



ORIGINAL RESEARCH PAPER

Nursing

ASSESSING THE KNOWLEDGE AND ATTITUDE REGARDING THE FACTORS INFLUENCING SUBSTANCE ABUSE AMONG THE ADOLESCENCE

KEY WORDS: Knowledge, attitude, adolescence, factors influencing, substance abuse.

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ABSTRACT

Introduction : Substance abuse refers to the use of psychoactive substance or drugs, including licit and illicit drugs, other than when medically indicated. Substance abuse is the serious and common problem in and around the nation. Hence, inappropriate and inadequate knowledge of factors influencing substance abuse among adolescence will have increased incidences of substance abuse.

Method: A descriptive design was used for this study. The subjects were selected by convenient sampling technique which comprised of 100 adolescence aged from 18-23 in a selected college, Bangalore. Baseline variables, structured knowledge questionnaire and attitude questionnaire were used as a tool to collect the data and the data was analysed using descriptive and inferential statistics.

Result: From the study it was found that majority of the adolescence there was a significant association between adolescence knowledge and attitude of adolescence regarding factors influencing substance abuse. If they have a positive attitude towards those factors influencing substance abuse they have a good knowledge about the factors related to substance abuse among the adolescence. The findings of the study have shown that majority of the adolescence about 23% had adequate knowledge and about 65% had moderate knowledge while only 12% of them had least or inadequate knowledge. About 3% had unfavourable attitude and about 83% had moderate favourable attitude and about 14% had favourable attitude toward the factors influencing substance abuse.

INTRODUCTION

Substance abuse is a growing problem worldwide. Earlier considered to be a problem of street children, working children and trafficked children, it has now become a wide spread phenomenon affecting all segment of society. Substance abuse especially among adolescent has become a concern throughout the world (UNDP, World Drug Report 1999). Adolescent starts on drugs for several reasons, from curiosity, recreation, for pleasure and as a need to cope with stress.

The World Health Organization predicts that tobacco deaths may exceed 1.5 million annually by 2020. WHO estimated a prevalence of tobacco consumption of all forms at 65% and 33%, respectively, among men and women, based on all small scale studies conducted.

In India approximately 5500 children and adolescent start using tobacco products daily, some as young as 10 years old. Particularly alarming is the fact that the age of initiation in substance abuse is progressively falling. People are most likely to begin abusing drugs-including tobacco, alcohol, and illegal and prescription drugs during adolescence and young adulthood. There are many reasons adolescents use these substances, including the desire for new experiences, an attempt to deal with problems or perform better in school, and simple peer pressure. Adolescents are "biologically wired" to seek new experiences and take risks, as well as to carve out their own identity. Trying drugs may fulfill all of these normal developmental drives, but in an unhealthy way that can have very serious long-term consequences.

There is need for assessing the knowledge and attitude of adolescents regarding factors influencing substance abuse, so that managing the substance abuse in its preventive level by minimizing or avoiding the factors leading to abuse.

STATEMENT OF THE PROBLEM

A descriptive study to assess the knowledge and attitude regarding the factors influencing substance abuse among the adolescence in selected colleges, Bangalore.

OBJECTIVES OF THE STUDY

The objectives of the study are:

- a) To assess the knowledge regarding the factors influencing substance abuse among adolescence.

- b) To assess the attitude regarding the factors influencing substance abuse among adolescence.
- c) To determine the association between the knowledge and attitude of adolescence regarding the factors influencing substance abuse with their selected demographic variable.
- d) To prepare and distribute the informational pamphlet regarding substance abuse.

HYPOTHESIS:

H₁: there will be a significant association between knowledge and attitude of adolescence on factors influencing substance abuse with their selected demographic variable.

H₂: there will be a significant association between knowledge of adolescence on factors influencing substance abuse with their attitude towards factors influencing substance abuse.

MATERIALS AND METHODS

A descriptive design was used in the study to assess the knowledge and attitude of adolescence regarding factors influencing substance abuse in a selected college. This present study was conducted in Koshys group of institution, Bangalore. The samples in this study comprised of 100 adolescence aged between 18-23 years from Koshys group of institution, Bangalore. The adolescence was selected for the study by convenient sampling technique. The tool used to collect data consists of;

Tool 1: Baseline variables (age, gender, type of family, style of family, religion, course, use of substance in family and by whom, previous knowledge)

Tool 2: Structured knowledge questionnaire on factors influencing substance abuse.

