



A STUDY TO ASSESS THE KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED NURSING SCHOOLS, BELAGAVI, KARNATAKA WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET

Namrata Devulkar*

Asst Prof & HOD, Department of community Health Nursing KAHER Institute of Nursing Sciences Belagavi-590010,(Karnataka),India *Corresponding Author

Sanjeev Badli

Senior Tutor, Department of Community Health Nursing, KAHER Institute of Nursing Sciences Belagavi-590010,(Karnataka), India

ABSTRACT

Objective: To assess the knowledge regarding substance abuse among adolescents in selected nursing schools of Belagavi.

Methods: A descriptive research design was carried over a period of 3 months on 100 GNM students from K.L.E.U's Institute Of Nursing Sciences, Belagavi. All 100 GNM students enrolled in study.

Results: In our study, Analysis of the data reveals that the out of 100 students, 32 (32%) used or abused any one of the substances irrespective of time and frequency in lifetime. More than two-thirds (70%) of the respondents expressed a desire to quit substance use and 15% had tried to stop. 'Easy availability' and 'relief from tension' were the most frequent reasons for continuation of substance use. Level of knowledge on harmfulness of substance use among students was very high (urban - 40% and rural - 60%). The conclusion was made that in spite of being aware of the harmful effects of substance use, adolescents take up this habit.

Conclusion: At the end of the study a self instructional was developed depending on the knowledge scores of selected nursing students and was administered to them.

KEYWORDS : Drug Abuse; selected nursing students; self instructional module; attitude.

INTRODUCTION:

One need only open the morning newspaper to know that substance use is widespread and a major public health issue in our society. Drug addiction is a complex brain disease. It is characterized by compulsive, at times uncontrollable, drug craving, seeking and use that persist even in the face of extremely negative consequence. Drug seeking becomes compulsive in large part as a result of the effects of prolonged drug use on brain functioning and on behavior.

The physical signs of abuse or addiction can vary depending on the person and the drug being used. In addition, each drug has short-term and long-term physical effects. For example some who abuses Marijuana may have a chronic cough or worsening of asthmatic conditions. Stimulants like cocaine increase heart rate and blood pressure, where as opioids like lewin may slow heart rate and reduce respiration.

Adolescence is the period between the onset of puberty and the cessation of physical growth, the passage from childhood to adulthood. According to WHO "The age between 10-19 years is a unique phase of life during which a child goes through tremendous physical, emotional and social changes.

The physical and psychological characteristics of adolescents and the nature of developmental tasks which they are expected to perform often pose certain challenges and problems for adjustment. Basically adolescents face problems related to their home, school and society.

Self related problems like body, image, pimples, complexion, eating disorders, body changes, moodiness, touchiness, anger, hypersensitivity, and feeling of rebel crushes, inflation, day dreams and personality.

MATERIALS AND METHODS

This was descriptive research design was carried over a period of 3 months. The study was approved by the institutional research committee.

The tool used for the data collection consisted of: The self administered structured questionnaire to assess the knowledge regarding substance abuse among adolescents.

Tool was divided into two parts section I & section II

Section I - Demographic data

Section II - Self administered structured questionnaire

RESEARCH DESIGN:

A descriptive research design was adopted for the study.

MAJOR FINDINGS OF THE STUDY WERE:

Descriptive and inferential statistics had been used for data analysis. The data was presented in the form of tables and diagrams. Data was analyzed by computing mean, standard deviation, t value and chi - square.

SIGNIFICANT FINDINGS OF THE STUDY DEMOGRAPHIC DATA OF THE RESPONDENT

Age group:

- Majority of the students 50(50%) belonged to the age groups of 19-20 years, 24(24%) belonged to 18-19 years, 20(20%) belonged to 21 and above years, and minimum number 6 (6%) belonged to 17-18 years.

Gender:

Majority of the students 66(66%) were females, 34(34%) were male.

Religion:

Majority of the students 65(65%) were Hindu, 26(26%) were Christians, 4(4%) were Muslims and 5 (5%) belonged to other religion.

Area of Residence:

Majority of the students 60(60%) were from rural area and 40(40%) were from urban area.

Income:

Majority of the students 34(34%) family income were 1000-1500, 24(24%) were 1501-10000 and 10001-15000, and minimum number 18(18%) belonged to 15001 and above.

