



Awareness related to possible causative factors and harmful effects of substance abuse among school going students: A cross-sectional study

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Abstract

Introduction: Punjab Government survey stated that 66% of the school-going students in the state consume gutkha or tobacco; every third male and every tenth female student has taken drugs on one pretext or the other and seven out of 10 college-going students, abuse one or the other drug.

Methodology: The research approach for this study was quantitative descriptive study and research design was cross-sectional. The present study was conducted among 100 senior secondary students studying in Govt. Balbir Senior Secondary School, Faridkot and MGM Senior Secondary School, Faridkot. The students were studying in 9th, 10th, 11th & 12th standard of selected schools of district Faridkot. Convenient sampling technique was used to select the samples for study.

Results: The findings stated that 31% of students have good knowledge, 67% have average knowledge and 2% have below average knowledge. Thus it can be interpreted that students had overall average knowledge about possible causative factor of substance abuse.

Conclusion: The study concluded that majority of the students were having average knowledge towards probable causative factors and harmful effects of substance abuse. It's important to keep away the people from substance abuse.

Keywords: Awareness, causative factors, harmful effects, substance abuse, school going students

Introduction

Our society is a blend of different culture and customs. Young children may simultaneously be involved in two cultures: the traditional one in which their parents grew up and still value, and the modern one, which is extensively portrayed in the mass media. Modernization has brought many social changes in the society which is generated by new opportunities and frustrations which further results in stress and substance abuse particularly in children. Substance use and abuse is a two pronged problem impacting school students. Children of all ages may experience problems either related to living in a drug or alcohol affected home or to abusing substances themselves. Problems related to personal substance use & abuse can include legal difficulties, academic difficulties, truancy, dropping out of school, family difficulties, addiction, health problems & morbidity and mortality related to accidental injury, homicide and suicide. According to a Punjab Government survey, 66% of the school-going students in the state consume gutkha or tobacco; every third male and every tenth female student has taken drugs on one pretext or the

other and seven out of 10 college-going students, abuse one or the other drug. The entire Punjab is in the grip of drug hurricane which weakens the morale, physique and character of the youth. The vibrant Punjab that had ushered in the green revolution is today living in a dazed stupor as 67% of its rural household has at least one drug addict. As per recent reports published by Director General of Health Services (DGHS) Punjab, nearly 1 out of 5 senior secondary school students had consumed alcohol at least once during their lifetimes as well as having used nicotine or cannabis. The investigators from personnel and professional experience felt that students studying in secondary classes are very impulsive about substance use for momentary pleasure and are ignorant about the lethal consequences of drug which not only support their future but also distorts the all over growth of nation as well. They are not fully equipped with the relevant knowledge about the multivariate deteriorating effects of substance. Therefore, present study was planned to evaluate knowledge related to probable causative factors and harmful effects of substance abuse among senior secondary school students.

Objective of the study

1. To assess the awareness towards possible causative factors of Substance Abuse among Senior Secondary schools students.
2. To find the association of demographic variables of senior Secondary schools students with knowledge related to possible causative factors of Substance Abuse.

Methodology

The research approach for this study was quantitative descriptive study and research design was cross-sectional. The present study was conducted among 100 senior secondary students studying in Govt. Balbir Senior Secondary School, Faridkot and MGM Senior Secondary School, Faridkot. The students were studying in 9th, 10th, 11th & 12th standard of selected schools of district Faridkot. Convenient sampling technique was used to select the samples for study. Data collection was done with help of self-structured questionnaire. There were 2 sections in the questionnaire. Demographic profile and Knowledge assessment questionnaire were applied in the study to

collect data. There were 20 questions for knowledge assessment regarding possible causative factors of substance abuse. Each right answer was awarded as 1 mark and wrong answer as 0 mark. The range of knowledge score was 0-20. The obtained scores were further categorized as below average knowledge (0-5), average knowledge (6-10), good knowledge (11-15) and excellent knowledge (16-20).

Criteria for sample selection: Inclusion Criteria

1. The students from 9th, 10th, 11th & 12th standard who were studying in the selected schools.
2. Students who are willing to participate in study.
3. The students who were not having any substance abuse.
4. Students present on the day of data collection.

Ethical consideration

The permission was taken from Principal of University College of Nursing, Faridkot and Principal of Govt. Balbir Senior Secondary School, Faridkot and MGM Senior Secondary School, Faridkot. Subjects were explained about the purpose of the study. Anonymity of the subjects and confidentiality of the data was maintained.

Table 1: Frequency and percentage distribution of samples as per their socio demographic characteristics, N=100

Characteristics and variables	Frequency	Percentage	
Gender	Male	100	100%
	Female	00	00%
	Others	00	00%
Age (Years)	14	35	35%
	15	25	25%
	16	20	20%
	17	20	20%
Class	9 th	00	00%
	10 th	80	80%
	11 th	10	10%
	12 th	10	10%
Type of school	Government	62	62%
	Private	38	38%
Place of residence	Urban	80	80%
	Rural	20	20%
Religion	Hindu	45	45%
	Sikh	50	50%
	Muslim	1	1%
	Christian	4	4%
Education status of Father	Illiterate	21	21%
	Primary	21	21%
	Secondary	32	32%
	Senior Secondary	23	23%
	Graduation	3	3%
	Post-graduation	00	00%
Education status of Mother	Above	00	00%
	Illiterate	36	36%
	Primary	18	18%
	Secondary	23	23%
	Senior secondary	17	17%
Type of Family	Graduation and above	6	6%
	Nuclear	59	59%
	Joint	37	37%
History of substance in family	Extended	4	4%
	No	50	50%
	If yes-Siblings	7	7%
	Father	39	39%
	Mother	00	00%
Type of substance they abuse	Grandfather/ Grandmother	4	4%
	Alcohol	66	66%
	Opioids	5	5%
	Tobacco & cigarette	15	15%
Others	14	14%	

