

## STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ABOUT ALCOHOL ABUSE AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGES IN BANGALORE

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### ABSTRACT

Alcoholism is a world-wide social and medical problem. Over the past 30-40 years alcohol consumption has increased in quantity and frequency. Nationwide, substance use and abuse are significant problems for adolescents. They carry serious consequences, causing 50% of the deaths in youth's age 15 to 24 years. Alcohol and drugs also contribute to assaults and rapes by adolescents. The present study was conducted to assess the knowledge and attitude among nursing students. The data was generated by using the structured questionnaire. Purposive non-probability sampling techniques were adopted to select 60 subjects. The data was obtained from the study subjects were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for the data analysis and the level set at 0.05. Results of the study revealed that, majority of the degree college students 71.70 % had inadequate knowledge about alcohol abuse. And 21.70% of degree college students had moderate knowledge. Only 6.70 % had adequate knowledge about alcohol abuse. 80% had unfavourable attitude about alcohol abuse. Only 20% had moderate attitude about alcohol abuse. No degree college students had favourable attitude towards alcohol abuse.

**Key words:** Alcohol abuse, Knowledge, Attitude, Nursing students.

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### INTRODUCTION

Alcoholism is a world-wide social and medical problem. Over the past 30-40 years alcohol consumption has increased in quantity and frequency. The age at which people start drinking has also declined. The population groups at great risk are those undergoing rapid socio-economic and cultural changes; they view alcohol as a symbol of prestige and social status. Drinking by adults serves as a role model for the young. The identification of risk factors is essential for prevention. As drinking patterns vary considerably, the prevention of alcoholism is not easy. It may result in measurable improvement. This should be combined with social welfare and health services [1].

Alcohol is the most commonly used recreational drug. Taken in moderation, it can be compatible with a healthy lifestyle. But alcohol abuse causes problems that

reach far beyond drinkers themselves. Alcoholism has defined as "the nations' number one health problem" a major cause of disrupted family life, automobile and industrial accidents, poor job performance, and increasing crime rates. Cirrhosis of the liver, almost invariably a result of alcohol abuse, is the seventh leading cause of death. In addition, alcohol has been implicated as a contributor to 50 percent of fatal automobile accidents, 53 percent of fire deaths, 45 percent of drowning, 22 percent of home accidents, and 36 percent of pedestrian accidents. Violent crimes attributed to alcohol abuse include 64 percent of murders, 41 percent of assaults, 34 percent of rapes, 30 percent of suicides, and 60 percent of child abuse. The financial toll of alcohol abuse is heavy, too [2].

### Need For the Study

Nationwide, substance use and abuse are significant problems for adolescents. They carry serious



consequences, causing 50% of the deaths in youth's age 15 to 24 years. Alcohol and drugs also contribute to assaults and rapes by adolescents. Alcohol is the most commonly used and abused substances by youth. Nearly all high school seniors report some experience with alcohol. Higher levels of adolescent alcohol use are associated with the three most frequent forms of mortality among adolescents' accidental deaths, homicides and suicides. Nearly 9 out of 10 teenage automobile accidents involve the use of alcohol. Alcohol use has also been characterized as a gateway substance, preceding the use of marijuana and other illegal substances such as cocaine and heroin [3].

Adolescents, age 12 to 17, who use alcohol, are more likely to report behavioral problems, especially aggressive, delinquent and criminal behaviors, according to findings of a new study released by the Substance Abuse and Mental Health Services Administration (SAMHSA). The new report concludes that there is a strong relationship between alcohol use among youth and many emotional and behavioral problems, including fighting, stealing, driving under the influence of alcohol and/or drugs, skipping school, and feeling depressed, and deliberately trying to hurt or kill them [4].

A study conducted had done a comparative study of prevalence of regular alcohol users among the male individuals in an urban and rural area, Punjab. The prevalence rate of alcohol consumption was 25.11% in urban and 60% in rural area. 85% samples were taken. Regular users of alcohol were of the order of 10.77% and 17.03% in urban and rural area respectively [5].

