



## A STUDY TO ASSESS THE KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG YOUNG ADULTS STUDYING IN A SELECTED ARTS AND SCIENCE COLLEGE AT ERODE DISTRICT.

Kavitha S.D.<sup>1\*</sup> and S.Malathi<sup>2</sup>

<sup>1</sup> Ph.D Scholar, Department of community Health Nursing, Vinayaka Missions Annapoorna College of Nursing, Vinayaka Mission's Research Foundation, (Deemed to be University), Salem 636308, Tamil nadu, India.

<sup>2</sup> Professor & Head, Department of Community Health Nursing, Vinayaka Missions Annapoorna College of Nursing, Vinayaka Mission's Research Foundation, (Deemed to be University), Salem 636308, Tamil nadu, India.

### ABSTRACT

Young adults are considered to be those people fall into the age group of 18-25 years. During this age group many alterations like physical, emotional, education, social, psychological and economical changes takes place. Substance abuse is described as a maladaptive pattern of substance use leading to clinically significant impairment or distress. Substances of abuse May be any chemical substance prepared for therapeutically or recreational use commonly used abused substances are alcohol, hallucinogens, inhalants, nicotine, sedatives, hypnotics, anxiolytics, and opioids. The hypothesis tested at 0.05 level of significance. There will be significant association between levels of knowledge with selected demographic variables. The conceptual framework used in this study was based on Pender's Health Promotion model to identify young adult's cognitive perception regarding substance abuse, alcoholism, smoking and drug abuse and to protect the young adult by taking adequate measures to maintain positive health. This is non experimental study conducted for 100 young adults studying in Nandha Arts and Science college, Koorapalayam, Erode District, Tamil nadu, India. Simple random sampling method was used. The tool used for data collection was semi structured questionnaire which consists of questions regarding assessing the knowledge of substance abuse. The study reveals that young adults were having inadequate knowledge (43%), regarding substance abuse, inadequate knowledge (38%) regarding alcoholism and moderate knowledge (64%) in smoking and inadequate knowledge(41%) regarding use of illicit drugs.

**Key words:** Young adult, Knowledge, Substance abuse, Alcoholism, Smoking, Use of illicit drugs.

### Corresponding Author

**Kavitha S.D.**

Email:- [devarajkavitha10@gmail.com](mailto:devarajkavitha10@gmail.com)

### Article Info

*Received 12/07/2018; Revised 20/07/2018*

*Accepted 04/08/2018*

### INTRODUCTION

Young adulthood has increased freedom to demonstrate risk taking behaviors and also try to use health compromising substances. Most of the young adults having lack of the knowledge about health-enhancing experiences such as regularly scheduled exercise and nutrition for the maintenance of healthful living [1-3].

The substances such as alcohol tobacco and drugs are also used by the young adults as to experiment, to get pleasure due to influence of peers. In India 5-10% young people are using substances. Among them 75% of young people are using alcohol and 50% of them were

dependent. Nearly 35% of the young adults are having the habit of smoking [4,5].

Globally 300 million young people (10-24) smoke. Approximately 4,00,000 people die annually because of tobacco use and an estimate 60% of the direct health care costs in the United States go to treat tobacco related illnesses. In the light of the above ideas and from the experiences of the investigator, it was observed that it was essential to assess the knowledge of young adults on substance abuse. Therefore, the investigator planed to conduct the present study to describe and explore the knowledge of young adults studying under graduate



courses regarding Alcoholism, Smoking and Use of Illicit Drugs [6,7].

Substance abuse is the use of any substance that threatens a person's health or impairs his or her social or economic functioning. Substances have deleterious effects over the individual. Substance abuse includes smoking, alcoholism and drug abuse. People will opt substance abuse for varied reasons like tension release, solution of problems, to fulfill their needs like to overcome anxiety, pressure or fatigue, experimental use, recreational use or circumstantial phase. As like smoking and use of alcohol, drugs are also abused by the young adults for pleasure, peer pressure and for experiment.

Alcohol is a substance commonly referred as ethyl alcohol (C<sub>2</sub>H<sub>5</sub>OH). Alcohol is also known as ethanol and sometimes abbreviated as "ETOH". Alcohol containing beverages include beer, wine and distilled spirits. Alcoholism is the use of alcoholic beverages that causes any damage to the individual, society or both.

Smoking is the inhalation of noxious fumes or irritating particular matter that may cause severe pulmonary damage. Tobacco use is often simply translated as cigarette smoking. Other forms include chewing and snorting tobacco, with other substances, using nicotine in the cigars are also called as smoking.

Categories of substances common by abused include stimulants, hallucinogens, depressants, opioids (narcotics) and other substances that alter the mind. Stimulants are abused but some clients became the need for "faster, better, and longer" exists as a mind set in a society. Hallucinogens continue to be popular in various forms but are commonly uncounted as mind – altering drugs such as phencyclidine (PCL) & Lysergic acid (LSD). Depressants such as the anxiolytics, are becoming increasingly popular as a maladaptive alternative in responding to the over increasing demands of today busy lifestyles [8,9].

