



## A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING THE ILL EFFECTS OF SUBSTANCE ABUSE AMONG TEENAGE STUDENTS IN NOORUL ISLAM INSTITUTE OF INDUSTRIAL TRAINING INSTITUTE

Mrs. Sajitha S

Associate professor, NIMS College of Nursing, Neyyattinkara

### ABSTRACT

The present study was aimed to assess the level of knowledge regarding the ill effects of substance abuse among teenage students in Noorul Islam Institute of Industrial Training Institute of industrial training institute, Amaravila. The objectives of the study were to assess the level of knowledge on ill effects of substance abuse among teenage students, to find out the association between levels of knowledge on ill effects of substance abuse among teenage students with their selected demographic variables. The nursing theory used was Pender health promotion model. The methodology selected was a quantitative approach which is descriptive in nature and descriptive research design was used in the study. The sample consisted of 30 students from first year NIITI, chosen by simple random sampling technique. The study was conducted first year NIITI, Amaravila. The data was obtained by using demographic variables and questionnaire. The data was analyzed by descriptive and inferential statistics. The mean value of the test score is 6.33. The result of the study revealed that there is average knowledge on ill effect of substance abuse among teenage students in NIITI. No significant association found between level of knowledge and the demographic variables except educational qualification. The study concluded that there is significant knowledge on ill effect of substance abuse among teenage students in NIITI.

**KEYWORDS :** Assess, knowledge, ill effect of substance abuse, NIITI students.

### INTRODUCTION

Drugs are chemicals different drugs because of their chemical structures, can affect the body indifferent ways. In fact, some drugs can even change a person's body and brain in ways that last long after the person has stopped taking drugs may be even permanently.

Some individuals can use alcohol and drugs without developing an addiction or negative effects. For many others however, alcohol and substance abuse can lead to a multitude of problems. These include interpersonal challenger, difficulties fulfilling responsibilities at home, work or school, and may lead to harmful or dangerous activities. Chronic substance abuse may result in feeling of shame and helplessness

The substance use mostly followed by the young people to control anxiety, depression and to fit among their peers, it is necessary to have an awareness about its harmful effects in the body changing behaviors, it is also leads to mental problems, kidney and liver disease. The people who are substance abused involve in antisocial acts or criminal activities like murder, threatening, fight, stealing, violence etc.

The misuse of medication and drugs both legal and illegal, as well as alcohol and tobacco in a growing problem. Now a day the term drug abuse or substance abuse in defined as the way chemical substance that lead to increased risk of problems and an inability to control the way of substance".

### MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is descriptive research design. This study was conducted at NIITI, Amaravila. We took teenage students (13-19 age groups). The sample of the study comprises of 30 first year NIIT students. Random sampling technique is used for the study. Written permission will be obtained from the concerned authority of the ITI. Random sampling technique will be used to select 30 subjects.

The investigator will introduce herself to the participants and objectives of the study will be explained to them. The questionnaire will be distributed to the students. The data obtained were analyzed by using descriptive and inferential statistics.

### RESULTS

#### Frequency and percentage distribution of samples

Sl No	Demographic variables	Frequency	Percentage
1	Age		
	• 14-16 yrs	7	23
	• 17-19 yrs	23	77
2	Gender		
	• Male	30	100
	• Female	0	0
3	Residence		
	• Urban	14	46.7
	• Rural	16	53.3
4	Education qualification		
	• HSC	24	80
	• SSLC	6	20

#### Level of knowledge on ill effects of substance abuse among teenage students

The present study focused on the assess the knowledge on ill effects of substance abuse among teenage students from the study it was revealed that there is average levels of knowledge on ill effects of substance abuse among 73.3% of students, 20% have poor knowledge and 6.7% have adequate knowledge.

#### To find out the association between the level of knowledge on ill effects of substance abuse among teenage students, with their selected demographic variables

No significant association found between level of knowledge and the demographic variables except educational qualification.

### DISCUSSION

The present study focused on the assess the knowledge on ill effects of substance abuse among teenage students from the study it was revealed that there is average levels of knowledge on ill effects of substance abuse among 73.3% of students, 20% have poor knowledge and 6.7% have adequate knowledge.

