before the of 2-15 years, peer pressure, general stress and media were important influences. Multi prolonged and concerted efforts targeting children at an early age are required to prevent tobacco use among adolescents⁶. Thus, substance abuse is a worldwide problem and especially common among adolescent boys, which has direct impact on health, indirectly causes violence, crime, accident, and legal problems. Hence the researcher planned to assess the knowledge regarding substance abuse and its ill effects among P.U.Students by targeting adolescent students.

II. AIMS

The aims of this study were as follows.

- To assess the knowledge regarding substance abuse and ill effects among PU students.
- To find out the association between knowledge regarding substance abuse among PU students with their selected socio-demographic variables.

III. MATERIALS AND METHODS

The present study was conducted on P.U.Students of selected P.U.colleges of Bagalkot, Karnataka. Study Design: cross sectional descriptive study design. Target Population: P.U.Students of Bagalkot. Accessible Population: students who were studying at Vaghdevi P.U.College of Bagalkot. Sample Size: 50 students were selected. Sampling Technique: In this study the P.U. College was selected by simple random sampling technique and convenient sampling technique was used to select the students. Data collection Instrument and Technique: self administered knowledge questionnaire was used to assess the knowledge regarding substance abuse and its ill effects among students. Data Analysis: Data gathered were systematically organized and analyzed by using descriptive statistics like mean, median and frequency distribution. Inferential statistics like chi-square test was used to test the research hypothesis.

IV. RESULTS

➤ Section I: Description of socio-demographic characteristics of P.U.Students.

The socio-demographic characteristics of the P.U..students were as follows. 78 % of students' age was 17 years, 68% students were males, 84% of students belonged to Hindu religion. 62% of fathers of participants' educational status was degree and above. 32% of mothers of participants' educational status was PUC. 40% fathers of students' were government employees. 46% mothers of students' were house wives. 46% of students' family income was 20,000 and above. 76% students were residing in urban area. 58% of students' type of family was nuclear family. 88% of students' family members had no history of substance abuse. 60% students had no previous information regarding substance abuse. Percentage distribution of knowledge of students, 16% students had poor knowledge, 82% students had good knowledge and only 2% students had excellent knowledge regarding substance abuse.

➤ *Section II Assessment of level of knowledge of PU Students regarding substance abuse*

Range of scores	No of study s	Percentage
0-12	01	02%
13-24	41	82%
25-36	08	16%

Table 1 (N=50)

➤ *Section-III Association between knowledge regarding Substance abuse and its ill effects with selected socio demographical variables.*

Chi –square was calculated to find out the association between knowledge regarding substance abuse and ill effects with their socio demographic variables. There was no significant association found between knowledge scores of students regarding substance abuse and ill effects with age, religion, educational status of father, educational status of mother, occupation of father, occupation of mother, monthly family income, type of family, history of substance abuse and previous information regarding substance abuse. There was significant association found between knowledge regarding substance abuse and ill effects with sex at 5% level of significance.

V. DISCUSSION

After consistent and in depth review of the data in previous studies related to substance abuse and its ill effects, I felt the need to assess the students knowledge regarding substance abuse. The present study was aimed to improve the knowledge of students regarding substance abuse and ill effects. The following research study influenced me to conduct the present study. A study was conducted among 500 students from 142 high schools and vocational schools in Zahedan city, using a multi stage cluster sampling method. From the total of 259 females and 216 males included. 0.4% of the females and 2.3% of the males would usually smoke cigarette. The study concluded that experience of smoking was most often seen at the age of 14.

VI. CONCLUSION

After Rigorous investigation and analysis of the data it is revealed that now a day's substance abuse among P.U.Students is increasing. Even teachers and parents knowledge also very low regarding the same through the present study it is understood that students should create awareness regarding ill effects of substance abuse.

RECOMMENDATIONS

To improve the knowledge regarding substance abuse and ill effects among students, it is here by recommended for future researchers to conduct similar studies with an effective interventional package.

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