



IMPACT OF HEALTH EDUCATION PROGRAM ON KNOWLEDGE OF STUDENTS TOWARDS DRUG ABUSE IN SELECTED COLLEGES OF BELAGAVI.

Nursing

Amey M Khande

Senior Tutor, Dept of Mental Health Nursing KAHER Institute of Nursing Sciences, Belagavi, Karnataka-10

ABSTRACT

Background: India is the second most populous and substance producer in the world. WHO statistics (2000) show that India is high up in the list of danger countries because of population growth and high birth rate. The extent of worldwide psychoactive substance abuse is estimated at 2 billion alcohol users, 1.3 billion smokers and 185 million illicit drug users. In an initial estimate of factors responsible for the global burden of diseases, tobacco, alcohol and illicit drugs together contributed 12.4% of all deaths world wide in the year 2000.

Objectives of the study: 1. To assess the knowledge of PU College students on drug abuse before and after administration of health education programme. 2. To find the association between the selected demographic variables and pre test knowledge scores towards drug abuse.

Methods: A descriptive evaluatory approach was used for this study. The study was carried out in one Pre-University Colleges of Belagavi District of Karnataka. The sample comprised of 100 students who were undergoing their Pre-University course in Science as there subject. Sample was selected by using multistage disproportionate stratified random sampling technique. Data was collected by administering a structured knowledge questionnaire before and after the health education programme. Data were analyzed using descriptive and inferential statistics.

Results: The results of this study showed that college students in general were having some knowledge about drug abuse and its adverse effects before the education programme. Mean knowledge score was (19.45). There was marked gain in knowledge after the health education programme (22.06). A relationship between knowledge scores and selected variables were noticed. The statistical significance was at 0.05 level.

Interpretation and Conclusion: The findings of this study support the need for conducting educational programme to increase the knowledge of college students on drug abuse and its related problems. Educating the youth and providing them with correct information can help them to avoid bad habits and develop as healthy citizens. This study proved that college students had average knowledge on drug abuse and its effects before the health education programme and their knowledge increased to a remarkable extent after the health education programme. The findings of this study show that the health education programme was effective in terms of gaining knowledge and it should become part of their curriculum.

KEYWORDS

Drug abuse; College Students; Impact; Health Education Programme;

INTRODUCTION:

Drug abuse is a social problem, not in India alone, but the entire world. The use of drugs has its own culture and history, which varies from country to country. The problem of drug abuse is growing at an explosive rate and in just little over a decade it has spread its malevolent tentacles to almost every part of the globe surmounting almost all barriers of race, caste, creed, religion, sex, educational status, economic strata' etc. Drug 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 Drug Abuse and Illicit Trafficking. In addition, the years 1991-2000 were designated as the United Nations Decade against Drug Abuse.² Global trade and liberalization of socio cultural interaction of the society has made easy access to use and spread of narcotic substances.

Drug abuse is a universal phenomenon with its roots in history and tradition. Drug abuse problem has become a global challenge. From a transit country India is fast becoming a major consumer of different kinds of drugs. It has become a worldwide phenomenon among students.³

STATEMENT OF THE PROBLEM

"Impact of Health Education programme on Knowledge of Students towards Drug Abuse in selected colleges of Belagavi."

OBJECTIVES OF THE STUDY:

1. To assess the knowledge of PU students on drug abuse before and after the health education programme.
2. To find the association between the knowledge and selected demographic variables.

RESEARCH METHODOLOGY:

An Evaluative approach with one group pre-test – post-test design was adopted for the study. "Simple random sampling technique is used to select the samples by using lottery to draw 100 adolescent students as samples. The collected data was analyzed by using descriptive and inferential statistics.

ANALYSIS AND DISCUSSION:

It is observed that:

- 93 (93%) of adolescents were in the age group of 16-18 years & 7 (7%) in the age group of 19- 20 years.
- 52 (52%) of adolescents were male & 48 (48%) were female.
- Majority of adolescents were belonging to PUC 2nd Year 72 (72%) & 28 (28%) were belonging to PUC 1st Year.
- Majority of adolescents were Hindu 93 (93%) & 6 (6%) were Muslim.
- Maximum students stayed at home 95 (95%) while minimum of 3 (3%) stayed at hostel.
- Maximum students belonged to nuclear family 71 (71%) while 29 (29%) belonged to joint family.
- Majority of adolescents 85 (85%) had pocket money less than 200 rupees while minimum 2 (2%) had pocket money less than 1000 rupees.
- Maximum 57 (57%) of students read newspaper sometimes whereas 06(6%) of students never read the newspaper.

Ogive representing pre and post-test knowledge score of students on drug abuse:

The post-test Ogive lies right to the pre-test Ogive over the entire range, showing that the post-test knowledge scores were consistently higher than the pre-test knowledge scores. Difference between pre-test and post-test knowledge scores are shown by distance separating two curves which ranges from 19.45-22.06 indicating the gain in knowledge score after administration of health education programme. All the students achieved higher scores in the post-test.

Grading of pre -test knowledge scores of students:

Sr no	Grade	Range	Pre-test	
			frequency	percentage
1	Good	23-30	15	15%
2	Average	16-20	54	54%
3	Poor	00-15	31	31%

Grading of post -test knowledge scores of students:

Sr no	Grade	Range	Post-test	
			frequency	percentage
1	Good	23-30	66	66 %
2	Average	16-20	23	23%
3	Poor	00-15	11	11%

KNOWLEDGE OF COLLEGE STUDENTS TOWARDS DRUG ABUSE:

Post-test knowledge score range (17-28) was significantly higher than their pre-test knowledge scores range (8-26). The mean post-test knowledge scores (22.6) were higher than their mean pre-test knowledge score (= 19.45).

These findings are consistent with the findings of other studies that were conducted among college students to evaluate the effectiveness of health education programme. They found that health education programme was effective in enhancing the knowledge on safe motherhood among female adolescents.⁴ Another study conducted among 964 school students also showed that the mean post-test knowledge scores were significantly higher than their mean pre-test knowledge scores indicating that awareness programme was effective in enhancing knowledge in three subjects also.⁵

ASSOCIATION BETWEEN KNOWLEDGE AND SELECTED DEMOGRAPHIC VARIABLES:

The present study showed that there is statistically significant association between knowledge scores and selected demographic variables such as Age, Gender, Year of Study, Religion, Type of Family, Monthly pocket money and Reading of News Paper.

Keeping in view the above fact, the **investigators recommend** that,

1. A similar study may be repeated on a larger sample covering the entire student population in colleges of Karnataka as well as others parts of the country.
2. A similar study can be conducted among school students.
3. An experimental study can be undertaken with a control group.
4. A comparative study may be undertaken on professional and non-professional students to compare their knowledge towards drug abuse.

REFERENCE:

1. Anis Ahmed, Sen AK. Prevalence of drug abuse among students of Jamia Milia Islamia: A Survey report. Disability and Impairments 1998; 12 (1): 31-39.
2. World Health Organization. International Substance abuse Day. Nursing Journal of India June 26th 1992; LXXXIII (5): 130.
3. Sharma RR. Knowledge of psychoactive substance use: disorders among college students. Nursing Journal of India 2001; 92(2): 29-30.
4. Elizabeth Baby. Effectiveness of a planned teaching programme on First Aid for students in a selected high school in Belagavi [unpublished]. Belagavi: Rajiv Gandhi University of Health Science; 2001.
- Sandeep, et al. Awareness and use of substance among high school students. Indian Journal of Psychiatry 1998; 40:85.