

Knowledge and Attitude Regarding Ill Effects of Substance Use Among School Going Children, Golaghat

Boby Begam¹, Kabita Devi²

¹Nursing Tutor (M.Sc. Psychiatric Nursing) ²Principal (M.Sc. Community Health Nursing)
VKNRL School of Nursing, Ponka Grant, Bishnupur Numaligarh, 785699, Assam, India

Corresponding Author: Boby Begam

ABSTRACT

Adolescent starts with early healthy teens and ends up with the many unhealthy issues if not taken care of. One of the high risk health issues of adolescence is related to substance use. It is a decade ago worldwide problem where India too has fallen into this vicious cycle. It has not only affected the health of adolescence but has also affected the future of the entire nation.

Objectives: The study aimed to find out knowledge and attitude on ill effects of substance use among school going children.

Material and Methods: The study adopted cross sectional descriptive design. The study was conducted in three School of Golaghat, Assam for a period of 2 weeks among 265 school going children who were selected using purposive sampling technique after taking the consent. Tool knowledge questionnaire related Substance Use and Attitude scale related Substance Use was used.

Results: It was found that 94% of the school going children was having high knowledge level on the ill effects of substance use and their attitude varies towards the substance use. There was no significant association found between knowledge score and selected socio demographic variable.

Conclusion: It was found that even after having sufficient knowledge and negative attitude towards the substance use, many adolescent are trapped in this phenomena. It may be because of lack of assertiveness and weaken coping ability of the adolescence.

Keywords: Knowledge, Attitude, Substance use, School Going Children

INTRODUCTION

Adolescence is a transitional stage of a young group of people between the ages of 10 to 19 years. Though according to World Health Organization the adolescents, are often thought as a healthy population but many serious issues in adulthood have their roots in adolescence. One of the issues is related to substance use.^[1] It is a phase when the mind is naturally motivated to experimentation and the first initiation of substance use usually takes place during adulthood. Substance use includes tobacco, alcohol, non-prescription pharmaceutical medications, narcotics and other addictive substances.^[2]

Increasing cases of substance use is associated with many factor like encouragement by peer groups, the lure of popularity, availability of drugs, changing cultural values, increasing economic stress, dwindling supportive bonds etc.^[2-3]

Earlier initiation of drug use is found to have more impairment, crime, difficult to quit and is also associated with accidents, violence, high risk sexual behavior, interpersonal problems, decline in academic performance etc.^[4-5] The rising worldwide phenomenon of drug abuse among the younger generation has been causing great public concern. It not only affects the health and lives of individuals but also undermines the political, social, and cultural foundation of all countries.^[3,6] Through various surveys it is found that initiation of substance use

has affected the comprehensive health of the adolescence and their family which in turn hampers the development of country. So the researcher investigated to study the substance use phenomenon with objective to know the knowledge and attitude on ill effects of substance use among school going children.

MATERIALS AND METHODS

This study was cross sectional descriptive study conducted in three high schools with 265 School going children of classes of VIII, IX, and X who were selected by purposive sampling technique in Golaghat School, Assam from 22nd December 2020 to 30th December 2020 after obtaining permission from respective school authority. A self structured questionnaire was administered after getting the informed verbal consent. Tools used in the study were tool I for socio-demographic variables and Tool II for knowledge questionnaire related Substance Use which is a check list for assessing the knowledge on ill effects of substance use with “Yes and No” as option. Tool III was for Attitude scale related Substance Use which is 3 point Likert scale for assessing attitude towards substance use with Option “Agree, Don’t Know and Disagree.” Ethical consideration was followed by maintaining confidentiality of

information obtained and the respondents willingly participated in the survey.

Statistical analysis

The data were analysed using the Statistical Package for the Social Sciences statistical software (SPSS-18). The descriptive data related to socio demographic variable was calculated. The knowledge score was categorized into low, moderate and high knowledge level score. Frequency distribution was calculated for Attitude scale and the association between knowledge score and selected socio demographic variable was calculated.

RESULTS

Present study was conducted among 265 school going children and the findings of the study were group into three sections. **Section I:** Depicts frequency distribution of socio demographic variable of school going children. Study shows mean age of the children was 15.06.±1.21. Table 1 shows 63% of female school going children participated in the study out of which 40% were from class 9th standard. 94% of them belong to rural area and 97% of them were staying with their family. 30% of the children got knowledge about Substance use from the School.

