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Effectiveness of motivational interviewing on level of motivation towards abstaining from substance abuse among male nursing students

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Abstract

Substance abuse problem has become a global challenge. From a transit country India is becoming a major consumer of different kinds of substances. It has become a world-wide phenomenon among students. The present Study aimed to assess the level of motivation towards abstaining from substance abuse among male nursing students. Study was mixed method design approach QUAN- QUAL (Triangulation design) with multiple case study design. After obtaining Permission the final study was conducted from December 2015- JAN 2016. Total enumeration sampling technique was used for selecting the sample from 101 nursing students. Out of them three were indulged in alcohol consumption and two in smoking based on CRAFFT tool. URICA tool was used to assess the level of motivation towards abstaining from substance abuse before and after motivational interviewing. Three to six motivational interviewing sessions were conducted till the level of motivation was achieved. The result shows that all the participants showed positive deflection in their behavior, that proves motivational interview is effective.

Keywords: Motivational Interviewing, Substance abuse, Abstaining, Substance abuse.

1. Introduction

Substance abuse among adolescents has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes. June 26, 1992 was declared by WHO as the International Day against Substance Abuse and Illicit Trafficking. In addition, the years 1991-2000 were designated as the United Nations Decade against Substance Abuse.

Substance abuse has become a major problem in any growing society and among college students. It has a strong impact on personal and family life. Substances and alcohol have a direct relation to sexually transmitted disease and AIDS. WHO statistics (2000) shows that India is high up in the list of danger countries because of population growth and high birth rate. Today, people are less concerned about socialism, capitalism and economism and more worried about substances, alcoholism, rape and terrorism.

2. Material and methods

Study was mixed method design approach QUAN- QUAL (Triangulation design) with multiple case study design. After obtaining Permission the final study was conducted from December 2015- JAN 2016. Total enumeration sampling technique was used for selecting the sample from 101 nursing students. Out of them three were indulged in alcohol consumption and two in smoking based on CRAFFT tool. URICA tool was used to assess the level of motivation towards abstaining from substance abuse before and after motivational interviewing. Three to six motivational interviewing sessions were conducted till the level of motivation was achieved.

3. Ethical clearance

Ethical approval was taken from the Maharishi Markandeshwar University Ethical Committee for conducting the study. The permission for conducting final study was taken from the Principal of MM College of Nursing, Mullana, and Ambala. Informed consent was taken from the participants.

4. Procedure of data collection

After obtaining Permission the final study was conducted from December 2015- JAN 2016. Students were informed regarding the purpose of study before administration of tool to obtain a free and frank response. 101 male nursing students were screened using total enumeration sampling technique. Based on the CRAFFT screening tool five students were found to be indulged in substance abuse. URICA tool was administered to these five students to assess the level of motivation for abstaining from substance abuse before and after Motivational interviewing was done. All the sessions of motivational interview was recorded after taking consent from the students. Depending upon the Pre-contemplation, contemplation, action and maintenance stage. Motivational interviewing was given according to level of motivation for 40-45 min. Success stories and motivational videos were also used for making the interview more effective. Motivational Interviewing varied in each student depending upon their level of motivation. The primary objective was to bring the students form their respective stages to action stage, after consecutive sessions, when client said that now they have started to take some action towards abstaining from substance abuse.

5. Result and Discussion

Table 1 depicts that majority of the male nursing students 3(60%) were in the age group of 20-22. majority of the students 4(80%) belongs to Hindu religion. 3(60%) of the male nursing students father's had government job with 3(60%) family monthly income ranging from Rs. 20000-40000. Majority of the students 4(80%) were given Rs. 5000-7000/- pocket money. Regarding attendance in the last 3 months 3(60%) were having 65%-75%, 3(60%) having 56%-60% marks in last sessional examination. Majority of the students 3(60%) were staying in hostel and 3(60%) were involved in drinking alcohol. Majority of the students 5(100%) initiated substance abuse because of peer pressure. 3(60%) were having 1-3 friends in circle who did substance abuse, 4(80%) used to take substance at friends home or shop, 3(60%) were taking substance abuse in evening, and majority of the students 4(80%) spent Rs 1000-2000/- on substance abuse in a month.

Table 2 depicts that before motivational interviewing majority of the students 2(40) were in pre-contemplation and 2(40) were in contemplation stage, and 1(20) was in action stage. While after the motivational interviewing majority of the individuals 4(80) were in action stage and 1(20) students were in maintenance stage.

Table 1: Frequency and percentage distribution of male nursing students in terms of selected personal variables.

