

## ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING SUBSTANCE ABUSE AMONG +2 STUDENTS IN SELECTED COLLEGE OF TANGI, CUTTACK

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### ABSTRACT

Utilization of substance misuse is one of the new and severe problems in today world. Youth between the age of 18 to 20 are more likely to consume substances like alcohol, cocaine and marijuana. Objectives: The objectives of this study was to assess the knowledge and attitude regarding substance abuse among +2 students, to find out the correlation between knowledge and attitude of the +2 students regarding substance abuse, to determine the association between the level of knowledge and attitude regarding substance abuse with selected demographic variables. Materials and Methods: A descriptive cross sectional study design was used. 50 samples were selected randomly from grade XI and XII of DRIEMS +2 Science students. For data collection Self structured knowledge questionnaire was used to assess knowledge and 3 point likert scale was used to assess attitude. Descriptive statistics was used to calculate percentage and frequency. Correlation coefficient was used to study the correlation between knowledge and attitude. The chi square test was used to find out the relation between level of knowledge and attitude with selected demographic variables. Results: The Study Findings revealed that among 50 +2 students 18% of subjects have Good knowledge, 48% of subjects have Average knowledge and 34% of subjects have poor knowledge regarding substance abuse. It also revealed that 28% of students have favorable attitude, 72% of students have moderately favorable attitude and 0% students have unfavorable attitude regarding substance abuse. The correlation between knowledge and attitude was found mild correlated. Conclusion: Half of the respondents had average knowledge regarding substance abuse. As teenagers period is an age where we need to pay more attention in their attitude. Knowing information regarding substance abuse among teenagers may be useful in planning intervention how to abstinence from substance abuse. Early intervention is the best step.

**Keywords:** Substance abuse; Knowledge; Attitude; Students.

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**INTRODUCTION**

Substance use refers to the use of all psychoactive substances or drugs, including lawful and illegal drugs unless doctor prescribed it. At least 40million people are thought to regularly abuse drugs or other substance worldwide at present adolescents face a serious problem with substance usage. According to recent statistics, teens and young age that register for treatment and recovery were drug addicted (7). Nine in ten people who are addicted to drugs begins using the age of 18.(6) As per the information reported in the NDTV news released on 14<sup>th</sup> December 2022 , the Indian Government told the supreme court that around 1.58 crore children aged between 10 and 17 years are addicted to substances in the country.(8)

People who start using psychoactive drugs earlier in life- typically before the age of 13 Or 14 –are more likely to experience unfavourable psychosocial, educational, and mental health outcomes than people who start using drugs later in life.(3)

Affect the growth and development of teens, especially brain development, decline in IQ and is associated with educational dropout and also more frequently with other risky behaviors, such as unprotected sex and dangerous driving. Substance use contribute to the development of adult health problems, such as heart disease, high blood pressure, and sleep disorders (11) (12). Taking cocktail of drugs through injection, which increases their vulnerability to HIV infection AIDS and Hepatitis B and C (13).

In Imphal, a survey conducted on drug usage among senior secondary schools students found that substance use was widespread, with more than 50% of the students reporting using one or more drugs. The most often used drugs and alcohol was both tobacco products. Male students and students whose fathers or relatives used drugs had greater rates of substance use. Most students said that they had been introduced to substance use by their peers (2). Early use of psychoactive substances increases the chance of psychiatric problems, poor academic performance, and involvement in fights, unsafe driving and risky sexual activity (3).

Approximately 13% of drug and substance abuser in India are under the age of 20, which demands strengthening up community intervention and preventive methods aimed at teenagers, according to a UN official (6).

The international day against drug misuse and trafficking is commemorated on June 26 with the goal of raising consciousness about the issue of drug abuse and addiction as well as its effects among individuals and communities(1).

Tobacco and alcohol abuse are the most prevalent types of substance abuse followed by inhalants and cannabis among teenagers, according to a report issued by the National Commission for the protection of Child Rights (1). If present smoking habits are not changed, the WHO predicts that tobacco use will be the cause of 10 million deaths annually by the decade 2020-2030, with 70% of those deaths taking place in developing nations, primarily China and India. One-sixth overall individuals in the world live in India. Currently, India accounts for nearly one-fifth of all tobacco-related deaths worldwide; each year, tobacco use causes more than 8, 00,000 fatalities and 12 million illnesses. India tobacco –related mortality are anticipated to increase from 1.4% of all deaths in 1990 to 13.3% in 2020(5).