Table 1: Socio demographic profile of participants

N=265

Sno	Variable	Categories	Frequency	Percentage (%)
1	Gender	Male	97	37
		Female	168	63
2	Class	8 th	95	35
		9 th	103	40
		10 th	67	25
3	Religion	Hindu	230	87
		Islam	22	8
		Christian	8	3
		Others	5	2
4	Type of family	Nuclear	202	76
		Joint	63	24
5	Domicile	Rural	249	94
		Urban	16	6
6	Source of knowledge about substance abuse	School	80	30
		Friends	23	9
		Parents	25	9
		Television	44	17
		Internet	37	14
		Don't know	56	21
7	Type of stay	With family/ Relatives	258	97
		Hostel/ PG	3	1
		With Friends	4	2
8	Does anyone in your family consume alcohol or smoke cigarette?	Yes	102	38
		No	163	62

Table no. 1 continued....

9	No. of siblings	One	101	38
		Two	92	35
		Three or four	63	24
		None	9	3
10	Parents education	Primary	91	34
		Secondary	60	23
		Diploma	26	10
		Graduate	29	11
		Post Graduate	4	1
		Illiterate	55	21

SECTION II: depicts the frequency distribution of knowledge level. Fig 1 shows 94% of school going children were having

high knowledge level on ill effects of substance use whereas 1% of them were having low knowledge level.

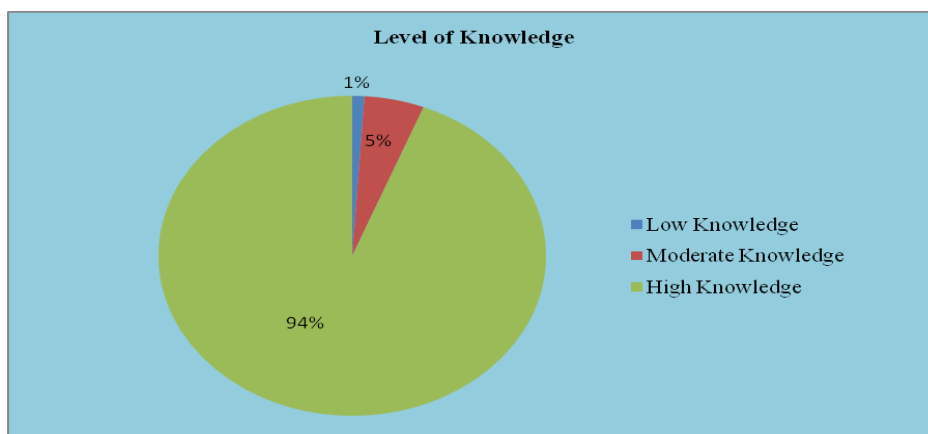


Figure 1: Scoring of knowledge level on ill effects of substance use N=265

Section II: depicts frequency distribution of attitude of school going children towards substance use. It is found that school going

children have varied attitude towards substance use.

Table 2: Attitude of school going children towards Substance Use N=265

Sln.	Attitude of school going children towards Substance Use	Frequency	Percentage (%)	
1	Risk of substance use increases if person is staying with such people	Agree	150	57
		Disagree	81	30
		Don't Know	34	13
2	Females wont consume any substance	Agree	71	27
		Disagree	139	52
		Don't Know	55	21
3	There is no problem in substance intake until it is revealed to others	Agree	97	37
		Disagree	111	42
		Don't Know	57	21
4	Youth takes substances only when there is any quarrel between parents/peers	Agree	45	17
		Disagree	120	45
		Don't Know	100	38
5	Substance abusing youth have no confidence to say "No" when somebody offers them any substance.	Agree	154	58
		Disagree	35	13
		Don't Know	76	29
6	Friends are the one who influence to take drugs	Agree	127	48
		Disagree	85	32
		Don't Know	53	20
7	Substance use is a social evil, not a disease	Agree	86	32
		Disagree	137	52
		Don't Know	42	16
8	Chances of substance taking behavior increases if there is a history of family intake.	Agree	154	58
		Disagree	62	23
		Don't Know	49	19
9	Easy availability of the substance cause of increase substance use.	Agree	189	71
		Disagree	21	8
		Don't Know	55	21
10	Unemployment is a risk factor for substance abuse	Agree	48	18
		Disagree	118	45
		Don't Know	99	37

Section III: It shows the findings related to association between knowledge score and selected socio demographic variable. In the

study it was found that there was no association between knowledge score and selected socio demographic variable

Table 3: Association between Knowledge score and selected socio demographic variable N=265

Socio Demographic Variable	Categories	Knowledge level		Calculated χ^2	df	P Value	S/NS
		<15	≥ 15				
Gender	Male	25	72	.128	1	.720	NS
	Female	40	128				
Religion	Hindu	56	174	.031	1	.835	NS
	Others	9	26				
Years of education	8 th	32	63	6.7	1	.012	NS
	9 th and 10 th	33	137				
Types of family	Nuclear	48	155	.365	1	.613	NS
	Joint	17	45				
Domicile	Urban	63	186	1.331	1	.37	NS
	Rural	2	14				
Type of stay	With Family	64	194	0.47	1	0.52	NS
	Hostel / Friends	1	6				
Parents occupation	Salaried	14	43	.000	1	1	NS
	Not salaried	51	157				
Education of Parents	Formal education	13	41	.008	1	1	NS
	No formal education	52	159				

