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LEVEL OF KNOWLEDGE AND ATTITUDE REGARDING HAZARDS OF SUBSTANCE ABUSE AMONG PILOT'S

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ABSTRACT

The Objective of the study was to assess the level of knowledge and attitude regarding hazards of substance abuse among local pilots. A quantitative [survey] research approach and a descriptive design was used in this study. 50 local Local pilots with substance abuse who were working at VPMM educational institutions were selected by convenient sampling, and interview schedule was used to collect the data. The tool used in the study was knowledge questionnaire and an attitude scale. Reliability of the Tool was checked by Test- retest method, Knowledge Questionnaire ($r = .84$) attitude scale ($r = 0.79$). The tool was validated by 5 experts in the field of Mental Health and Nursing. The time taken for each sample to complete the questionnaire was 20-30 min. Following that the data were analyzed. The findings suggested that 9(18%) of local pilots had adequate knowledge, 32(64) of local pilots had moderate knowledge, 9(18%) of them had inadequate knowledge. Whereas 32 (64%) of them had favorable attitude 18(36%) of them had moderately favorable attitude. There was no significant association between the level of knowledge among local pilots with their selected socio demographic variables such as age, family, religion, income, family members. There was no significant association between the level of attitude among local pilots with their selected socio demographic variables such as age, family, religion, income, family members.

INTRODUCTION

Background of the study

Substance abuse one of the major impacts of our society. Individuals started using some substance and become addicted to that as the days goes on, many people are consuming substance as a mark of fashion. Substance abuse is a maladaptive pattern of substance leading to a clinically significant impairment or distress manifested by one or more of the following.

Beligman, Gilbert [2011] had stated that hazards of substance abuse have been called the common cold of psychopathology.

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According to Monorch (2013) hazards of substance abuse is said to be one of the largest killer of man. 42% of people with hazards of substance abuse live in the community with their families [1-3].

Statement of the Problem:

A study to assess the level of knowledge and attitude regarding hazards of substance abuse among local pilots at VPMM educational institution Krishnan kovil.

Objectives:

1. To assess the level of knowledge regarding hazards of substance abuse among local pilots at VPMM institution.
1. To assess the level of attitude regarding hazards of substance abuse among local pilots at institution.
2. To associate the level of knowledge and attitude with their selected socio demographic variables among the



local pilots at VPMM institution.

CONCEPTUAL FRAME WORK

The conceptual framework set up for the study was modified model of **Daniel L. Stuffle Beam's Evaluation Model of planned programmes (1983).**

The Review of literature had been discussed under the following;

1. Studies related to physiological problem among local pilots.
2. Studies related to psychological problem and smoking
3. Studies related to hazards of smoking among local pilots.
4. Studies related to smoking effects among local pilots.

RESEARCH METHODOLOGY

Research Approach

A quantitative [survey] research approach was used to assess knowledge.

Research Design

Descriptive survey design was used in this study

Variables

Independent Variables : Knowledge and Attitude on substance abuse

Socio Demographic Variables : It Consisted of Socio demographic characteristics such as age in years, type of family, religion, family income and smoking habits among family members.

Population

Target Population

Local pilot's with substance abuse.

Accessible Population

Local pilot's with substance abuse at VPMM educational institutions.

Sample

Local pilots with substance abuse who were working at VPMM educational institutions and those who fulfilled the inclusion criteria.

Sample size

50 local pilots

Sampling Technique

Non probability convenient sampling technique.

Research Tool and Technique

Technique: interview schedule was used to collect data in this study.

Tool

The tool consisted of two sections

Section-1

Socio demographic variables.

Section-2

- i. Knowledge
- ii. Attitude

Section-1

This section included socio demographic variables such as age, education, religion, income, duration how to start in habits, source of substance.

1-Knowledge:

Structured questionnaire consisted of 20 multiple choice questions to assess knowledge of local pilot's regarding hazards of substance abuse. Each question has one correct answer with 4 options. Scoring response was done by giving score '1' for each correct response and score '0' for each wrong answer the total score of unstructured questionnaire was 20.

The level of knowledge was categorized as followed.

Adequate knowledge	-	80-100%
Moderately adequate knowledge	-	50-79%
Inadequate knowledge	-	below 50%

2. Section 2. Attitude Scale:

The attitude scale consisted of 12 positive and 8 negative statements with three point scale such as 'Agree' 'not sure' 'disagree' the total score of attitude scale was 60. A positive statement with response carried score 3, not sure response carried score 2 and disagree response score 1.

A negative statement with agree response carried score 1, not sure carried score 2 and disagree response score 3. The mean of the total score of attitude scale was taken.

Reliability of the Tool:

Test retest method was used to determine the reliability of knowledge questionnaire and attitude scale. Knowledge Questionnaire ($r = .84$) and for the attitude scale ($r = 0.79$) Hence the tool was reliable and used in the study.

Validity of Tool:

The tool was validated by 5 experts in the field of Mental Health and Nursing.

Data Collection Procedure:

The data was collected from each sample in individual aspect and the sample was selected by



convenient sampling technique. The time taken for each sample to complete the questionnaire was 20-30 min. Following that the data were analyzed [3-6].

