

To Assess the Level of Knowledge of Drug Abuse Among Adolescents in Government Higher Secondary School, Vilavancode at Kanyakumari District with a View to IEC Material Preparation: A Study

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Abstract

In this study, adolescents at Vilavancode Government Higher Secondary School had their knowledge of drug abuse tested. This study used a descriptive design as its method. 30 research samples were chosen using the purposive sampling technique. The tool used in this research has two parts: Demographic characteristics by interview approach utilizing a questionnaire, and Self Structured Knowledge Questionnaire to the participants to measure the level of knowledge related adolescent drug abuse. The study's overall goal was to provide evidence on adolescents' knowledge of drug abuse.

Keywords: Adolescents, research samples, sampling technique, questionnaire, self-structured knowledge

INTRODUCTION

“Drugs and alcohol are the cruel engine of many an artists’ creativity.”

—Nathan Hartzenberg

Substance abuse is a prevalent noticeable fact in the world and has invaded the general public to the most vital social damage. Substance abuse is a non-adaptive imitation of drug use that has undesirable negative effects and symptoms that include cognitive, behavioral, and psychological symptoms [1].

Adolescence is a turbulent and exciting time in a person's life. It has been noted that this is a time when young individuals begin to think abstractly, become more conscious of their sexuality, develop a strong sense of their psychological individuality, and grow more independent of their parents [2].

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The use of certain chemicals with the goal of inducing pleasurable effects on the brain is referred to as drug misuse or substance abuse. Over 190 million people use drugs worldwide, and the issue is becoming worse at alarming rates, especially among young adults under 30 years [3].

The World Health Organization (WHO) created the Global Youth Tobacco Survey (GYTS) to monitor youth tobacco usage [4]. According to the GYTS survey, which was done in 2003 in around 95 Indian schools, 1 in 10 (9.5%) of kids in India between the ages of 13 and 15 years had ever smoked a cigarette. According to WHO estimates,

3,20,000 of the 2.5 million alcohol-related deaths that occurred in the world in 2004 occurred in people under the age of 29 years [5]. Alcohol is a dangerous substance that is linked to various diseases that can be spread, including HIV/AIDS, TB, and pneumonia [3]. Unintentional and intentional injuries, such as those caused by car accidents, violent crimes, and suicides, account for a sizable amount of the illness burden associated with dangerous drinking. Alcohol-related fatal injuries typically affect people who are still relatively young. Currently, over 3 million young people smoke, and every day, about 4400 young people try their first cigarette.

Centre for Disease Control (CDC, 2013)

Adolescence, which lasts from ages 10 to 19 years, is the stage of life between childhood and adulthood. It is an inimitable stage of human growth and vital time for laying the foundations of good quality health. Adolescents experience rapid physical, cognitive and psychosocial growth [2]. IEC is a technique that empowers people to formulate decisions, change behaviour in an accurate direction. IEC offers a forum for the discussion of critical health topics in order to promote understanding of ideas, underlying ideologies, and the advantages of health programmes. IEC is necessary for all public health efforts to produce better health outcomes [6].

NEED FOR THE STUDY

Every community and family are affected by the depressing public health epidemic of drug usage [7]. In the United States, drug misuse causes about 40 million significant diseases or injuries [2, 8].

In this part of the country, drug misuse is rising sharply, and no one appears to know how to stop it. Over the past 10 years drug use has reached high with heroine and amphetamine use sky rocking over the period [3]. These patterns have permeated every aspect of society, from the bedroom to the classroom, having an effect on both working adults and college students.

According to National Drug Control Policy (NDCP, 2007) girls between the ages of 12 and 18 years abuse prescription drugs more than boys, prescription drug abuse for girls is 9.9% versus boys is 8.2% [6].

In 2021 it was reported that around 275 million people used drugs in worldwide, while over 36 million people suffered from drug use disorders. According to National drug control policy (2021), the global estimates about 5.5% of the population aged between 15 and 65 years are drug abusers, while 36.3 million people are using drugs and suffer from drug use disorders [9].

According to National survey extend and pattern of substance use in India (2019) about 2.1% of the country's population or 2.26 crore individuals aged about 10–18 years were using cannabis, *bhang* and *ganja*.

Nowadays, adolescents are more prone to so many environments that influence them to go for drug abuse and, they are not aware of the risk-taking behaviors. Because of this, the investigator decided to assess the knowledge regarding drug abuse among adolescents in order to teach them regarding the hazards of drug use and thereby reducing the adolescents' mortality and morbidity rate.

