

**KNOWLEDGE OF ADOLESCENTS REGARDING ILL EFFECTS OF SUBSTANCE  
ABUSE**

Suresh V<sup>1</sup>, Madan Kumar<sup>2</sup>

<sup>1</sup>*Associate professor, Sumandeep Nursing College,  
Sumandeep Vidyapeeth deemed to be University,  
Piparia, Vadodara-391760. Gujarat, India.*

<sup>2</sup>*Assistant Professor, Sumandeep Nursing College,  
Sumandeep Vidyapeeth deemed to be University,  
Piparia, Vadodara-391760. Gujarat, India.*

**Corresponding Author**

***Mr. Suresh V.***

*Associate Professor, Department of Mental Health Nursing,  
Sumandeep Nursing College,  
Sumandeep Vidyapeeth deemed to be University,  
Piparia, Waghodia, Vadodara - 391760, Gujarat, India  
Email: vss\_ssh@yahoo.co.in  
Contact No.: +919558992443*

**Abstract**

**Objectives of the study** are to assess knowledge level regarding ill effects of substances abuse among adolescents, find out the effectiveness of teaching program and to find association between pre-test knowledge regarding ill effects of substances abuse with demographic variables.

**Need for the study-** School and College students are the most vulnerable group and are at high risk of substance abuse related problems compared to other population. <sup>4</sup>Few studies revealed that prevalence rate of substance abuse are highest among young adolescents and young adults, a majority of whom are students. <sup>(5,6,7)</sup>. As it is gaining gradual popularity among college and school students, it would be vital to examine their knowledge towards substance abuse.

**Materials and methods:** Pre-experimental one group pre-test and post-test design was used. 60 samples were collected by using convenience sampling method from selected school. Tool consisted of 9 demographical variables and 35 structured questioners was administered. The reliability of the tool was established by using test retest method. Data was analyzed using inferential and descriptive statistics.

**Result:** Paired sample *t*-test revealed that the mean posttest knowledge score regarding ill effects of substances abuse in Adolescents was significantly higher than that of mean pretest knowledge. The calculated *T* value is 35.503 is higher than table value  $t_{99}$  at  $P < 0.005$ . Hence hypothesis is accepted.

**Conclusion:** The study finding revealed that teaching programme was effective in improving knowledge of ill effects of substances abuse among Adolescents.

**Keywords:** Knowledge, teaching programme, substance abuse, ill effects.

## **INTRODUCTION**

Substance abuse among adolescents has become a global challenge and important public health concern<sup>1</sup>. Past two decades there has been increased in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes.<sup>2</sup>

From a transit country India becoming a major consumer of different kinds of substances.<sup>3</sup>

In this study, Educational programme on substances abuse and its ill effects were conducted to create awareness on the same.

## **RESEARCH METHODOLOGY**

In view of the nature of problem the pre experimental research design was considered appropriate for the study.

The quantitative approach was considered to be the appropriate in assessing the knowledge after the administration of educational programme. The research design adopted for present study was pre-experimental one group pre-test and post-test design, the convenience sampling technique was adopted and selected 60 adolescents from selected school. In this present study two tools were used to collect the data. They were demographic variables and knowledge questionnaire on ill effects of substances abuse for assessing knowledge regarding ill effects of

substances abuse. The validity of this questionnaire was re-examined by nursing subject experts. Finally, all the 35 questions were determined to assess the knowledge regarding ill effects of substances abuse. Researcher explained the purpose of study to all the participants and obtained a written consent that ensured with their anonymity and confidentiality of data. Questionnaire was used to collect the data through face to face interview among recruited adolescents. Data collection process was extended up to a month and completed when the desirable samples were obtained. Soon after conducting pretest teaching Programme were given to the adolescents on seventh day post test was conducted. Data were analyzed using SPSS-22 software. Descriptive and inferential statistics (mean, standard deviation and chi-square) were used.