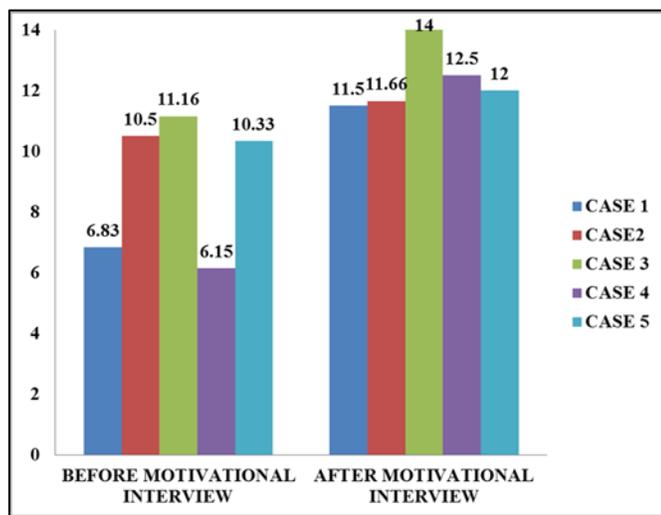
N=5

S. No.	Personal variables	f(%)
1.	Age in years	
1.1	17-19	2(40)
1.2	20-22	3(60)
2.	Religion	
2.1	Hindu	4(80)
2.2	Sikh	1(20)
3.	Father's occupation	
3.1	Farmer	1(20)
3.2	Private Job	1(20)
3.3	Government employee	3(60)
4.	Family monthly income	
4.1	20000-40000	3(40)
4.2	61000-80000	1(20)
4.3	81000-100000	1(20)
5.	Pocket money given/ month	
5.1	2000-4000	1(20)
5.2	5000-7000	4(80)
6.	Percentage of attendance in last three months	
6.1	65%-75%	3(60)
6.2	76%-86%	2(40)
7.	Percentage of marks in last sessional exam	
7.1	50-55%	2(40)
7.2	56-60%	3(60)
8.	Place of residence.	
8.1	Hostel	3(60)
8.2	PG.	2(40)
9.	Involvement in any the of substance	
9.1	Alcohol	3(60)
9.2	Smoking	2(40)
10.	Initiation of taking substance because of...	
10.1	Peer pressure	5(100)
11	People/friend in circle doing substance abuse	
11.1	1-3	3(60)
11.2	4-6	2(40)
12.	Place of taking substance.	
12.1	Friends home	2(40)
12.2	Shop	2(40)
12.3	Others	1(20)
13.	Time of taking substance.	
13.1	Evening	3(60)
13.2	Night	2(40)
14.	Expenditure on substance abuse	
14.1	1000-2000	4(80)
14.2	2001-3000	1(20)

Table 2: Frequency and Percentage Distribution of male nursing students according to level of motivation before and after the administration of Motivational Interviewing

N=5

Level of motivation	Range of score	Before motivational Interviewing		After motivational Interviewing	
		f	%	f	%
Pre contemplation	Less than 8	2	(40)	-	-
Contemplation	8-11	2	(40)	-	-
Action	11-14	1	(20)	4	(80)
Maintenance	More than 14	-	-	1	(20)
Total		5	(100)		

**Fig 1:** Column graph representing the level of motivation of male nursing students towards abstaining from substance abuse before the administration of motivational interviewing.

The result are clearly illustrate that all the clients were doing substance abuse. All of them were having some level of motivation for quitting substance abuse. For all the clients multiple motivational interview sessions were carried out effectively. Finally on comparison with their first and last sessions, result shows that their level of motivation has been improved, which shows the indication that motivational interview was effective. Hence the motivational interview can be used to change the behaviour of an individual.

6. Discussion

The present study findings indicates that the majority of the male nursing students(60%) were in the age group of 20-22 which is consistent with the findings of the study conducted by Sorab gupta *et al.* (2013) which shows the prevalence of substance abuse among 52.7% students belonging to age group 19-21yrs [3].

The present study findings shows that the motivation score before administration of motivational interviewing was lower 8.99 than 12.33 after administration of motivational interview, which indicated the increase in score of level of motivation. This finding is consistent with the findings of the study conducted by Mugbool pasha., (2011) in which they found higher mean scores in after motivational interviewing (30) as compare to the before motivational interviewing (27.20) [4].

The present study shows that, majority of the male nursing students, start substance abuse because of peer pressure and at their friend's home. These findings are consistent with the findings of the study conducted by Iran Babaei Heydarabadi A1 *et al.* (2015) in which they found that about 58% of students used drugs for the first time in dormitories and parks. Students' meetings and parties with friends were frequent occasions for substance abuse (47.5%) [5].

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