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## A study to assess knowledge of adolescents regarding substance abuse

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### Abstract

**Background:** Worldwide, substance abuse is a major public health and social problem. Many Studies confirmed that adolescents used addictive substances without knowing about their hazardous influence on their health.

### Objective

1. To assess the level of knowledge of adolescents regarding substance abuse.
2. To find out the association of knowledge scores of adolescents regarding substance abuse with selected socio demographic variables.

**Methods:** Descriptive research design used to conduct the study among adolescents. Totally 60 adolescents was selected by Purposive sampling technique. The samples included in this study were who fulfilled the inclusion criteria with Adolescents who are in the age group of 13-15 years, Adolescents studying in English medium school at Karad city, Adolescents who was willing to participate in the study. Adolescents present at the time of data collection. Data was collected by using structured questionnaire. Informed written consent was obtained from adolescents and their parents.

**Results:** Majority of the adolescents had average knowledge, 25% of Adolescents had good knowledge and 23.33% had poor Regarding Substance Abuse.

**Conclusion:** The result of the present study concluded that most of the students had average knowledge regarding Substance Abuse.

**Keywords:** Knowledge, adolescents and substance abuse

### Introduction

Worldwide, substance abuse is a major public health and social problem. Many Studies confirmed that adolescents used addictive substances without knowing about their hazardous influence on their health <sup>[1]</sup>. However; some studies estimated that adolescents had poor knowledge about drug abuse, its effect on body and complication <sup>[2]</sup>. Use of tobacco, alcohol, and other substances is a worldwide problem and affects many children and adolescents <sup>[3]</sup>. Substance abuse can disturb family process and create destructive environment <sup>[4]</sup>. Many factors influence where an adolescent easily find drugs, including the availability of drug with in the community, school, neighbourhood, and where the adolescents friends are using them, the family environment is also important, violence, physical or emotional abuse, mental illness or drug use in the house hold increase the likely hood an adolescent will use drugs <sup>[5]</sup>.

The incidence of drug abuse among children and adolescents is higher than the general population. Researcher found that substance abuse prevalence in the country is growing in alarming rate, which accounts one of the major causes of mortality and morbidity and also noticed a significant lowering of age at initiation of substance abuse. Thus adolescents can be prevented from substance abuse consumption with timely and proper motivation. With this view present study assesses the Knowledge of Adolescents Regarding Substance Abuse in Selected High School at Karad City”

### Methods

Descriptive research design used to conduct the study among adolescents. Totally 60 adolescents was selected by Purposive sampling technique. The samples included in this study were who fulfilled the inclusion criteria with Adolescents who are in the age group of

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13-15 years, Adolescents studying in English medium school at Karad city, Adolescents who was willing to participate in the study. Adolescents present at the time of data collection. Data was collected by using structured questionnaire. Informed written consent was obtained from adolescents and their parents. A structured knowledge questionnaire was prepared consisting of 25 items on knowledge regarding

substance abuse. The items were developed to cover different areas such as knowledge related general information on substance abuse, commonly abused substances, signs and symptoms of substance abuse, management and prevention of substance abuse.

## Results

**Table 1:** Distribution of Frequency and Percentage of Adolescents according to socio-demographic variables

Sr. No	Characteristics	Category	Frequency (n)	Percentage (%)
1	Age (Years)	13	15	25
		14	27	45
		15	18	30
2	Gender	Male	30	50
		Female	30	50
3	Type of family	Nuclear	17	28.33
		Joint	32	53.33
		Single parent family	8	13.33
		Broken family	3	5
4	Place of residence	Hostel	0	0
		Home	60	100
		Paying guest	0	0
		Relatives house	0	0
5	Monthly family income (Rs)	≤ 1600	0	0
		1601-4809	4	6.67
		4810-8009	5	8.33
		8010-12019	2	3.33
		12020-16019	7	11.67
		16020-32049	22	36.67
6	Education of Father	≥32050	20	33.33
		Primary	0	0
		High school	5	8.33
		Higher secondary	6	10
		Graduate and above	49	81.67
7	Education of Mother	Illiterate	0	0
		Primary	0	0
		High school	6	10
		Higher secondary	13	21.67
		Graduate and above	40	66.67
8	Number of children in the family	Illiterate	0	0
		One	5	8.33
		Two	41	68.33
		Three	8	13.33
9	Source of information on substance abuse	Four and above	6	10
		Newspaper	31	51.67
		Television	26	43.33
		Radio	0	0
		Magazine	2	3.33
		Friends	0	0
	Health personnel	1	1.67	