Protection of Human Rights:

The investigator obtained approval from dissertation committee of College of Nursing, VPMM Educational institution, Principal, Department of Mental Health Nursing, VPMM Trust, Krishnankoil to conduct the study and confidentiality was promised and ensured.

Both verbal and written consent was obtained from all the subjects and data collected was kept confidential. The subject was informed that they can withdraw from the study at any time without any penalty. Confidentiality and anonymity was maintained throughout the study.

Major findings of the study:

- The analysis of assessment of knowledge of the local pilots 9(18%) of local pilots had adequate knowledge, 32(64) of local pilots had moderate knowledge, 9(18%) of them had inadequate knowledge.
- The analysis of assessment of practice 32 (64%) of them had favorable attitude 18(36%) of them had moderately favorable attitude, Thus the researcher felt that the target group who were most susceptible to substance abuse need to be assessed for their current knowledge and attitude regarding the hazards of substance abuse.

➤ There was no significant association between the level of knowledge among local pilots with their selected socio demographic variables such as age, family, religion, income, family members.

➤ There was no significant association between the level of attitude among local pilots with their selected socio demographic variables such as age, family, religion, income, family members.

➤ On overall findings, regarding socio demographic variables, Majority of the local pilots belongs to 25-34 years of age group, belongs to nuclear family and Hindu religion, their family income below 1000 & also most of the family members doesn't have substance abuse habits .

➤ Regarding attitude of hazards of substance abuse 64% of the local pilots are had adequate attitude, 36% of the local pilots had moderately adequate attitude and none of them had inadequate attitude about hazards of substance abuse. Regarding substance abuse habits among family members, 80% were not having substance abuse habits in their family and 12% were having substance abuse habits [7-9].

Figure I portray that most (64%) of the sample had moderately adequate knowledge, 18% of the sample had adequate knowledge and 18% of the sample had inadequate knowledge regarding the hazards of substance abuse. Figure II shows that 64 % of the sample had a favorable attitude, 36% of the sample had moderately favorable attitude and none of them had an unfavorable attitude towards the hazards of substance abuse [10].

Figure 1. Distribution of the adequacy of knowledge among local pilot's regarding hazards of substance abuse.

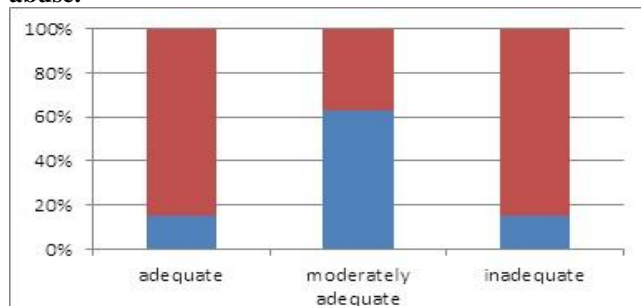
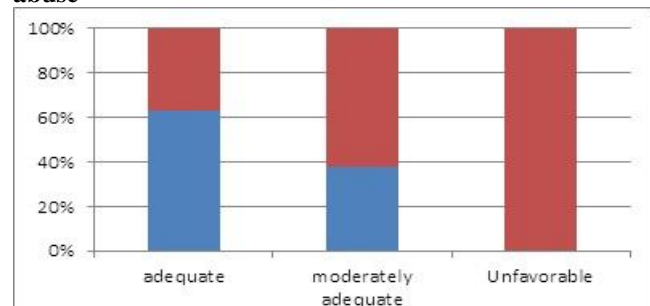


Figure 2. Distribution of the adequacy of attitude among local pilot's regarding hazards of substance abuse



CONCLUSION

➤ Even though the findings revealed that majority had moderately adequate knowledge and favorable attitude. The fact that the incidence of substance abuse is still increasing. Therefore, studies to probe why this increase is still towering needs to be formulated.

Substance when taken into the living organism may modify more of its functions. This conceptualizes "drug" in a very broad way, not only the medication but also the other pharmacologically active substances.

IMPLICATIONS FOR NURSING

Nursing Practice

➤ It will help the nursing personnel to be in the best position to impart health education to the people in their working area or in community set up which strengthens the community psychiatry.

Nursing Education

➤ The study of substance abuse and its hazards are vital component of mental health nursing. Though concepts of



substance abuse and their hazards were already included in the nursing curriculum but the focus can be extended to practical training and exposure.

➤ Nurse educators can impose the routine utilization of knowledge and attitude scale for hazards of substance abuse by the nursing students at various settings.

Nursing Administration

➤ Continuing nursing education and in-service education can be planned by nurse administrators which will aid in formulating protocols in transforming theory into practice.

Appropriate and feasible organizational intervention like health education, domiciliary care services and mental health promotion activities will provide greater outcome.

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Nursing Research

➤ Research studies on substance abuse and its hazards can help to identify the existing knowledge gap between nursing practice and nursing education and to fill in the existing gaps.

➤ This study can be a baseline for future studies to build upon and motivate other investigators to conduct further studies in knowledge and attitude regarding hazards of substance abuse.

Recommendation

➤ A similar study can be conducted on a large sample size and in various other settings.

➤ A comparative study can be done on knowledge and attitude towards hazards of single substance abuse.

