



**ORIGINAL RESEARCH PAPER**

**Social Science**

**“A Study to Assess the Knowledge and Attitude among College Students towards Substance”**

**KEY WORDS:** Adolescents, Substance Abuse, Knowledge, Attitude.

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**ABSTRACT**

Substance abuse can simply be defined as a pattern of harmful use of any substance for mood-altering purposes. One of the reasons for widespread use of substance is the lack of knowledge, awareness and myths on substance abuse. Objectives: This study aims to assess the knowledge and attitude of College Students towards Substance Abuse. Material and Method: Descriptive survey design is used. The data is collected in the colleges of Mangalore. 2 colleges were selected randomly to meet the sample size of 80. Standardized questionnaire is used. Results: Out of 80 students 35 respondents have poor knowledge about Substance abuse.56.25% of the respondents showed favourable Attitude towards Substance Abuse. The study revealed that the mean attitude for students was 86.59 (range 29 to 145). Hence it reflects a favourable attitude towards Substance Abuse. Conclusion: The study concludes that there is a great need to educate the students regarding effects of psychoactive substance abuse. It also highlights that there is a need to raise students awareness about substance abuse especially at their entrance stage.

**INTRODUCTION**

Substance abuse is a rapidly growing worldwide problem. The problem of substance abuse poses a significant threat to the health, social and economic fabric of families, communities and nations (Parul 2007). Prevalence of substance abuse is high among adolescents as they are keen to experiment the substances to fulfil their curiosity. If adolescents could be made aware about the abuse and its consequences, the prevalence of the substance abuse could be reduced (Billalli 2017).

Substance abuse is associated with a variety of negative consequences including school failure and poor judgment which may put adolescents at risk for accidents, violence, and risk taking behaviour. One of the reasons for widespread use of substance is the lack of knowledge, awareness and myths on substance abuse.

**OBJECTIVES:** 1.To find out the knowledge of the College students regarding substance abuse. 2. To assess their perception with regard to substance abuse. 3. To find out the association between the selected socio-demographic variable and the level of knowledge of substance abuse.

**MATERIAL AND METHODS:**

**Research Approach:** Quantitative Research Approach

**Research Design:** Descriptive survey design was used.

**Sources of Data:** The data was collected in the colleges of Mangalore. 2 colleges were selected randomly to meet the sample size of 80.

**Sample Technique:** Simple Random Sampling technique used to select respondents.

**Description of the Tool:** Standardized Questionnaire is used. The tool used in this study consists of three sections which are as follows.

Section A: Demographic data.

Section B: It consisted of multiple choice questions which is used to assess knowledge on Substance Abuse among college students.

Section C: It consisted Likert 5 point scale which is used to assess Attitude towards Substance Abuse among college students.

Statistical Analysis: Knowledge and Demographic variable analyzed in terms of frequency and Percentage, Mean and SD. Association between Demographic proforma and Knowledge on Psychoactive Substance Abuse is done by using Fishers exact test and chi-square test.

**RESULTS**

**Table: 1 Knowledge on Psychoactive Substance Abuse N=80**

| Level of Knowledge     | Scoring %  | Range of Score | Frequency | Percentage    |
|------------------------|------------|----------------|-----------|---------------|
| Poor Knowledge         | 0% - 23 %  | 1 - 4          | 35        | 43.75         |
| Satisfactory Knowledge | 29% - 47%  | 5 - 8          | 28        | 35.0          |
| Good Knowledge         | 53% - 70%  | 9- 12          | 12        | 15.0          |
| Excellent Knowledge    | 76% - 100% | 13- 17         | 5         | 6.25          |
| <b>Total</b>           |            |                | <b>80</b> | <b>100.00</b> |

**Maximum Score = 17 Minimum Score = 1 Mean Score = 10**

Data in Table 1 depicts the knowledge on Psychoactive Substance Abuse among the students. It shows that 43.75% of students were having poor knowledge, followed by 35% were having satisfactory knowledge. Only 15% and 6.25 were having good and excellent knowledge respectively. These results reflect that majority of the students have poor knowledge on Substance Abuse and its effects.