#### **Statement of the problem:**

"A study to assess the knowledge regarding Substance abuse among young adults studying in a selected Arts and Science College at Erode District"[10].

#### **Objectives of the study:**

- 1.To assess the knowledge of young adults regarding substance abuse
  - Alcoholism
  - Smoking
  - Use of illicit drugs
2. To compare the relationship between the knowledge score with selected socio demographic data such as age, religion, education of parents, occupation of the parents, family income, type of family, location of the family. Place of stay and sources of information on substance abuse.
3. To prepare a health education pamphlet on knowledge regarding substance abuse based on identified needs.

#### **Hypothesis:**

The hypothesis will be tested at 0.05 level of significance. There will be significant association between levels of knowledge with selected demographic variables.

#### **Conceptual Framework:**

The conceptual framework used for this study was Pender's health promotion model (1986) to identify young adult's cognitive perception regarding substance abuse, alcoholism, smoking and drug abuse and to protect the young adult by taking adequate measures to maintain positive health. The individual perception is the primary motivational mechanism for acquisition and maintenance of health promotion behaviour. Pender states "modifying factors exert their influence through cognitive perceptual mechanism that directly affects the behavior [11-15].

**Research Approach:** The research approach used for this study was Non experimental approach.

**Research Design:** The research design used for this study was Descriptive survey design.

**Variables:** Variables are qualities, properties or characteristics of person's things or situation that change or vary.

**Research variables:** Knowledge of substance abuse among young adults studying in Nandha Arts and Science College, Koorapalayam, Erode District, Tamilnadu state, India.

**Demographic variables:** Age, religion, educational status of parents, occupation of parents, monthly income, type of family, area of residence, place of staying, sources of information about substance abuse and family members having habit of substance abuse.

**Study Setting:** Nandha College of Arts and Science, Koorapalayam, Erode District, Tamilnadu state, India.

**Target Population:** 100 young adults (18-25 years) of age group studying in Nandha College of Arts and Science, Koorapalayam.

**Sample and Sampling Technique:** Simple Random Sampling Method (Lottery Method).

#### **Sample Selection Criteria:**

##### **Inclusion Criteria:**

Young adults (boys) between age group of 18 – 25 years studying in Science and Arts in Nandha Arts and Science College, Koorapalayam, Erode District, Salem.

##### **Exclusion Criteria:**

Young adults between the age of 18-25 years girls



are not included.

The young adults studying in Nandha College of Arts and Science are only included.

**Development and Description of the tool:**

Semi structured questionnaire was prepared as a tool for obtaining the assessment of knowledge on substance abuse.

**Part I:** Socio demographic status: 10 items.

**Part II:** Knowledge of young adults regarding substance abuse: 32 items.

**Section A:** Knowledge on substance abuse among young adults: 8 items.

**Section B:** Knowledge on alcoholism among young adults: 8 items.

**Section C:** Knowledge on smoking among young adults: 8 items.

**Section D:** Knowledge on use of illicit drugs among young adults: 8 items.

**Reliability:** Reliability of the tool was obtained for 10 young adults  $r=0.92$ .

**Pilot study:**

Conducted and results revealed that the tool was feasible to conduct the study.

**Data Collection Procedure:**

Obtained permission from the authorities of Nandha College of Arts and Science and the questionnaire distributed to the young adults and the responses were obtained within half an hour [16].

**Plan for data analysis:**

The collected data were entered in a master sheet and the findings of the socio demographic data and young adults knowledge regarding substance abuse were

analysed in the form of frequencies percentage, mean, standard deviation and mean score percentage.

**Findings related to knowledge of young adults regarding aspects of substance abuse:**

- The overall knowledge of young adults regarding substance abuse was (43%) inadequate.
- The overall knowledge of young adults regarding alcoholism was (38%) inadequate.
- The overall knowledge of young adults regarding smoking was moderate (64%).
- The overall knowledge of young adults regarding use of illicit drugs was (41%) inadequate.

**Findings related to the relationship between the knowledge levels of young adults with selected socio demographic variables:**

This study reveals that there was significant relationship with education of parents, sources of information and family history and knowledge of young adults regarding substance abuse.

This study reveals that there was significant relationship with occupation of parents, place of stay and sources of information and family history and knowledge of young adults regarding alcoholism.

This study reveals that there was significant relationship with education of parents, and sources of information and knowledge of young adults regarding smoking.

This study reveals that there was significant relationship with age, religion, education of parents, family income and sources of information and knowledge of young adults regarding use of illicit drugs.

This study reveals that there was significant relationship with education of parents, location of family and sources of information and overall knowledge of young adults regarding use of substance abuse.