Making up one-fifth of the population, 15-24 year-olds carry with them India's future. The youth of our nation will eventually determine the country's moral, political, and social persuasions. The youth of our nation has a massive responsibility. (10)

The study findings will be helpful to policy makers, researchers, government and non-government organizations, parents, educators, health care professionals, and leaders to comprehend the level of drug abuse education.

**MATERIALS AND METHODS**

For this investigation, Quantitative Non-experimental descriptive survey methodology was employed, +2 Science students Tangi, Cuttack were the participants. The method of sampling at random was utilized. There were 50 +2 science both boys & girls students in the sample. To assess the understanding on menstrual hygiene, a systematic questionnaire was prepared. The instrument was split into two sections; Section A had nine demographic factors– age, sex, types of family, educational status of parents, occupation of parent's monthly income, residential area, source of information, no. of siblings. Section B: It has 38 questions to measure the knowledge of substance abuse and 13statement to assess the attitude towards substance use.

## RESULTS

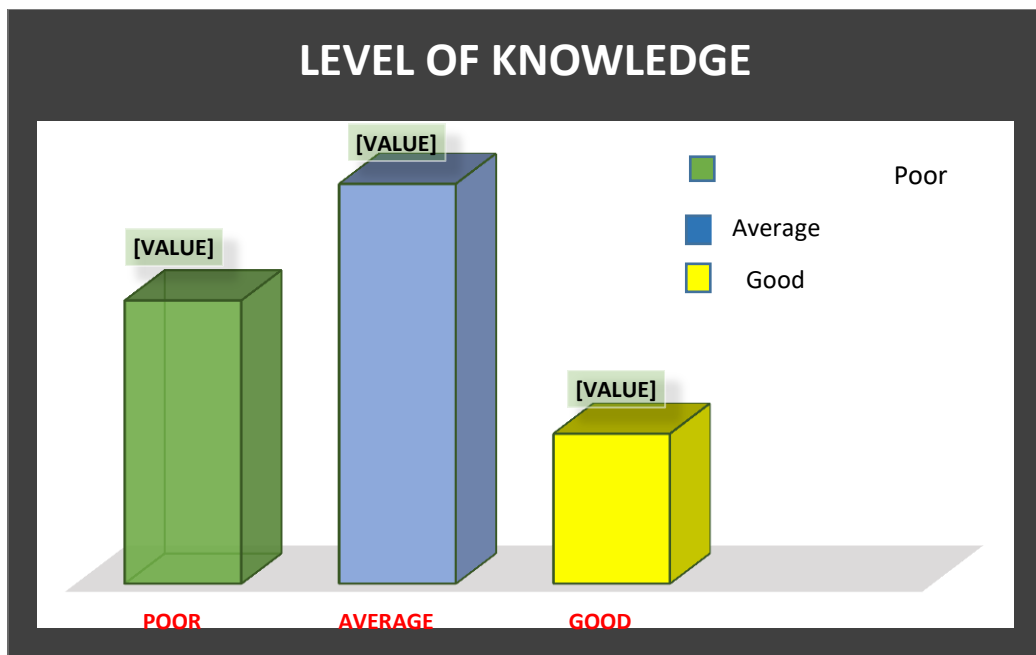


Figure 1 reveals the classification of the respondents with respect to knowledge regarding substance abuse, the result revealed mostly 48 % of the students had average knowledge, 34% of them had poor knowledge and 18 % had good knowledge on substance abuse.