**Table 2: Attitude towards Psychoactive Substance Abuse N= 80**

| Level of Attitude   | Scoring % | Range of Score | Frequency | Percentage |
|---------------------|-----------|----------------|-----------|------------|
| Negative Attitude   | 20 - 47   | 29 - 67        | 26        | 32.50      |
| Favourable Attitude | 47 - 73   | 68- 106        | 45        | 56.25      |
| Positive Attitude   | 74 - 100  | 107- 145       | 9         | 11.25      |
| <b>Total</b>        |           |                | <b>80</b> | <b>100</b> |

**Maximum Score = 145 Minimum Score = 29**

Table 2 shows that 56.25 % were having favourable attitude and 11.25% of the students were having positive attitude, followed by 32.5% of students were having negative attitude. The result also revealed that negative attitude may lead to myths, which again highlights the need for education

**Table 3: Mean, Standard deviation of Attitude towards Psychoactive Substance Abuse**

|                 | Max Statement | Max Score | Mean  | SD    |
|-----------------|---------------|-----------|-------|-------|
| <b>Attitude</b> | 29            | 145       | 86.59 | 13.00 |

The mean for the attitude regarding substance abuse is 86.59 and SD is 13.00 respectively. From the earlier table it is obvious that 68.7 percentage of students that scored greater than mean and 31.3 percentage of students that scored less than mean score.

**Table 4: Association between Knowledge and selected Demographic variables of college students on substance abuse. N=80**

| Sl no | Demographic variable                         | Level of Knowledge |      |          |      | p value. |
|-------|--|--------------------|------|----------|------|----------|
|       |  | < Median           |      | □ Median |      |          |
|       |  | No                 | %    | No       | %    |          |
| 1     | <b>Father's occupation</b>                   |                    |      |          |      | <0.001*  |
|       | a)Not employed                               | 6                  | 7.5  | 2        | 2.5  |          |
|       | b)Skilled worker                             | 50                 | 62.5 | 50       | 62.5 |          |
|       | c) Unskilled worker                          | 5                  | 6.2  | 19       | 23.7 |          |
|       | d)Professional                               | 19                 | 23.7 | 9        | 11.2 |          |
|       | e)Retired                                    |                    |      |          |      |          |
|       | Total  | 80                 | 100  | 80       | 100  |          |
| 2     | Type of family #                             |                    |      |          |      | <0.001*  |
|       | a) Nuclear                                   | 73                 | 91.2 | 58       | 72.5 |          |
|       | b) Joint                                     | 6                  | 7.5  | 20       | 25.0 |          |
|       | c) Extended                                  | 1                  | 1.5  | 2        | 2.5  |          |
|       | Total  | 80                 | 100  | 80       | 100  |          |
| 3     | Information on substance abuse & its effects |                    |      |          |      | <0.008*  |
|       | a)Yes  | 39                 | 48.7 | 54       | 67.5 |          |
|       | b) No  | 41                 | 51.3 | 26       | 32.5 |          |
|       | Total  | 80                 | 100  | 80       | 100  |          |
| 4     | Read or listened                             |                    |      |          |      | <0.002*  |
|       | a) Magazines / Newspaper                     | 32                 | 40.0 | 23       | 28.7 |          |
|       | b) Television                                | 35                 | 43.7 | 46       | 57.5 |          |
|       | c) Radio                                     |                    | 0    | 6        | 7.5  |          |
|       | d) Others.....                               | 13                 | 16.3 | 5        | 6.2  |          |
|       |  | 80                 | 100  | 80       | 100  |          |
|       | 80   | 100                | 80   | 100      |      |          |

Data Table 4 depicts that Fathers occupation (p=0.001), type of family (p=0.001), information on substance abuse and its effect (p=0.008) and Read or listened to substance abuse advertisements (p=0.002) were having significant association (at 0.05 level) with knowledge.

Discussion and conclusion: Based on the findings of the study, the following conclusion were drawn

1. Over all mean knowledge of the student regarding Substance Abuse was 10.78%
2. Majority of the students have poor knowledge about the Psychoactive Substance Abuse.
3. Regarding attitude, majority of the students have favorable attitude towards Substance Abuse.

This study findings concurs with the findings of another study (Dechenla et al 2010) which reported that Awareness of the harmful effects of substance use is high. A disturbing aspect that has been noticed that despite having knowledge of substance use, adolescents initiate and continue its use. In spite of being aware of the harmful effects of substance use adolescents take up this habit. This requires comprehensive prevention and control programs in colleges. Effective measures are required to encourage shaping the attitude of College students toward self-confidence and adequacy and also to prevent risk behavior among adolescents.

Similar to an earlier study (Om Prakash et,al 2009), most of the students appeared to have adequate knowledge about addictive substance but not in depth. Their attitude and knowledge towards

addiction appeared to have many flaws. The study subjects were unaware of any treatment availability for substance dependence.

This study shows that students have relatively poor knowledge and they have positive attitude towards Substance Abuse. So there is a great need to educate the students regarding effects of Substance Abuse. It also seems that goal directed programs to control and reduce the prevalence of Substance Abuse is required and need to raise student's awareness and increase students information about Substance Abuse disadvantages especially in their entrance level. Thus there is a need to understand students mind and it is necessary to develop the Social Work Training Module at their level to give awareness in order to help the youth and to keep them away from this menace.

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