**Descriptive Statistics:**

**Findings related to sample characteristics:**

Sl. No	Variables	Categories	Respondents	
			Number and Percentage	
1.	Age (Years)	18	32	
		19-20	62	
		21 & above	6	
2.	Religion	Hindu	91	
		Christian	1	
		Muslim	8	
3.	Educational status of Parents	Illiterate	22	
		Primary	31	
		High school	18	
		Higher secondary	20	
		Graduate	4	
		Post graduate	5	
4.	Occupational status		Father	Mother



		Unemployed	14	3
		Private Job	22	18
		Government service	8	2
		Business	18	28
		Self employee	38	49
5.	Monthly income of the family	Less than Rs.2000	15	
		Rs.2001-3000	43	
		Rs.3001-4000	25	
		Above 4001	17	
6.	Type of family	Joint family	27	
		Nuclear family	73	
7.	Location of the family	Urban	23	
		Rural	68	
		Semi urban	5	
		Semi rural	4	
8.	Place of Staying	Home	94	
		Hostel	6	
9.	Sources of information about substance abuse	Through family members	22	
		Through Relatives	2	
		Through Friends	30	
		Through Media	46	
10.	Family members having the habits of substance abuse	Yes	17	
		No	83	

#### CONCLUSION:

Results of the study revealed that young adults were having inadequate knowledge (43%) regarding substance abuse, inadequate knowledge (38%) regarding in alcoholism and moderate knowledge (64%) regarding in smoking and inadequate knowledge (41%) regarding use of illicit drugs.

#### Implication nursing practice:

The nurse in the community services should be equipped with the knowledge on substance abuse and develop skill in explaining the aspects of substance abuse to prevent the abuse of substance among young adults.

#### Nursing education:

Conferences, workshops, seminars and symposium can be helped for all health professionals and young adults on identifying the factors that promote health and problem of substance abuse.

#### Nursing administration:

The administrator should plan programmes for early detection of substance usage among young adults and planning diversional measures to prevent the usage.

#### Nursing research:

Nurse researchers should develop programmes to overcome the problem due to abuse of substances.

#### RECOMMENDATIONS:

- The study can be replicate by using a large sample there by findings can be generalized.
- Comparative study may be conducted to find out similarities or differences in knowledge between rural and urban young adults.
- Comparative study may be conducted between students studying technical courses and professional courses.
- A quasi experimental study can be conducted to evaluate the effectiveness of teaching plan regarding substance abuse among young adults.
- A study may be conducted to find out factors that influences substance abuse and preventive aspects among adults.
- A longitudinal study can be done regarding knowledge on substance abuse among young adults.

#### LIMITATIONS:

- This study was limited to young adults between the age group of 18 -25 years.
- This study was limited to only (young adult) boys.
- This study was limited to only 100 students studying in selected Arts and Science courses. So findings cannot be generalized.



## REFERENCES

1. Ahuja N. (2004), A short text book of Psychiatry, 5th edition, Jaypee Medical Publishers(p) limited, New Delhi, P.35-38.
2. Ann Worlbert, (1997), Psychiatric nursing, 5th edition, Appleton Lange publishers, California. P.634-674.
3. Basvanthappa.B.T, (2007), Psychiatric Mental health nursing, 1st edition, Jaypee brother's medical publishers, New Delhi, P. 541-560.
4. David Harvey et.al, (2000), Community Child Health and Paediatrics, 2nd edition, Butter Worth publications, P. 230.
5. Gupta.M.C, (2005), Text book of Preventive and Social Medicine, 3rd edition, Jaypee brothers medical publishers, New Delhi, P. 586-587.
6. James.M.McKenzie,et.al., (2000), An Introduction to Community Health, 3rd edition, Jones and Barlett publishers, Boston, P: 230-257.
7. Janice E Hitchcock, (2003), Community Health Nursing Caring in Action, 2nd edition, Library of congress cataloging in publications data, United states, P: 549-552.
8. Sunder Rap, P.S.S. Richard.J, (1996), Introduction to Biostatistics, 3rd edition, prentice hall publishers, New Delhi, P. 112-113.
9. Ambrose Uchtenhagen (2004). Substance use problems in developing countries. *The International journal of public health*, Vol: 82, (9), P .641.
10. Barnes GM, Welte JW (1992). Alcohol misuse among college students and other young adults. *International journal of addiction*, 27 (8), P. 917.
11. Dertier et.al. (2007) Testing the dual pathway hypothesis to substance use in adolescences and young adulthood. *Drug and alcohol dependence*, 87, (1), P .83-93.
12. Jacko (2007) Drug record card to be rolled out, *Nursing Times*, 103(41), P. 5.
13. Mickey asks (2008). How to beat your addiction. *Herald of health*, P. 4-6.
14. Sangamesh Nidagundi. (2007) Coping with alcoholism. *Health action*, P.17-19.
15. NNT, (2008) Tobacco free youth, *Nightingale Nursing Times*, 4 (2), P .33.
16. NNT, (2007) Types of drug under International control. *Nightingale Nursing Times*, 3, (3), P. 12-16.