In addition to this, campus atmosphere and peer pressure is forcing and influencing the adolescents to indulge in alcoholism mainly due to lack of adequate knowledge about the consequences of its use or falsely perceived knowledge and attitude towards alcoholism as the students use alcohol for 'company', 'festivity', or 'curiosity'. Prevention and education are important aspects of nursing care in any setting. Therefore, the investigator felt that there is a compelling need to assess the knowledge and attitude of adolescent students regarding ill effects of alcohol, based on this, a specific content of information guide sheet can be developed and it would enhance the knowledge of adolescent students there by develop a very positive attitude towards alcohol use and prevent them from alcoholism. Hence investigator felt the need to assess the knowledge and attitude of school children regarding tobacco use and its health hazards.

### Objectives

1. To assess the knowledge about, alcohol abuse among Degree College students in selected degree colleges in Bangalore.
2. To assess the attitude about, alcohol abuse among Degree College students in selected degree colleges in Bangalore.

3. To correlate the knowledge and attitude about, alcohol abuse among Degree College students in selected degree colleges in Bangalore.
4. To associate the knowledge and attitude with selected demographic variables about alcohol abuse among degree college students in selected degree colleges in Bangalore.
5. To develop an informational guide sheet regarding prevention of alcohol abuse.

### Hypotheses

- 1)  $H_{01}$ : There is no significant relationship between the knowledge and attitude among degree college students.
- 2.)  $H_{02}$ : There is no significant association between selected demographic variables with the knowledge and attitude among degree college students.

### METHODOLOGY

Research approach: non-experimental descriptive survey approach was considered most appropriate to achieve the intended objectives.

Research design: This non-experimental descriptive survey approach to assess the knowledge and attitude about Smoking and smokeless tobacco use among school students.

Setting: the study was conducted in selected Nursing colleges in Bangalore.

**Population:** The population of the study consists of nursing students who are studying Nursing students in Bangalore.

**Sample:** - study the sample comprised of 60 Nursing Students from selected nursing students in Bangalore.

**Sample Techniques;** - Non-probability, purposive sampling technique

### Sampling Criteria:-

1. The Nursing students who are willing to participate in the study.
2. The Nursing students who are available during the period of data collection.
3. The Nursing students who can able to communicate either in Kannada or English.
4. The Nursing students who gave consent to participate in the study.

### Exclusion criteria:

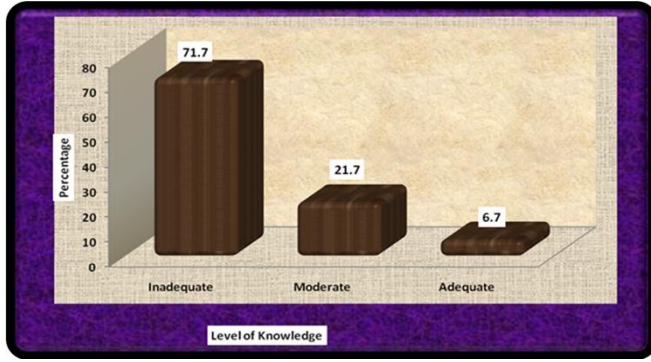
1. The Nursing students who are not willing to participate in the study.
2. The Nursing students who are absent during the period of data collection

### RESULT;-

#### Part-I Consists of Demographic Characteristics of Population

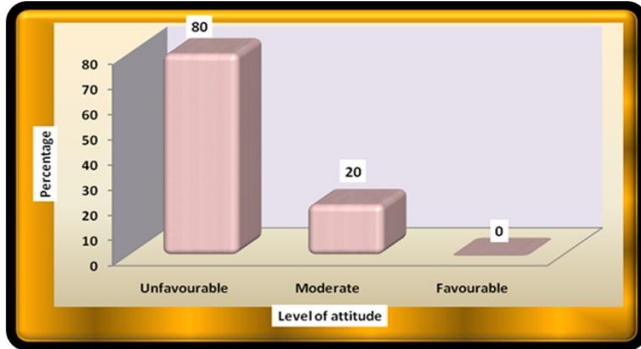


**Part II: Assessment of knowledge of Degree College students about alcohol abuse**



The above figure depicts that majority of the degree college students 71.70 % had inadequate knowledge about alcohol abuse. And 21.70% of degree college students had moderate knowledge. Only 6.70 % had adequate knowledge about alcohol abuse.