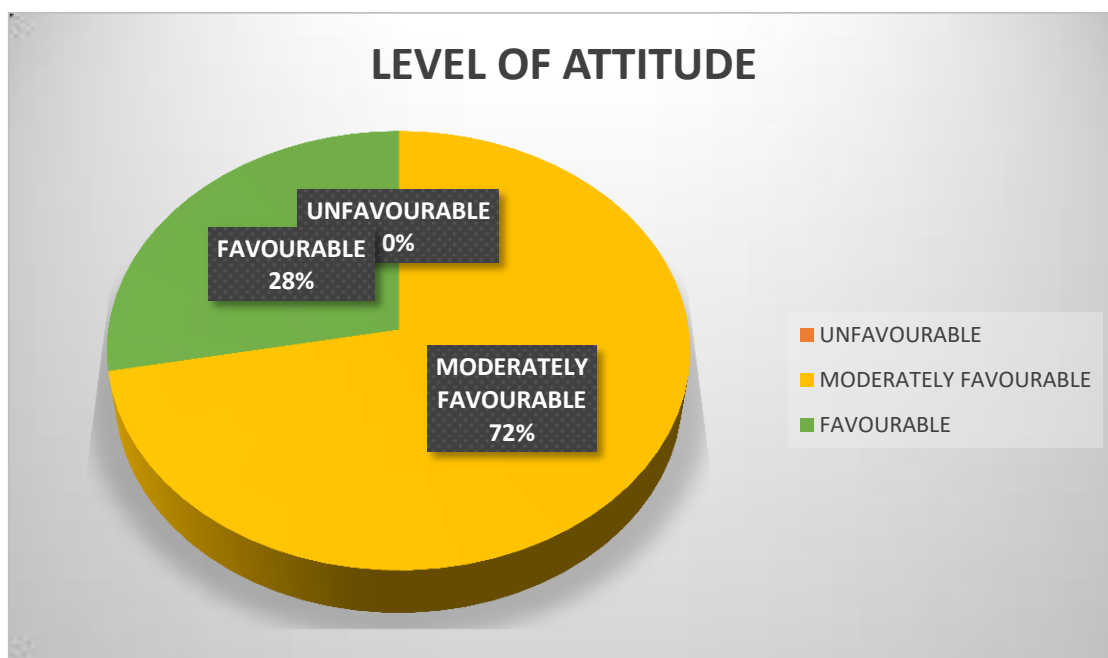


Figure 2 reveals the attitude of participants towards substance abuse, 72% had moderately favourable attitude, 28% have favourable attitude and 0 % had unfavourable attitude.

**Table 1: Correlation between Knowledge and Attitude towards substance abuse** N=50

SL.NO	VARIABLES	MEAN	SD	'r' value
1	Knowledge	2.16	.710	.111** (S)
2	Attitude	2.28	.454	

Table 1 shows that there is mild positive correlation between knowledge and attitude of adolescents regarding substance use.

**Table 2: Association of knowledge of the +2 students with demographic variables** N=50

DEMOGRAPHIC VARIABLES	Chi- Square value	Df	'P' value	LEVEL OF SIGNIFICANCE ( P ≤ 0.05)
Age	9.343	4	0.053	Statistically significant
Sex	.561	2	.755	Not significant
Types of family	1.147	2	.563	Not significant
Education status of parents	2.274	6	.893	Not significant
Occupation of Parents	9.844	6	.131	Not significant
Monthly Income	3.259	4	.515	Not significant
Residential Area	2.993	2	.224	Not significant
Source of information	3.309	4	.508	Not significant
Number Of Siblings	4.710	6	.581	Not significant

\*Significant at P ≤ 0.05

**Table 3: Association of attitude of the +2 students with their demographic variables.** N=50

DEMOGRAPHIC VARIABLES	Chi- Square value	Df	'P' value	LEVEL OF SIGNIFICANCE ( P ≤ 0.05)
Age	1.931	2	0.381	Not significant
Sex	.206	1	.650	Not significant
Types of family	.031	1	.860	Not significant
Education status of parents	1.871	3	.600	Not significant
Occupation of Parents	3.277	3	.351	Not significant
Monthly Income	2.806	2	.246	Not significant
Residential Area	6.913	1	0.009	Statistically significant
Source of information	2.050	2	.359	Not significant
Number Of Siblings	1.967	3	.579	Not significant

\*Significant at P ≤ 0.05

## DISCUSSION

According to a survey done in west Bengal, pupils had very high levels of understanding about how hazardous substance usage is (Urban 84%, rural 61%) and mentioned the media as their primary source of information. Users were effective in persuading their friends to adopt this behavior (urban; 15.4%; rural: 26.9%). (9) In this present study 48% have average knowledge 18 percent have good knowledge and 34 % had poor knowledge regarding substance abuse.

According to the results of a study by Sharad Chandra v. Dighe, 53% of teenagers have a good understanding of substance usage 91.66% of young people have a bad opinion on substance usage. There was a strong correlation between knowledge and family structure. (7) Whereas in the present study 72% have moderately favourable attitude towards substance abuse and there was a significant association between knowledge and residential areas.

Public secondary school students in Lagos, Nigeria, participated in a study on drug usage knowledge, attitude and practices. The findings showed that students awareness of drug misuse was fair, with 50% and 58.5% of respondents having a favourable opinion of using illegal drugs, respectively (Adebowale AT et al, 2013) (14). In this present study only 28% of adolescents have favourable attitude regarding drug addiction.

## CONCLUSION

The study findings clearly show that teenagers have sufficient knowledge about substance usage. Adolescent generally have a negative perspective on substance usage. Teenager's knowledge and attitude towards substance usage appears to be mildly positive correlated.

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