Table 1 described the socio demographic profile of the respondents. Total 100 subjects were taken for study. Majority of students were males (n=100) 100% As per age majority of students were 14 years of age is (n=35) 35%, 25% were 15 year of age, 20% were 16 year of age and 20% were 17 year of age. Majority of students were from 10th class is (n=80) 80% remaining were from 11th class (n=10) 10% and from 12th class (n=10) 10% as per type of school majority of students from Govt. school were (n=62) 62% remaining were from Private school(n=38) 38% as per place of residence majority of students were residing from urban area (n=80) 80%, were remaining from rural area (n=20) 20%. As per religion students from Hindu religion were (n=45) 45%, majority of students from Sikh religion (n=50) 50% and remaining were Muslim (n=1) 1% and Christian (n=4) 4% as per education status of father 21% were illiterate (n=21), 21% were primary (n=21), majority of secondary were 32% (n=32), 23% were senior secondary (n=23) and 3% were Graduated (n=3) as per education status of mother majority 36% were illiterate (n=36), 18% were primary (n=18), 23% were secondary(n=23) 17% were senior secondary (n=17) and 6% were graduation and above. As per type of family majority of were belong from nuclear family 59% (n=59), 37% were joint family (n=37), and 4% from extended family (n=4). As per history of substance in family (n=50) and remaining were have history of substance abuse in siblings (n=7) 7%, were majority in father (n=39) 39%, and grandfather/mother 4% (n=4). As per type substance they abuse the majority were alcohol abuse 66% (n=66), 5% were abuse opioids (n=5), 15% were abuse tobacco and cigarette (n=15) and 14% were abuse other drugs (n=14).

Table 2: Frequency and percentage of subjects as per their level of knowledge related to possible causative factors of substance abuse, N=100

Levels of knowledge	Frequency	Percentage
Excellent (16-20)	0	0
Good (11-15)	31	31%
Average (6-10)	67	67%
Below average (1-5)	2	2%

Table 2 describe 31% of students have good knowledge, 67% have average knowledge and 2% have below average knowledge. Thus it can be interpreted that students had overall average knowledge about possible causative factor of substance abuse.

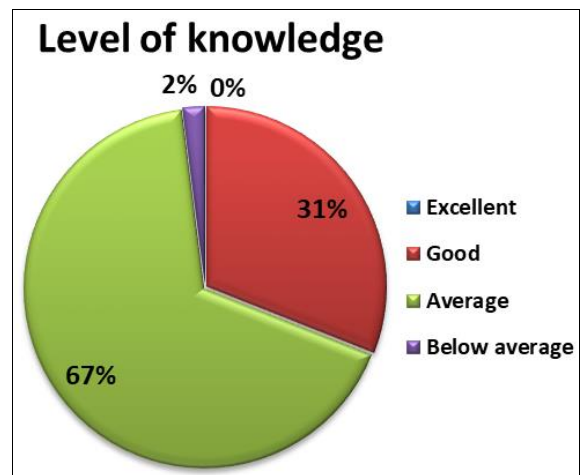


Fig 1: Distribution of level of knowledge among the students

Table 3: Association of socio demographic variable and knowledge related to possible causative factor of substance abuse, N=100

Socio demographic variable	Levels of knowledge				Chi-square value	
	Excellent	Good	Average	Below average		
Gender	Male	0%	31%	67%	2%	0
	Female	0%	0%	0%	0%	P=12.59
	Others	0%	0%	0%	0%	NS
Age (Years)	14	0%	10%	22%	3%	24.132
	15	0%	6%	17%	2%	P=16.92
	16	0%	7%	12%	1%	NS
	17	0%	9%	10%	1%	12.9225
Class	10 th	0%	24%	52%	4%	P=12.59
	11 th	0%	5%	2%	3%	S
	12 th	0%	3%	7%	0%	10.10005
Type of school	Government	0%	27%	31%	4%	P=7.82
	Private	0%	5%	30%	3%	S
Place of residence	Urban	0%	26%	50%	4%	2.46
	Rural	0%	6%	11%	3%	P=7.82
	Hindu	0%	16%	24%	5%	NS
Religion	Sikh	0%	15%	33%	2%	7.83
	Muslim	0%	1%	0%	0%	P=16.92
	Christian	0%	0%	4%	0%	NS

Table 3 depicts that there was no excellent score was found in the boys. 31% boys was good knowledge score, followed by 67% was average knowledge score, followed by 2% was below average knowledge score. The chi-square value of 0 was found to be non-significant at the p=12.59. Thus, it was concluded that gender of students had no impact on knowledge. Thus, there was no association between knowledge towards possible causative factors of substance

abuse and the gender of the students.

Conclusion

The findings of the study revealed that the knowledge related to possible causative factors of substance abuse among students studying in selected schools of Faridkot, Majority of students (67%) had average knowledge, (31%) had good knowledge and (2%) had below average

knowledge. There was 4 statistically significant associations found between the level of knowledge of students and class, type of school, religion, education status of mother, history of substance in family; and 9 statistically non-significant associations found between the level of knowledge of students and gender, age, place of residence, religion, education status of father, occupation of father, occupation of mother, type of family and which type of substance they abuse. So, as per study findings the knowledge of students was found inadequate so in schools buddy groups, role play, mass media programme and health education should be conducted to upgrade the knowledge of students towards the substance abuse.

Conflict of Interest

Not available.

Financial Support

Not available.

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