Tool 3: Attitude questionnaire on factors influencing substance abuse

The tool along with the blueprint on knowledge and attitude regarding factors influencing substance abuse was submitted to 4 experts to establish the content validity. The reliability of the questionnaires was found by test re-test method and Karl Pearson's correlation coefficient formula was found to be 0.88.

A formal written permission was obtained from the Director

Koshys group of institution. Formal written permission was obtained from the ethics committee and the concerned authority prior to the data collection. Prior to the data collection the investigators familiarized themselves with the subject and explained to them the purpose of the study. An informed consent was obtained from the subjects, and structured knowledge and attitude questionnaire was distributed and collected back within 20-30 minutes.

RESULTS

Knowledge and attitude level of adolescence on factors influencing substance abuse

Majority (65%) of the adolescence had moderate level of knowledge ranging from 8-12, 23% of adolescence have adequate knowledge ranging from 13-16, 12% adolescence have inadequate knowledge ranging below 8. Minority(3%) of the adolescence have unfavorable attitude with score ranging below 10 while majority(83%) of adolescence have moderate favorable attitude score ranging from 10-20 and 14% of the adolescence have favorable attitude score ranging from 21-26.

Table 1: Overall mean and standard deviation of knowledge and attitude of adolescence factors influencing abuse

N=100

VARIABLE	RANGE	MEAN	SD
Knowledge	12	10.27	2.70
Attitude	19	16.70	3.69

The table 1 reveals that the overall mean and standard deviation value of the knowledge score of adolescence on factors influencing substance abuse is 10.27±2.94. Range is 12. The overall mean and standard deviation value of the attitude score of adolescence on factors influencing substance abuse is 16.70±3.69. Range is 19.

Association of knowledge and its demographic variables

There was significant association found between the knowledge and its selected demographic variable such as style of family and use of substance in family. Hence the research hypothesis was accepted at 0.05 level of significance.

Association of attitude and its demographic variables

There was significant association found between the attitude and its selected demographic variable such as type of family and religion. Hence the research hypothesis was accepted at 0.05 level of significance.

Table 2: Association between knowledge and attitude

Variables	df	χ ²	p value(0.05)
KNOWLWDGE AND ATTITUDE	1	17.608	3.84 association

NS; P<0.05(Not significant)

It depicted that there was significant association found between the knowledge and attitude. Hence the research hypothesis was accepted at 0.05 level of significance.

DISCUSSION

- The majority of the subjects have moderate level of knowledge regarding factors affecting substance abuse and they have positive attitude towards the factors affecting the substance abuse.
- There was significant association found between the knowledge and attitude and its selected demographic variable such as style of family (divorced, orphan, single parent, living with guardian and own family), use of substance in family, type of family (nuclear or joint) and religion. There was significant association found between the knowledge scores with attitude. These findings indicate that these factors can influence the knowledge

and attitude of adolescence to increase their knowledge and towards increasing their positive attitude.

IMPLICATION

The finding of the study had the following implications on

a) Nursing education

Health care delivery system at present is giving more importance to prevention of substance abuse rather than the curative aspect. It is the responsibility of the each health worker to take care and educate every individual and community on substance abuse and its prevention and make people more aware about the incidences and consequences of substance abuse. So, that the adolescence knows the effects of substance abuse and refrain themselves from such habits. Also, health care workers can organize programs in the school to create awareness about substance abuse and educate them to deal with the situation.

b)Nursing practice

The concept of preventing substance abuse can be practiced in the hospitals by the health professionals due to increased incidence of substance abuse and growth of many diseases related to substance abuse. The nurses should have adequate knowledge regarding substance abuse, so that, she can identify signs and symptoms of substance abuse, also, she can create awareness among adolescence in the clinical set up.

c)Nursing research

The emphasis in research should be focused on preventing substance abuse. The present study is only on the assessment of knowledge level and attitude of adolescence regarding factors influencing substance among the adolescences. There is a need for extended research in the areas of role and responsibilities of parents, teacher and counsellors regarding substance abuse in adolescence.

CONCLUSION

Adolescents are more prone to become addicted to any substance. So by assessing the adolescents knowledge and attitude regarding factors influencing substance abuse, it will help to find the area which leads to substance abuse hence proving needed counseling and education among the adolescence and their family, ultimately to avoid health problems and addiction in future life.

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