**Part III: - Assessment of attitude of Nursing students about alcohol abuse**



The below Figure shows that majority of degree college students 80% had unfavourable attitude about alcohol abuse. Only 20% had moderate attitude about alcohol abuse. No degree college students had favourable attitude towards alcohol abuse

**Part-IV: Correlation between knowledge and attitude of nursing Students about alcohol abuse**

**Table 1. Mean, SD and Mean percentage and Correlation of knowledge and attitude nursing students about Alcohol abuse**

Domain	Mean	SD	Mean	Correlation Value
Knowledge	15.39	5.78	51.30	0.39s
Attitude	79.5	8.95	63.5	

The table shows that, mean percentage of knowledge of degree college students was 15.39% with standard deviation, 5.78%. The Mean Percentage of attitude of degree college students was 79.5% with Standard Deviation, 8.95%.

The correlation co-efficient value of knowledge and attitude of degree college students was + 0.39 at p<0.05 level, that shows that there was a positive relationship exists between knowledge and attitude of degree college students about alcohol abuse. This means more the knowledge better the attitude.

**Part-V. Association of knowledge and attitude about alcohol abuse among Nursing students with selected socio-demographic variables.**

S.No	Demographic Variables	No	%	Level of Knowledge				Chi square value
				≤ Median (28)		< Median (32)		
				No	%	No	%	
				n=60				
1	<b>Age in years</b>							
	a) 18-19 years	22	36.67	14	63.6	8	36.4	5.5
	b) 20-21 years	27	45	9	33.3	18	66.7	df 3
	c) 22-23 years	7	11.67	4	57.1	3	42.9	N.S
	d) 23 years and above	4	6.67	1	25.0	3	75.0	
2	<b>Sex</b>							
	a) Male	34	56.67	20	58.8	14	41.2	4.7
	b) Female	26	43.33	8	30.8	18	69.2	df 1 S
3	<b>Religion</b>							
	a) Hindu	38	63.33	22	57.9	16	42.1	6.4
	b) Christian	14	23.33	5	35.7	9	64.3	df 2
	c) Muslim	8	13.33	1	12.5	7	87.5	S
	d) Others	0	0	0	0.0	0	0.0	
4	<b>Type of family</b>							
	a) Joint family	11	18.33	9	81.8	2	18.2	6.7



	b) Nuclear family	49	81.67	19	38.8	30	61.2	<b>df 1 S</b>
5	<b>Parents occupation</b>							
	a) Government service	8	13.33	5	62.5	3	37.5	1.3
	b) Private Service	29	48.33	13	44.8	16	55.2	df 3
	c) Self-employed/Business	17	28.33	8	47.1	9	52.9	N.S
	d) Agriculture	6	10	2	33.3	4	66.7	
6	<b>Monthly income of the family</b>							
	a) Rs.5, 000-Rs.10, 000	35	58.33	19	54.3	16	45.7	3.1
	b) Rs.10, 000-Rs.15, 000	18	30	7	38.9	11	61.1	df 3
	c) Rs.15, 000-Rs.20, 000	5	8.33	2	40.0	3	60.0	N.S
	d) Rs.20, 000 and above	2	3.33	0	0.0	2	100.0	
7	<b>Degree of study</b>							
	a) First Year B.Sc Nursing	22	36.67	10	45.5	12	54.5	0.4
	b) First Year GNM	30	50	15	50.0	15	50.0	df 2
	c) Second year B.Sc Nursing	8	13.33	3	37.5	5	62.5	N.S
	d) Second year GNM	0	0.0	0	0.0	0	0.0	
8	<b>Family history of alcohol consumption</b>							
	a) Father	6	10	3	50.0	3	50.0	0.0
	b) Mother	0	0	0	0.0	0	0.0	df 2
	c) Siblings and others	2	3.33	1	50.0	1	50.0	N.S
	d) None	52	86.67	24	46.2	28	53.8	
9	<b>Source of information regarding alcohol addiction</b>							
	a) Mass media	28	46.67	14	50.0	14	50.0	3.7
	b) Peer group / Friends	22	36.67	10	45.5	12	54.5	df 2
	c) Others	10	16.67	4	40.0	6	60.0	N.S
	d) No source of information	0	0	0				
10	<b>Did you consume alcohol?</b>							
	a) Yes	24	40	4	16.7	20	83.3	<b>14.5</b>
	b) No	36	60	24	66.7	12	33.3	<b>df 1 S</b>
11	<b>What was the situation made you to consume alcohol?</b>							
	a) Peer group influence	21	87.5	3	14.3	18	85.7	0.7
	b) Stress or strain due to studies	3	12.5	1	33.3	2	66.7	df 1 N.S
	c) Family problems	0	0	0	0	0.0	0	
	d) Any other reason specify	0	0	0	0	0.0	0	
12	<b>Who initiated to consume alcohol?</b>							
	a) Self	3	12.5	3	100.0	0	0.0	<b>5.7</b>
	b) Friends	21	87.5	6	28.6	15	71.4	<b>df 2</b>
	c) Relatives	0	0	0	0.0	0	0.0	<b>S</b>
13	<b>Frequency of consumption</b>							
	a) Daily	0	0	0	0.0	0	0.0	
	b) Weekly	2	3.33	0	0.0	2	100	2.1
	c) Fortnight	0	0	0	0.0	0	0.0	df 3
	d) Monthly	3	5	1	33.3	2	66.7	N.S
	e) Occasional	19	31.67	9	47.4	10	52.6	
	f) Never	36	60	18	50.0	18	50.0	
<i>N.S- Not significant S- Significant at p&lt;0.05 level</i>								