DISCUSSION

In the present study it was found that mean age of the school going children was 15.06 ± 1.21 which is similar with the study by Sharma I et al^[1] where mean age was 15 ± 1.22 . Majority of the school going children were female in the present study which concurs with the study by Adibelli D et al^[7] and Azima S et al^[8] where 70.6% and 55 out of 90 were female. Present study showed rural population (94%) is more than that of urban population (6%) which is contrast with the study by Tsering D et al^[9] where urban population is more, that is 69.2%. Present study showed 76% of participants were having nuclear family which is evident in other study by Gupta S et al^[10] (80.5%); Smriti S et al^[11] (83.4%); Prakash O et al^[5] (two third); Dibya T et al^[12] (51%) and Adibelli D et al^[7] (77.7%). Majority of participants were Hindu by religion which is similar to the study by Smriti S et al^[11] (49.6%); Sharma I et al^[1] (59%); Dibya T et al (66%)^[12] and Rawat VS et al^[13] (68%). Majority of the respondents got the information about substance use from school which is evident in the study by Sharma I et al^[1] were majority of the respondents got the information about bad health effects of smoking from school teachers (38%). A study by Shashidhar A et al^[14] found the

contrast result to the present study where majority of participants had never been taught about smoking either in school or at homes and more than half obtained information about smoking from TV. In present study majority of the students said that there is no history of substance intake in their family which is consistent with the study by Dibya T et al^[12] were majority (77%) of the adolescent students were not having history of any substance use in their family.

The high level knowledge (94%) of schools going children on ill effects of substance use was comparable with the other study. Tsering D et al;^[9] Nebhinani N et al^[4]; Masibo RM et al^[15] found majority of the respondents reported having adequate knowledge about the harm of substance use. Dibya T et al^[12]; Masih OZ et al^[16] and Ong'ang'o, Jane^[17] revealed most of the students had good knowledge that is 54%, 82.03% and 72.4% respectively. Few research studies were found to be contrast to these findings that is by Paul L et al^[18] where knowledge of adolescents regarding alcoholism was found to be inadequate since 58% of them had just average level of knowledge.

In the present study children agree with the following cause for increase substance intake that are Influence of

friends, availability of the substance, quarrel between parents/peer, unemployment and low confidence to say “No” which is also evident in the other study. Studies by Tsering D et al;^[9] Sharma I et al^[11]; Shashidhar A et al^[14] and Sahu KK et al^[19] cited peer pressure is one of the influencing factors of substance use. Sydow K et al^[24] found that easy availability of the substance increases substance use. Barkin SL et al^[21] found that peer pressure and low confidence level influences the adult to take substance. Geramian N et al^[22]; Shamsi MA et al; Sydow K et al^[23] and Sydow K et al^[24] cited peer pressure, drugs availability, family/friends conflict, low confidence level and unemployment as the cause to start substance use. In the present study majority of the student disagree that Substance use is a social evil, not a disease which is contrast with the findings of the study by Prakash O et al^[5], where student agree with the substance use to be a disease.

In the present there was no significant association found between the knowledge score with selected socio-demographical variable which is contrast to the present study by Dibya T et al^[12] where there was significant association between the awareness score and selected socio-demographic variable.

CONCLUSION

Substance use is a decade old problem of the society which has affected our youngster from many years and various studies has been done on this problem. The current study found that school going children have adequate knowledge about substance use and their attitude varies towards substance use. Even after having significant knowledge about the substance, adolescence has failed to overcome with this problem.

Recommendation

There should be provision to plan school health program to educate the students about substance use, stress management, relaxation technique and

assertive training to investigate effectiveness of interventional program. Parents should also be involved in the educational programs.

