

A Study to Assess the Level of Knowledge Regarding Drug Abuse among Adolescents in Selected Schools, Kanyakumari District

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Abstract: *The study aims to assess the level of knowledge regarding drug abuse among adolescents in selected schools in Kanyakumari district. The sample size of the survey is 100 adolescent boys. A self-developed knowledge questionnaire & self-developed 5-point Likert scale were adopted. Appropriate statistical tests were used for analysis. The results of the study were that 73% of the adolescent boys had average knowledge, 22% of them had poor knowledge and 5% of them had good knowledge regarding drug addiction. 59% of the adolescent boys had a neutral attitude, and 41% of them had a negative attitude regarding drug addiction.*

Keywords: Adolescents, Drug abuse, Knowledge, Kanyakumari District, Schools, Prevention

1. Introduction

Substance abuse is a common observable fact in the world and has invaded human society as the most vital social damage. Substance abuse is a non-adaptive mock-up of drug use, which results in adverse problems and consequences and includes a set of cognitive, behavioral, and psychological symptoms. Adolescence is a tumultuous, as well as vibrant period of one's life. It has been identified as a period in which young people develop abstract thinking abilities, become more aware of their sexuality, develop a clear sense of psychological identity, and increase their independence from their parents.

Substance abuse is a growing problem throughout the world and unfortunately, this is more common among young people and adolescents, who are about to begin their careers but get involved in these problems due to various reasons.

A drug is a chemical that interacts with proteins in the body to affect physiological function. Drug addiction is a chronic brain disease. It causes a person to take drugs repeatedly despite the harm they cause. Repeated drug use can change the brain and lead to addiction. The brain changes from addiction can be lasting, so drug addiction is considered a relapsing disease.

Objectives

1. To assess the level of Knowledge regarding Drug Abuse among adolescents.
2. To find out the association between the level of Knowledge regarding Drug Abuse among adolescents with their selected demographic variables.

Hypothesis

1. There was a significant difference in the level of Knowledge regarding Drug Abuse with selected demographic variables among adolescents.
2. There was a significant association between the level of Knowledge regarding Drug Abuse and the selected

demographic variables among adolescents.

2. Research Methodology

The descriptive design was used. A purposive sampling technique was adopted. The sample includes 30 adolescent boys and girls. Data was collected using 5 points Likert scale.

Description of Tools

SECTION A: Demographic variables are used for statistical analysis.

SECTION B: The questionnaire consists of 20 questions. All the correct answers were given one mark, the wrong answers were given zero marks. The total score for each sample is calculated and interpreted as follows.

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

Approval from the institutional ethics committee, Consent from participants and their parents/guardians, Anonymity and confidentiality of participants' information.

3. Findings

Table 1: Data about frequency and percentage distribution of socio-demographic variables

| S. No | Demographic Variables | Frequency | Percentage |
|-------|-----------------------|-----------|------------|
| 1. | Age in year | | |
| | a) 14-15 | 0 | 0% |
| | b) 15-16 | 1 | 4% |
| | c) 16-17 | 29 | 96% |
| 2. | Gender | | |
| | a) Male | 19 | 63% |
| | b) Female | 11 | 37% |
| 3. | Religion | | |
| | a) Hindu | 15 | 50% |
| | b) Christian | 13 | 43% |