## **RESULTS**

The analysis of this study are based on data collected through knowledge questionnaire of adolescents (n=60) results were computed using descriptive and inferential statistics based on the objectives. Paired *t*-test revealed that the mean posttest score regarding ill effects of substances abuse was significantly higher ( $24.14 \pm 4.8$ ) than that of mean pretest score ( $16.66 \pm 4.71$ ) ( $P < 0.005$ ). Hence hypothesis is accepted. Thus, shows that education programme was highly effective.

Finding reveals that there is no significant association between pretest knowledge and selected demographical variable like age group, , religion, gender, type of family, domicile, area of living, occupation of father, education of father and family income with pretest knowledge of respondents. Therefore hypothesis two is failed to accept.

## **DISCUSSION**

Most of the adolescents' knowledge was not up to the mark before the education programme. Education programme facilitated them to learn more about ill effects of substances abuse, which is evident in the post-test knowledge.

On the basis of the findings of the study, the following conclusions were drawn. Percentage distribution of adolescents regarding ill effects of substances abuse revealed that highest percentage (66.67%) of the respondents had average knowledge, 20% of the respondents had good level of knowledge and 5% of the respondents had poor knowledge. Area wise analysis of knowledge scores was highest (58.45%) in the area of 'introduction of substances abuse'. 77.5% in the area of 'causes of substances abuse', 75.05% in the area of 'ill effects of

substances abuse “ and 66.25% in the area of ‘management of substances abuse’ The mean percentage of knowledge score of degree students in pre-test was 68.97% with mean  $\pm$  SD of  $24.14 \pm 4.8$ .

Highly significant difference was found between pre-test and post-test knowledge scores of adolescents on ill effects of substances abuse in all areas. The study showed that education programme was very highly effective in improving the knowledge of adolescents regarding ill effects of substances abuse. Few literatures revealed that substance abuse become global burden. Through appropriate education among adolescents can bring down the issues.<sup>(8,9,10)</sup>

The findings of the present study have implications not only in the field of psychiatric nursing but also in other areas like community health, preventive medicine and school health. Education curriculum planners and administrators may use the information obtained to integrate substance and drug misuse education programme into the educational as well as training programmes. More studies are needed to bring out an effective preventive intervention. The findings of the present study may be helpful for such future studies. In this context the finding of the study has valuable implications towards nursing education, administration and research.

## **REFERENCES**

- 1 Anis Ahmed, Sen AK. Prevalence of substance abuse among students of Jamia Milia Islamia: A Survey report. Disability and Impairments 1998; 12 (1): 31-39.
- 2 World Health Organization. International Substance abuse Day. Nursing Journal of India June 26th 1992; LXXXIII (5): 130.
- 3 Meena, Khanna P, Vohra AK, Rajput R. Prevalence and pattern of alcohol and substance abuse in urban areas of Rothak city. Indian Journal of Psychiatry 2002; 44(40); 348-352.
- 4 Sharma RR. Knowledge of psychoactive substance use: disorders among college students. Nursing Journal of India 2001; 92(2): 29-30.
- 5 Sabeena J. A study to assess the undergraduate students’ knowledge of and attitude towards substance abuse in a selected college of kerala [unpublished Master of Science in Nursing]. New Delhi: Delhi University; 1993.
- 6 The I.C.D-10. Classification of mental and Behavioural disorders. Geneva: WHO publication; 2002.

- 7 Michael B, Allen F, Harold AP. The DSM IV - Handbook of differential diagnosis. 1<sup>st</sup>ed. New Delhi: Jaypee Brothers Medical Publishers Pvt. Ltd.
- 8 WHO - web page [www.who.int/homepage](http://www.who.int/homepage). January 15, 2004.
- 9 World Health Organization. The extent, pattern and trends of substance abuse in India. National Survey sponsored by Ministry of Social Justice and Empowerment, Government of India and United Nations Office on Drugs and Crime, Regional Office for South Asia. 2004.
- 10 WHO – [http://www.int/ssubstance\\_abuse/facts/global\\_burden/en/](http://www.int/ssubstance_abuse/facts/global_burden/en/) February 25, 2005.