Acknowledgement: None

Conflict of Interest: None

Source of Funding: None

Ethical Approval: Approved

REFERENCES

1. Sharma I and Chalise S. The Knowledge and Attitude Regarding the Health Effect of Smoking among Secondary Level Students in Nepal. Asian Journal of Humanities and Social Studies. 2018; 6(2): 83-90
2. Adolescents in India: A desk review of existing evidence and behaviours, programmes and policies. New Delhi: Population Council & UNICEF; 2013
3. Sharma B, Arora A, Singh K et al. Drug abuse: Uncovering the burden in rural Punjab. Journal of Family Medicine and Primary Care. 2017; 6(3): 558-562
4. Nebhinani N, Mamta, Misra AK, et al. Knowledge and attitude about substance use in school students. Indian Journal of Social Psychiatry, 2013; 29 (3-4): 114-118
5. Prakash O, Giri OP, Mishra AK, et al. Knowledge and attitude of Indian adolescents towards addiction: Findings from an exploratory survey. Journal of Mental Health & Human Behavior, 2009; 14 (2) : 74-79
6. Silas Treveli M and Seeta Devi A. A study to assess the knowledge and attitude of drug addiction among adolescent boys in selected pre-university colleges in Pune. International Journal of Recent Scientific Research. 2016; 7(5): 11293-11295
7. Adibelli D and Olgun S. Knowledge, Attitude and Behavior of Health College Students Related to Drug Abuse. The Ulutas Medical Journal. 2016; 2(2): 90-100
8. Azima S, Mousavi S and Azima M. Students' Knowledge and Attitude about Factors, Treatment, and Prevention of Addiction in Higher Education Environments. International journal of current microbiology and applied sciences. 2015;4(10): 96-100

9. Tsering D, Pal R and Dasgupta A. Substance use among adolescent high school students in India: A survey of knowledge, attitude, and opinion. *Journal of Pharmacy and Bioallied Sciences*. 2010; 2: 137-40
 10. Gupta S, Sarpal SS, Kumar D et al. Prevalence Pattern and Familial Effects of Substance Use Among the Male College Students-A North Indian Study *Journal of Clinical and Diagnostic Research*. 2013; 7(8): 1632-1636
 11. Smriti S, Divakar SV, Suryanarayana SP, et al. Prevalence of substance abuse among high school students in field practising area of Dr. B. R. Ambedkar Medical College, Bengaluru. *International Journal of Community Medicine and Public Health*. 2018; 5: 4423-6
 12. Divya T, Radhakrishnan G and Chithra SA. The level of awareness and attitude on ill-effects of substance abuse among adolescent students in selected high schools at Belgaum district, India. *International Journal of Health Sciences & Research*. 2018; 8(3): 199-205
 13. Rawat VS. A Study to Assess Knowledge and Attitude among Late Adolescents towards Alcoholism in Selected Colleges at Udaipur (Rajasthan). *Journal of Drug Delivery and Therapeutics*. 2019; 9(4-s): 1141-1143
 14. Sashidhar A, Harish J and Keshavamurthy SR. Adolescent Smoking: A Study of Knowledge, Attitude and Practice in High School Children. *Paediatric Oncall Journal*. 2011; 8(1): 1-2
 15. Masibo1 RM, Mndeme E and Nsimba DES. An assessment of knowledge, attitudes and practices of psychoactive substance use among secondary school students in Dodoma Municipality, Tanzania. *American Journal of Research Communication*. 2013; 200-240
 16. Masih OZ, Hussain M, Afzal M, et al. Knowledge, Attitudes and Beliefs Regarding Drug Abuse among Male of Rural Community, Lahore, Pakistan. *International Journal of Social Sciences and management*. 2019; 6(1): 1-6
 17. Jane O. Knowledge, attitude and practice on substance use among high school students in Nairobi, Kenya. 2001;
 18. Paul L and Ramya KR. Knowledge and Attitude towards Aholism among Adolescents. *Asian Journal of Nursing Education and Research*. 2012; 2(4):212-214
 19. Sahu Kk1and Sahu S.2 Substance abuse causes and consequences. *Bangabasi Academic Journal*. 2012; 9: 52-59
 20. Kodjo CM KJ. Prevention and risk of adolescent substance abuse. The role of adolescents, families, and communities. *Pediatric Clinics of North America*. 2002; 49: 257-268
 21. Barkin SL, Smith KS and DuRant RH. Social skills and attitudes associated with substance use behaviors among young adolescents. *Journal of Adolescent Health*. 2002; 30: 448-54
 22. Geramian N, Akhavan S, Gharaat L, et al. Determinants of Drug Abuse in High School Students and their Related Knowledge and Attitude. *Journal of pure and applied microbiology*. 2012; 62(1): 62-66
 23. Shamsi MA, Ziaeddini H and Yazdi AS. Opinion of high school students of Kerman towards affecting factors on narcotics tendency (2005). *Journal of Qazvin University of Medical Sciences*. 2008;12(3): 80-88
 24. Sydow KS, Lieb R, Pfister Ha, et al. What predicts incident use of cannabis and progression to abuse and dependence? A 4-year prospective examination of risk factors in a community sample of adolescents and young adults. *Drug and Alcohol Dependence*. 2002; 68: 49-64
- How to cite this article: Begam B, Devi K. Knowledge and attitude regarding ill effects of substance use among school going children, Golaghat. *International Journal of Science & Healthcare Research*. 2021; 6(2): 216-221. DOI: <https://doi.org/10.52403/ijshr.20210439>