| | | | |
|-----|---|----|-----|
| | c) Muslim | 2 | 7% |
| 4. | Type of family | | |
| | a) Nuclear family | 5 | 17% |
| | b) Joint family | 18 | 60% |
| | c) Extended family | 7 | 23% |
| 5. | The educational level of the mother | | |
| | a) illiterate | - | - |
| | b) Primary school | 10 | 33% |
| | c) High school | 20 | 67% |
| | d) Higher Secondary | - | - |
| | e) Graduate | - | - |
| | f) Postgraduate | - | - |
| 6. | The educational level of the father | | |
| | a) illiterate | - | - |
| | b) Primary school | 10 | 33% |
| | c) High school | 20 | 67% |
| | d) Higher Secondary | - | - |
| | e) Graduate | - | - |
| | f) Postgraduate | - | - |
| 7. | Occupation of mother | 5 | 17% |
| | a) Coolie | 15 | 50% |
| | b) Housewife | 2 | 7% |
| | c) Government | 8 | 26% |
| | d) Private | - | - |
| | e) Any other | - | - |
| 8. | Occupation of father | 15 | 50% |
| | a) Coolie | 5 | 17% |
| | b) Government | 10 | 33% |
| | c) Private | - | - |
| | d) Any other | - | - |
| 9. | Place of residence | | |
| | a) Rural | 20 | 67% |
| | b) Urban | 10 | 33% |
| 10. | Where do you stay at present | 25 | 83% |
| | a) with family | - | - |
| | b) hostel | 5 | 17% |
| | c) with relatives | - | - |
| | d) anywhere else, specify | - | - |
| 11. | Any drug abusers in the family | 9 | 29% |
| | a) Yes | 21 | 71% |
| | b) No | - | - |
| 12. | Young adults need to be educated on Drug Abuse | 22 | 74% |
| | a) Yes | 8 | 26% |
| | b) No | - | - |
| 13. | Source of information on Drug Abuse | 8 | 26% |
| | a) Newspaper | 10 | 33% |
| | b) Television | 2 | 7% |
| | c) Friends | 5 | 17% |
| | d) Parents | 5 | 17% |
| | e) Social Media | - | - |

Table 1, represents the 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 they stay, any drug

abusers in their family, and do think of young adults need to be educated on Drug abuse and source of information about Drug Abuse. Out of 30 samples shows of (29) 97% belong to ages between 16 to 17 years. Concerning Gender (19) 63% were Males. Most of the adolescents (15) 50% were Hindus. Regarding Type of Family (18) 60% belongs to joint family. About the educational status of parents (20), 67% of them studied Higher Secondary education level. Regarding the Occupation status of parents, Father (15) 50% were Coolie and Mother (15) 50% were Housewife. The majority of adolescents (20) 67% stay in Rural areas. Most of the adolescent (25) 83% were staying along with their Family. Concerning the adolescent's family members (21) 71% were Non drug abusers. Most of the adolescents (22) 74% thought that young adults need education regarding Drug Abuse. The main source of information regarding Drug Abuse (10) 33% is through Television.

Table 2: Data about the 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 2, shows the frequency and percentage distribution of knowledge regarding drug abuse. The findings revealed that 60% of adolescents had Inadequate knowledge, 30% of adolescents had moderately adequate knowledge, and 10% of students had adequate knowledge regarding Drug Abuse.

Implication

Nursing Practice

1. Nurses are key personnel of a health team, who play a major role in health promotion and maintenance. Nursing is a profession that is practiced, so investigators generally integrate it into improving adolescents' level of knowledge.
2. Any form of education like continuing education, and learning materials such as IEC material will enhance quick reference and Knowledge.
3. Nurses can conduct continued nursing education for nurses, school students, and college students during their exposure which will help in improving the Knowledge of adolescents.

Nursing Education

1. Student nurses should be provided adequate Knowledge on the importance of Drug Abuse.
2. Awareness programs regarding Drug Abuse have to be conducted in Institutions.

Nursing Administration

1. The nurse administrator can insist on the importance of gaining Knowledge regarding Drug Abuse through development programs like in-service education and continuing education.
2. Establish periodic assessments to evaluate the impact of educational interventions.

Nursing Research

1. Nursing research is the means by which the nursing profession is growing, more research should be done regarding Drug Abuse among college students.
2. Dissemination of findings through conferences and professional journals will make the application of research findings to be effective.
3. There is a need for extensive and intensive research in this area so that strategies for educating school students regarding Drug Abuse.
4. This study will serve as valuable reference material for future investigators.

4. Limitations

1. The study was limited to college students in the selected College in Kanyakumari District.
2. This study was limited to selected factors of Drug Abuse.

5. Recommendations

1. On the basis of the study that had been conducted, certain suggestions are given for future studies.
2. A similar study can be undertaken with a large sample for better generalization of findings.

6. Conclusion

After a thorough analysis of the data, the researcher concluded that adolescents' Knowledge regarding Drug Abuse should be increased to promote their health and thereby avoid the consequences occurring due to Drug Abuse.

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