STATEMENT OF THE PROBLEM

A study to assess the knowledge level regarding drug abuse among adolescents in Government Higher Secondary School, Vilavancode at Kanyakumari District with a view to prepare IEC material.

OBJECTIVES

1. To determine how much knowledge adolescents have about drug abuse.

2. To examine the relationship between adolescents' knowledge of drug abuse and the demographic factors they have chosen.

HYPOTHESES

H1: There was a significant difference in the knowledge level regarding drug abuse with selected demographic variables among adolescents.

H2: Teenagers' levels of knowledge about drug abuse were significantly correlated with the chosen demographic factors.

OPERATIONAL DEFINITIONS

Assess

In this study, 'Assess' means to identify the level of knowledge among adolescents regarding drug abuse using structured questionnaires.

Knowledge

In this study, 'Knowledge' refers to the exact response of the subject and accepting towards the knowledge questionnaire regarding drug abuse.

Drug Abuse

The 'Drug abuse' is the excessive use of illegal drugs. Drug abuse refers to the misuse of drugs like alcohol, smoking, and illicit drugs like Cannabis, Cocaine and Heroin, which will produce a negative impact on health and behaviour.

Adolescent

In this study, adolescent refers boys and girls who are between the age group of 14 and 17 years.

IEC Material

Materials for information, education, and communication (IEC) are used to spread public health messages in a variety of ways to support the overarching behaviour modification approach created to address a public health problem. IEC materials include a variety of items, including infographics, pamphlets, and brochures. Materials used in this study for information, education, and communication (IEC) include brochures and skits.

This study's research design was a descriptive one. The researcher selected Government Higher Secondary School, Vilavancode for data collection. The Headmaster of Government Higher Secondary School, Vilavancode, officially approved the study before it could be carried out. The subjects were chosen using a technique called purposeful sampling. Data was collected within the given period of 1 month.

During this time, the investigator selected the group and introduced self, and obtained oral consent from the adolescents. The data regarding demographic profile was collected by using interview questionnaire. Self-structured knowledge questionnaire regarding drug abuse was adopted to assess the knowledge level regarding drug abuse among adolescents. The total score for each sample is calculated and interpreted as follows (Table 1).

Table 1. Total score of each sample.

Interpretation	Score
Average	1-7
Good	8-14
Excellent	15-20

FINDINGS

Table 2 shows the data pertaining on level of knowledge regarding drug abuse among adolescents.

Percentage and Frequency Distribution of Socio-demographic Variables

Frequency and percentage distribution of socio-demographic variables such as age, gender, religion, type of family, parent’s education and occupation, place of residence, where do they stay, as well as those who believe that young adults should be educated about drug addiction and sources of information about it. With regard to age, out of 30 samples, majority ((29) 97%) belongs to age between 16 and 17 years. With respect to Gender, (19) 63% were Males. Most the adolescents ((15) 50%) were Hindus. Regarding Type of Family, (18) 60% belong to joint family. With regard to Educational status of parents, (20) 67% of them studied Higher Secondary education level. Regarding Occupation status of parents, (15) 50% Fathers were Coolie and (15) 50% Mothers were Housewives. Most of the adolescent ((25) 83%) were staying along with their Family. Majority of the adolescents’ family members ((21) 71%) were Non drug abusers. Most of the adolescents ((22) 74%) were thinking that Young adults need education regarding Drug Abuse. Television is the primary source of information on drug abuse for (10) 33%.

Table 3 represents the association of Knowledge levels regarding Drug Abuse among adolescent with their selected demographic variables. There is no significant association with the Religion and Place of Residence. There is a significant association with age, gender, type of family, education of parents, occupation of parents, place of stay any drug abusers in family, young adults need to be educated on drug abuse and source of information on drug abuse. It was statistically significant at *P<0.05.

Table 2: Data pertaining on level of knowledge regarding drug abuse among adolescent (N=30).

Variables	Level of knowledge	Frequency	Percentage
Level of knowledge	Inadequate knowledge (0–7)	18	60%
	Moderately Adequate Knowledge (8–14)	9	30%
	Adequate Knowledge (15–20)	3	10%

Table 3: Association between level of knowledge regarding drug abuse among adolescent with their selected demographic variables.