Dechenla T Sring, Ranabir pal and Aparajitha pasgupule were conducted a study on the level of knowledge on harmfulness of substance use among teenage students. Out of 416 students, 52(12.5%) used or abused any one of the substances irrespective of time and frequency in life time, 26(15.1%) were among the urban students and 26(10.7%) were among their rural counter parts. More than 2/3rd (73.01%) of the respondents expressed a desire to quit substance use and 57.69% had tried to stop. Level of knowledge on harmfulness of substance use among teenage students was very high (urban - 84.6% and rural 61.5%) and they started media as the

most frequent source of information. Users were successful in 15.41% and rural influencing their peers in to taking up this habit (urban 26.9%).

### Limitation

- Generalization of findings was limited to as the samples selected were resulted to the teenage students from NIITI, Amaravila.
- Sample size was limited to 30
- No attempt was made to improve the knowledge of students.

### Recommendations

- A similar study may be conducted on large samples for wider generalization
- The study can be repeated by providing interventions and assessing the post test
- The similar study can be done in other government and private colleges.
- The study periods can be extended up to one month with more intensified interventions.
- A comparative study may be undertaken on 1st year and 2nd year teenage students to compare the level of knowledge on ill effects of substance abuse
- A comparative study may be undertaken on medical students and nursing students to compare the level of knowledge on ill effects of substance abuse.

### REFERENCES

1. Abdool, R. (ed.2004). United Nations Office of Drugs and Crime, 2nd African Union Ministerial Conference on Drug Control in Africa: 14-17 December 2004. Mauritius
2. Adelekan, M. (1999). Rapid Situation Assessment of the Drug Situation at Ehin Etiri, Ijebu North Local Government, Ogun State Nigeria. Lagos: UNDCP
3. Alcohol Edu for College National Survey Database, 2008-2009, Outside the Classroom.
4. Altares S., Copo A., Gobuyo A., Laddaran T., Mejia L., Policarpio I., Agued G., Tizon D., Yao M. (2003) Elementary Statistics: A Modern Approach. (2003 Ed.). (pg. 13).
5. Asumi, J. (1996). Socio-Psychiatric Problems of Cannabis in Nigeria. Bulletin on Narcotics, 16(2): 17
6. Alexander, C., Piazza, M., Mekos, D. and Valente, T. (2001) Peers, schools and adolescent cigarette smoking, Journal of Adolescent Health, 29 (1), 230.
7. Angrist, J., Pischke, J. (2011) Mostly Harmless Econometrics: An Empiricist's Companion, Princeton University Press
8. Blum, R. (1972). Horatio Algiers Children: The Role of the Family in the Origin and Prevention of Drug Risk. San Francisco, Jossey.
9. Singleton, R.A. (2007). Collegiate Alcohol Consumption and Academic Performance. Journal of Studies on Alcohol and Drugs, 68(4), 548-555.
10. Wechsler, H., Dowdall, G., Maenner, G., Gledhill-Hoyt, J., Hang, L. (1998). Changes in Binge Drinking and Related Problems among American College Students between 1993 and 1997: Results of the Harvard School of Public Health College Alcohol Survey. Journal of American College Health, 47(2), 57-68.
11. Williams, J, Powell, L.M and Wechsler H. (2003) Does alcohol consumption reduce human capital accumulation? Evidence from the college alcohol study, in Applied Economics 35(10), 1227-1240
12. Wolaver, A. (2002). Effect of Heavy Drinking in College on Student Effort, Grade Point Average, and Major Choice. Contemporary Economic Policy, 20(4), 415-428.
13. Heckman, J. and Hotz, J. (1989) Choosing Among Alternative Non experimental Methods for Estimating the Impact of Social Programs: The Case of Manpower Training. Journal of the American Statistical Association, 84(408), 862-874.
14. Koch, S.F and Mcgeary, K.A. (2005) The effects of youth alcohol initiation on high school completion, in Economic Inquiry 43(4), 750-765 Koch, S.F and Ribar, D.C. A siblings analysis of the effects of alcohol consumption onset on educational attainment, in Contemporary Economic Policy, 19(2) 162-174.
15. Suresh K Sharma; (2011) Nursing Research and Statistics, Second edition; 39-43.