



**A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ON
PREVENTION OF SUBSTANCE ABUSE AMONG COLLEGE STUDENTS IN
SELECTED COLLEGES AT JHUNJHUNU, RAJASTHAN**

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Introduction

Health is a holistic word inclusive of body, mind and soul. It is the real jewel of life, the most precious possession of man. Physical health, mental health and social health is equally important. Human mind is considered to be a 'tabula rasa' that means a blank state during the foetal period. All the behaviours whether it may be adaptive or maladaptive are learned through various experiences and circumstances, even though some genetic traits are involved. People abuse substances such as drugs, alcohol, and tobacco for varied and complicated reason. Substance abuse is a medical condition. It interferes with a person's relationships with family and friends, interferes with a person's ability to fulfil work, school, or family obligations, or results in legal problems and dangerous behaviour. It can also involve using or taking a substance in increasing amounts, going to great lengths to obtain the substance, experiencing withdrawal symptoms when the substance is stopped, or being unable to stop or reduce the use of the substance. Tobacco, alcohol and substance misuse (also known as drug misuse) is a universal phenomenon affecting all fragments of society. There are evidences of substances have been used since ancient times for traditional, medical and mood-altering purposes. Increasing substance use might cause social, behavioral and health-related problems both physical and mental as well as an increase in healthcare burden and cost. Among the substance users the risk of death at early age is higher compare with non-substance users. Tobacco chewing, smoking, alcohol and drug misuse are

important and major risk factors for cancers, coronary heart disease, stroke, mental health, sexual health, obesity, accidents and poor quality of life. The fact is that drug abuse is not merely the problem of the addicts but of the entire society. Many, particularly children and youth, are prone to be easy prey to it because in their eagerness to appear 'liberal' are open to 'social drinking', smoking and even taking drugs and often the victim is in need of dire help because he/she just cannot help himself/herself. Weaning away from any kind of addiction often needs some kind of support and intervention. This issue looks at some of these problems and identifies places where they could tap for help. Adolescent have significant energy, drive with abundant innovative ideas. So, they are enthusiastic with greater zeal to experience the new things as a result they indulge into drug abuse. Research studies have shown that the initiation of substance abuse usually takes place in adolescence.

Objective

- Assess the knowledge on prevention of substance abuse among college students.
- Assess the attitude on prevention of substance abuse among college students.
- Find out the relationship between knowledge and attitude on prevention of substance abuse among college students.
- Find out the association between knowledge on prevention of substance abuse among college students and selected socio-personal variables.
- Find out the association of between attitude on prevention of substance abuse among college students and selected socio-personal variables.

Hypothesis

All at 0.05 level of significant

H1: There is a significant relationship between knowledge and attitude on prevention of substance abuse among college students.

H2: There is a significant association between knowledge on prevention of substance abuse among college students and selected socio personal variables.

H3: There is a significant association between attitude on prevention of substance abuse among college students and selected socio personal variables.

Research Methodology

The research approach used for this study is quantitative approach. The researcher adopted non-experimental descriptive survey design. The study was conducted among college students at selected colleges of Jhunjhunu, Rajasthan. The sample size was 210 college students who fulfilled the inclusion criteria. The Purposive sampling technique was used to collect the data. The reliability of the tool was assessed using test-retest method by using descriptive and inferential statistics.

Result

Out of 210 participants 57.1% of participants belonged to the group of 18-21 years and 42.9% belonged to 22-28 years. Out of 210 participants 87.6% of college students were female and 12.4 % are male. Among 210 college students 48.1 % of participants belonged to graduation courses and 51.9% belonged to post-graduate courses. Majority (97.6%) participants had no history of substance use and 1.4% of participants had history of smoking and 1% had history of alcoholism. Majority (82.9%) had no history of substance use among family members, 9.5% of participants had history of smoking among family members and 6.7% had history of alcoholism and .5% had history of betel chewing and pan chewing among family members. More than half (72.9%) had previous information on prevention of substance abuse among them 51.9% got information from educational institutions, 7.1% got information from social clubs, 6.2% participants got information from voluntary organisation and 7.6% got information from health institutions. Among the participants only 3.8% had good knowledge on secondary prevention of substance abuse. Only 6.2% had good knowledge and 73.3% had poor knowledge on tertiary prevention of substance abuse. Mean and SD value of knowledge on primordial prevention is 3.70 and 1.711 in a range of 0-7, mean and SD values of knowledge on primary prevention is 2.20 and 1.074 in a range of 0-4, mean and SD value of knowledge on secondary prevention is 4.42 and 1.803 in a range of 0-9 and mean an SD value of knowledge on tertiary prevention is 1.05 and .840 in a range of 0-3.

Discussion

The present study was intended to assess the knowledge and attitude on prevention of substance abuse among college students. The findings of the present study are discussed in relation with findings of other studies which the investigator has reviewed.

In the present study only 1.9% of college students had good knowledge, 62.4% had average knowledge and 35.7% had poor knowledge on prevention substance abuse. The findings showed that among 106 samples 57.5 % had poor knowledge, 41.5% had adequate knowledge and 0.9% had good level of knowledge on drug abuse. Among these 97.9% aware about ill effects of drug abuse, 71.7% aware about awareness programmes for prevention of drug abuse, 26.4% aware about counselling facilities against drug abuse and 52.8% had good awareness on rehabilitation facilities to treat drug abuse. This study findings were also consistent with the findings of the study conducted on the effect of structured teaching programme on smoking hazards among 100 adolescents in Dehradun, Uttarakhand. The study revealed that means score of knowledge of the sample was 14.75. In the present study the mean knowledge score obtained was 11.34. These findings were in concordant with the cross-sectional study to assess knowledge, attitude and behaviours related to substance use among adolescents in Lebanon. The study revealed that among participants, 52.7% students had inadequate knowledge with mean knowledge score of 14.4%. Study revealed that training in substance use and counselling of students are necessary. The study findings were contradictory with the study to assess substance related knowledge and attitude in school and college students at Chandigarh. Among 192 participants 100 were college students and among 100 college student's majority had adequate knowledge on harmful effects of addictive substances. Study revealed that 91% had good knowledge on harmful effects of substance use, 26% were not aware on treatment modalities against substance use and 15% had negative attitude towards substance use. These findings were also contradictory with the study to assess the knowledge regarding substance abuse among adolescent students of selected schools in Amritsar, Punjab. This study revealed that 57% had adequate knowledge and 43 % subjects had inadequate knowledge.

Conclusion

The following conclusions were derived based on the findings of the study.

- With regard to the age of participants 57.1% of participants were belonged to the group of 18-21 years and 42.9% belonged to 22-28 years.
- Out of them 87.6% were female and 12.4 % were male.

- With regard to education 48.1 % were belonged to graduation courses and 51.9% were belonged to post-graduate courses.
- Majority (97.6%) participants had no history of substance use and 1.4% of participants had history of smoking and 1% has history of alcoholism.
- Majority (82.9%) had no history of substance use among family members, 9.5% of participants had history of smoking among family members and 6.7% had history of alcoholism and .5% had history of betel chewing and pan chewing among family members.
- Only 1.9% had good knowledge, 62.4% had average knowledge and 35.7% had poor knowledge on prevention of substance abuse.
- Majority (71.9%) participants had favourable attitude on prevention of substance abuse and 28.1% had unfavourable attitude.
- There was no significant correlation between knowledge and attitude regarding prevention of substance abuse.
- There was a significant association between knowledge regarding prevention of substance abuse and history of substance use and previous information on prevention of substance abuse.
- There was a significant association between age, course of study, previous information on prevention of substance abuse and attitude on prevention of substance abuse.