**Part-VI** Association of attitude of degree college students with selected socio demographic variables such as age in years, religion, type of family, parent's occupation, monthly income of family, Degree of study, family history of alcohol consumption, and source of information regarding drug addiction, did you consume alcohol? What was the situation made you to consume alcohol, who initiated you to consume alcohol? and frequency of alcohol consumption.

S.No	Demographic Variables	No	%	Level of Attitude				Chi square value
				≤ Median (30)		< Median (30)		
				No	%	No	%	
1	<b>Age in years</b>							
	a) 18-19 years	22	36.67	16	72.7	6	27.3	<b>11.2</b>
	b) 20-21 years	27	45	9	33.3	18	66.7	<b>df 3</b>
	c) 22-23 years	7	11.67	3	42.9	4	57.1	<b>S</b>
	d) 23 years and above	4	6.67	2	50.0	2	50.0	
2	<b>Sex</b>							
	a) Male	34	56.67	20	58.8	14	41.2	<b>4.3</b>
	b) Female	26	43.33	10	38.5	16	61.5	<b>df 1 S</b>
3	<b>Religion</b>							
	a) Hindu	38	63.33	17	44.7	21	55.3	1.6
	b) Christian	14	23.33	9	64.3	5	35.7	df 2
	c) Muslim	8	13.33	4	50.0	4	50.0	N.S
	d) Others	0	0	0	0.0	0	0.0	
4	<b>Type of family</b>							
	a) Joint family	11	18.33	9	81.8	2	18.2	<b>5.5</b>
	b) Nuclear family	49	81.67	21	42.9	28	57.1	<b>df 1 S</b>
5	<b>Parents occupation</b>							
	a) Government service	8	13.33	6	75.0	2	25.0	3.2
	b) Private Service	29	48.33	15	51.7	14	48.3	df 3
	c) Self-employed/Business	17	28.33	7	41.2	10	58.8	N.S
	d) Agriculture	6	10	2	33.3	4	66.7	
6	<b>Monthly income of the family</b>							
	a) Rs.5, 000-Rs.10, 000	35	58.33	19	54.3	16	45.7	2.7
	b) Rs.10, 000-Rs.15, 000	18	30	8	44.4	10	55.6	df 3
	c) Rs.15, 000-Rs.20, 000	5	8.33	3	60.0	2	40.0	N.S
	d) Rs.20, 000 and above	2	3.33	0	0.0	2	100.0	
7	<b>Degree of study</b>							
	a) B.Sc	22	36.67	12	54.5	10	45.5	1.2
	b) B.Com	30	50	13	43.3	17	56.7	df 2
	c) B.A	8	13.33	5	62.5	3	37.5	N.S
	d) Any other	0	0.0	0	0.0	0	0.0	
8	<b>Family history of alcohol consumption</b>							
	a) Father	6	10	4	66.7	2	33.3	3.0
	b) Mother	0	0	0	0.0	0	0.0	df 2
	c) Siblings and others	2	3.33	2	100.0	0	0.0	N.S
	d) None	52	86.67	24	46.2	28	53.8	
9	<b>Source of information regarding alcohol addiction</b>							
	a) Mass media	28	46.67	14	50.0	14	50.0	0.6
	b) Peer group / Friends	22	36.67	10	45.5	12	54.5	df 2
	c) Others	10	16.67	4	40.0	6	60.0	N.S
	d) No source of information	0	0	0				
10	<b>Did you consume alcohol?</b>							
	a) Yes	24	40	8	33.3	16	66.7	<b>4.4</b>
	b) No	36	60	22	61.1	14	38.9	<b>df 1 S</b>