S.N.	Demographic variables		Adequate knowledge		Moderately adequate knowledge		Inadequate knowledge		χ ² value	P value
			N	P	N	P	N	P		
1.	Age (year)	14–15	0	0%	0	0%	0	0%	2.414	df-4 P=0.660
		15–16	0	0%	1	3.3%	0	0%		
		16–17	3	10%	8	26.6%	18	30%		
2.	Gender	Male	1	3.3%	9	30%	9	30%	7.751	df-2 P=0.020
		Female	2	6.6%	0	0%	9	30%		
3.	Religion	Hindu	2	6.6%	4	13.3%	9	30%	0.799	df-4 P=0.938
		Christian	1	3.3%	4	13.3%	8	26.6%		
		Muslim	0	0%	1	3.3%	1	3.3%		
4.	Type of family	Nuclear family	3	10%	1	3.3%	1	3.3%	17.37	df-2 P=0.0001
		Joint family	0	0%	5	16.6%	13	43.3%		
		Extended family	0	0%	3	10%	4	13.3%		
5.	Educational level of father	Illiterate	0	0%	0	0%	0	0%	6.014	df-6 P=0.421
		Primary school	0	0%	0	0%	0	0%		
		High school	1	3.3%	4	13.3%	5	16.6%		
		Higher secondary	2	6.6%	1	3.3%	17	56.6%		
		Graduate	0	0%	0	0%	0	0%		
		Postgraduate	0	0%	0	0%	0	0%		

6.	Educational level of mother	Illiterate	0	0%	0	0%	0	0%	7	df-2 P=0.030
		Primary school	0	0%	0	0%	0	0%		
		High school	3	10%	3	10%	4	13.3%		
		Higher secondary	0	0%	6	20%	14	46.6%		
		Graduate	0	0%	0	0%	0	0%		
		Postgraduate	0	0%	0	0%	0	0%		
7.	Occupation of mother	Coolie	1	3.3%	1	3.3%	3	10%	7.304	df-3 P=0.062
		Housewife	3	10%	3	10%	9	30%		
		Government	0	0%	2	6.6%	0	0%		
		Private	0	0%	3	10%	5	16.6%		
		Any other	0	0%	0	0%	0	0%		
8.	Occupation of father	Coolie	1	3.3%	2	6.6%	12	40%	6.306	df-4 P=0.177
		Government	0	0%	2	6.6%	1	10%		
		Private	2	6.6%	5	16.6%	5	16.6%		
		Any other	0	0%	0	0%	0	0%		
9.	Place of residence	Rural	2	6.6%	6	20%	12	40%	0.142	df-2 P=0.931
		Urban	1	3.3%	3	10%	8	26.6%		
10.	Where do you stay at present	With family	2	6.6%	9	30%	14	46.6%	2.8	df-2 P=0.246
		Hostel	0	0%	0	0%	0	0%		
		With relatives	1	3.3%	0	0%	4	13.3%		
		Anywhere else, specify	0	0%	0	0%	0	0%		
11.	Any drug abusers in family	Yes	2	6.6%	5	16.6%	2	6.6%	7.778	df-2 P=0.020
		No	1	3.3%	4	13.3%	16	53.3%		
12.	Young adults need to be educated on drug abuse	Yes	2	6.6%	8	26.6%	12	40%	1.591	df-2 P=0.451
		No	1	3.3%	1	3.3%	6	20%		
13.	Source of information on drug abuses	Newspaper	1	3.3%	4	13.3%	3	10%	7.297	df-4 P=0.121
		Television	1	3.3%	3	10%	6	20%		
		Friends	0	0%	1	3.3%	0	0%		
		Parents	1	3.3%	0	0%	4	13.3%		
		Social media	0	0%	1	3.3%	4	13.3%		

DISCUSSION

The discussion is discussed under the following headings:

- Demographic variables of sample.
- Data pertaining to frequency and percentage distribution of socio demographic variables.
- Table 2 shows the data pertaining on level of knowledge regarding drug abuse among adolescents.
- Table 3 shows the data pertaining the association between knowledge level regarding drug abuse among adolescent with their selected demographic.

The major findings of the study were:

- Demographic variables of adolescents.
- Table 2 displays the distribution of drug abuse knowledge by frequency and percentage. The findings revealed that 60% adolescent had inadequate knowledge, 30% adolescent had moderately adequate knowledge and 10% students had adequate knowledge regarding drug abuse.
- Table 3 represents the association of knowledge levels regarding drug abuse among adolescent with their selected demographic variables. There is no significant association with the religion and place of residence. There is a significant association with age, gender, type of family, education of parents, occupation of parents, place of stay, any drug abusers in family, young adults need to be educated on drug abuse and source of information on drug abuse. It was statistically significant at $P < 0.05$.

CONCLUSION

After thorough analysis of the data, researcher concluded that adolescents' knowledge regarding drug abuse should be increased in order to promote their health and thereby avoid the consequences occurring due to drug abuse.

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