### Description of Sample Characteristics

The data presented in Table No.1 indicates that minimum number of 15 (25%) of adolescents belongs to 13 years, maximum number of 27 (45%) belong to the age group of 14 years and 18 (30%) were in the age group of 15 years. The subjects consisted of equal number of male 30 (50%) and female 30 (50%) students. Among the subjects, 17 (28.33%) belonged to nuclear family, majority of 32 (53.33%) were living in joint family, 8 (13.33%) belonged to single parent family and the remaining 3 (5%) were in broken families. All the subjects 60 (100%) were residing at their home. Majority of the respondents, that is 22 (36.67%) are within the income group of Rs.16020-32049. While 20 (33.33%) are having family income of Rs. ≥32050, 7 (11.67%) are within the income group of Rs. 12020-16019. 5 (8.33%) was having

family income of Rs. 4810-8009, 4 (6.67%) was having family income of Rs. 1601-4809 and the minimum of 2 (3.33%) respondents were having monthly income of Rs. 8010-12019. The table depicts 49 (81.67%) of the adolescents fathers were educated up to graduate and above, while 6 (10%) adolescents fathers had higher secondary education and 5 (8.33%) were educated up to high school. Among mothers of the adolescents, maximum 40 (66.67%) studied up to graduate and above, 13 (21.67%) up to higher secondary, and the remaining 6 (10%) of them had high school education. With regard to number of children in the family 41 (68.33%) of families have two children, 8 (13.33%) have three children, 5 (8.33%) have one children and 6 (10%) have four and above children in the family. Looking at the source of information of adolescents

regarding substance abuse, 31 (51.67%) of them had knowledge from newspaper, 26 (43.33%) had television as their source of information, and other sources indicated were magazine 2 (3.33%), health personnel 1(1.67%).

**Table 2:** Distribution of frequency and percentage of knowledge score of adolescents regarding substance abuse

Sr. no	Knowledge score	Frequency (f)	Percentage (%)
1.	Good	15	25
2.	Average	31	51.66
3.	Poor	14	23.33

**Knowledge of Adolescents Regarding Substance Abuse:**

Table 2 reveals that in pre-test majority 31 (51.66%) had average knowledge, 15 (25%) had good knowledge and 14 (23.33%) had poor knowledge whereas in the post-test 20 (33.33%) had good knowledge, 36 (60%) had average knowledge and 4 (6.66%) had poor knowledge about substance abuse before and after role play.

**Table 3:** Association of age and knowledge related to general information on substance abuse

	Column A (13 years)	Column B (14 years)	Column C (15 years)	F value	P value
Sample	15	27	18	1.514	0.126
Mean	2	1.66	2.16		
Standard deviation	0.5345	1.109	0.9852		

Table 3 shows that there is no significant difference in the mean score of knowledge on general information on substance abuse in 13 year, 14 year and 15 years age group children.

**Table 4:** Association of age and knowledge related to commonly abused substances

	Column A (13 years)	Column B (14 years)	Column C (15 years)	F value	P value
Sample	15	27	18	0.8741	0.4227
Mean	2.133	1.814	2.111		
Standard deviation	0.833	1.001	0.7584		

Table 4 reveals that there is no significant difference in the mean score of knowledge related to commonly abused substances in 13 year, 14 year and 15 year age group children.

**Table 5:** Association of age and knowledge related to management and prevention of substance abuse

	Column A (13 years)	Column B (14 years)	Column C (15 years)	F value	P value
Sample	15	27	18	0.01287	0.9872
Mean	3.933	3.846	3.897		
Standard deviation	1.981	1.690	1.524		

Table 5 shows that there is no significant difference in the mean score of knowledge related to management and prevention of substance abuse in 13 year, 14 year and 15 years age group children.

**Discussion**

Result of the present study reveals that Area wise frequency and distribution of knowledge scores of adolescents

regarding substance abuse shows that majority 31 (51.66%) had average knowledge, 15 (25%) had good knowledge and 14 (23.33%) had poor knowledge. For confirming result of the present study it can be pointed out the study of Mr. Anil kumar B. Jarali *et al.* The findings revealed that majority (50%) of adolescents had moderate level of knowledge on substance abuse and 30% have inadequate level of knowledge and 20% had adequate level of knowledge on substance abuse. The mean score was 11.48. There was significant association between the level of knowledge and gender (sex) on substance (drug) among the adolescents in the selected PUC colleges in Belgaum city.<sup>6</sup> A study conducted by Monita Thokchom *et al.* In this study (34%) adolescents are having poor knowledge, (48%) adolescents are having average knowledge and only (18%) adolescents have good knowledge of substance abuse.<sup>7</sup>

**Conclusion**

The result of the present study concluded that most of the students had average knowledge regarding Substance Abuse. There is need to aware the adolescents about ill effects of substance abuse by educating them regularly.

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