11	<b>What was the situation made you to consume alcohol?</b>							
	a) Peer group influence	21	87.5	7	33.3	14	66.7	1.7
	b) Stress or strain due to studies	3	12.5	1	33.3	2	66.7	df 1 N.S
	c) Family problems	0	0	0	0	0.0	0	
	d) Any other reason specify	0	0	0	0	0.0	0	
12	<b>Who initiated to consume alcohol?</b>							
	a) Self	3	12.5	2	66.7	1	33.3	0.2
	b) Friends	21	87.5	11	52.4	10	47.6	df 2
	c) Relatives	0	0	0	0.0	0	0.0	N.S
13	<b>Frequency of consumption</b>							
	a) Daily	0	0	0	0.0	0	0.0	
	b) Weekly	2	3.33	1	50.0	1	50	1.2
	c) Fortnight	0	0	0	0.0	0	0.0	df 3
	d) Monthly	3	5	2	66.7	1	33.3	N.S
	e) Occasional	19	31.67	8	42.1	11	57.9	
	f) Never	36	60	19	52.8	17	47.2	
<i>N.S- Not significant S- Significant at p&lt;0.05 level</i>								

## DISCUSSION

### 1. The first objective was to assess the level of knowledge about alcohol abuse among degree college students

The overall knowledge of the degree college students reveals that majority of the degree college students 71.70 % had inadequate knowledge about alcohol abuse. And 21.70% of degree college students had moderate knowledge. Only 6.70 % had adequate knowledge about alcohol abuse.

### 2. The second objective was to assess attitude about alcohol abuse among degree college students

The overall attitude of degree college students reveals that majority of degree college students 80% had unfavourable attitude about alcohol abuse. Only 20% had moderate attitude about alcohol abuse. No degree college students had favourable attitude towards alcohol abuse.

### 3. The third objective was to correlate the level of knowledge and attitude among degree college students

There was linear correlation between the knowledge and attitude of degree college students about alcohol abuse. The correlation between knowledge and attitude found was 0.39 at  $p < 0.05$  level, which shows the positive correlation and indicates that this means more the knowledge better the attitude and vice versa. Hence the stated null hypothesis  $H_1$  is rejected.

### 4. The fourth objective was to associate the level of knowledge about alcohol abuse with selected socio-demographic variables

The analysis was done to find out the level of knowledge about alcohol abuse with selected socio-demographic variables, using chi-square test. The analysis

reveals that there was significant association was found with sex, religion, type of family, did you consume alcohol? who initiated to consume alcohol? At  $P < 0.01$  level and there was no association was found with other socio-demographic variables of degree college students. Hence the stated null hypothesis  $H_2$  is rejected for-- age in years, parent's occupation, monthly income of family, Degree of study, family history of alcohol consumption, and source of information regarding drug addiction, What was the situation made you to consume alcohol and frequency of alcohol consumption..

### 5. The fifth objective was to associate the level of attitude about alcohol abuse with selected socio-demographic variables

The analysis revealed that there was significant association was found with age in years, sex, type of family, did you consume alcohol? Hence the selected null hypothesis  $H_2$  was rejected for-- religion, parent's occupation, monthly income of family, Degree of study, family history of alcohol consumption, and source of information regarding drug addiction, what was the situation made you to consume alcohol, who initiated you to consume alcohol? And frequency of alcohol consumption..

## Conclusion

On the basis of present study, the following conclusions can be drawn:

1. Majority of the degree college students 71.70 % had inadequate knowledge about alcohol abuse.
2. In the same way, majority of degree college students 80% had unfavourable attitude about alcohol abuse.
3. The correlation between knowledge and attitude found was 0.39 at  $p < 0.05$  level, which shows the positive correlation.



4. The association of knowledge level about alcohol abuse with selected socio-demographic variables revealed that there was significant association was found with sex, religion, type of family, did you consume alcohol? Who initiated to consume alcohol? At  $P < 0.01$  level and there

was no association was found with other socio-demographic variables of degree college students.

5. The association of level of attitude about alcohol abuse with selected socio-demographic variables revealed that there was significant association was found with age in years, sex, type of family, did you consume alcohol?

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