Type of family:

Majority of the students 72(72%) Nuclear, while 23(23%) belonged to the joint family and a minimum number 5(5%) belonged to the extended family.

RESULTS:

In our study, Analysis of the data reveals that Pre-test scores of 100 Diploma Nursing school revealed that 9 (9%) had good knowledge, 72(72%) had average knowledge and 20(20%) had poor knowledge.

Mean, Median, Mode, Standard deviation and Range of knowledge scores of students regarding substance abuse.

N=100

Area	Mean Deviation	Median	Mode	SD	Range
Pre-test	11.05	11.50	12	3.54	

Table reveals that the mean 11.05, Median 11.50, Mode 12, Standard deviation 3.54 and Range 16 of knowledge score.

Association between pretest knowledge scores and selected demographical variables:

Analysis reveals that the chi-square value is more than tabulated value; hence there is significant association between gender, age, religion, education of father, education of mother, income, type of family and area of location

DISCUSSION:

The present study is undertaken to assess the knowledge regarding substance abuse among adolescents in selected nursing schools of Belagavi.

Demographic variables: Majority of the students 50(50%) belonged to the age groups of 19-20 years, 24(24%) belonged to 18-19 years, 20(20%) belonged to 21 and above years, and minimum number 6 (6%) belonged to 17-18 years. Majority of the students 66(66%) were females, 34(34%) were male. Majority of the students 65(65%) were Hindu, 26(26%) were Christians, 4(4%) were Muslims and 5 (5%) belonged to other religion. Majority of the students 60(60%) were from rural area and 40(40%) were from urban area.

- Majority of the students 34(34%) family income were 1000-1500, 24(24%) were 1501-10000 and 10001-15000, and minimum number 18(18%) belonged to 15001 and above. Majority of the students 72(72%) Nuclear, while 23(23%) belonged to the joint family and a minimum number 5(5%) belonged to the extended family. The result was out of 100 students, 32 (32%) used or abused any one of the substances irrespective of time and frequency in lifetime.

RESULTS:

Pre-test scores of 100 Diploma Nursing school revealed that 9 (9%) had good knowledge, 72(72%) had average knowledge and 20(20%) had poor knowledge.

The study revealed that the chi-square value is more than chi-square tabulated value; hence there is significant association between gender, age, religion, education of father, education of mother, income, type of family and area of location.

CONCLUSION:

There was evidence in increase in the knowledge o scores in all the areas included in the study, after administering the questionnaires to the students it was proved that simple question technique was effective in creating awareness on substance abuse, among the students of K.L.E.U's Institute of Nursing Sciences, Belagavi.

REFERENCES:

1. Mary C Townsend, "Essential of psychiatric/ mental health nursing", published by FA. Davis Company 1999 Page no 264-265.
2. KeltnerSchweckeBostrom, "Psychiatric Nursing" 2nd edition, published by Mosby, 1995 Page no 75.
3. Elisabeth M Varcalis, "Foundations of psychiatric Mental Health Nursing". 2nd edition, published by W.B Saunders company pare no 683.
4. BimlaKapoor, "Test book of Psychiatric Nursing 2nd volume, Published by Kumar publishing House, Page no 390.
5. Gail W Stuart Michele T Laraia, "Principles andpractice of PsychiatricNursing, 8the edition, published by Mosby, 2005 Page no 613-667.
6. Barbara Schoen Johnson, " Adaptation and Growth Psychiatric-Mentl Health Nursing 4th edition, published by Lippincott, Raven Publishers. 1997 Page no 416- 417.
7. Dr(Mrs).K.Lalitha, Mental Health and Psycghiatric Nursing and Indian perspective, 1st edition, Published by VMG, Book house, 2009 Page No 387-394.
8. Mary C Townsend, " Essentials of Psychiatric Mental Health Nursing, 2nd edition, Published ny FADavis company, 2002, Page No 222-223.
9. Mary Anna Boyd, Mary Ann Nihart, Psychiatric Nursing contemporary practice, published by Lippincott Raven publishers page no 1065-1068.
10. Ms Bhatia, A concised Text bood on "Psychiatric Nursing" comprehensive theoretical and practical approach, 3rd edition published by Satish Kumar Jain for CBS publishers and Distributors, 2004 page no 59-70