

# Knowledge Regarding Substance Abuse among Higher Secondary School Students

Dinesh Kumar<sup>1</sup>, Harimati Huidrom<sup>2</sup>

<sup>1</sup>Associate Professor, School of Nursing Science & Research, Sharda University, Greater Noida, UP.

<sup>2</sup>Staff Nurse, ESIC Hospital, Basaidarapur, New Delhi.

Corresponding Author: Dinesh Kumar

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## ABSTRACT

Adolescent drug abuse is one of the major areas of concern in adolescent and young people's behavior. Substance abuse is found in all age groups. But its prevalence is higher among adolescence and young adults, a large majority of who are students. They most widely use tobacco, alcohol and marijuana. The teens who abuse drugs and alcohol are at higher risk of physical and mental health problem. By seeing above factors the investigator strongly felt that education by structured teaching to higher secondary school students will bring awareness and help in reducing economical and psychological problems among adolescents and hence decreases economic burden on patient and country. By this study investigator will give planned teaching programme to prevent complications, and health teaching to the adolescents. It was educative and evaluative approach with quasi experimental (one group pre test, post test design). The study was conducted at higher secondary school at Hassan District, Karnataka. The target population was 60 selected by simple random sampling technique (lottery method). The method of data collection includes 30 structured knowledge Questionnaire. The findings are Pre-test knowledge score was 35.1% with mean knowledge level 10.53+/- 1.32 and Post-test knowledge score was 80.8% with mean knowledge level 24.23+/- 1.8. The hypothesis has accepted with the calculated paired t-test that was significant at the level of (P=0.001). According to the findings of the study statistically significant association was present between the level of knowledge gain and age, place of residence and type of family at the P<0.001.

**Key Words:** Knowledge, secondary school students, structured teaching programme, substance abuse.

## INTRODUCTION

Substance Abuse is a complex problem having medical and social ramifications which impacts all social strata. It affects not only the user and their families but all sections of the society. [1]

Adolescents are poly substance abuser. They termed alcohol as "gateway" drugs because they often "open the gates" to further heavier drug use for teens. To the young persons, choice of drug is often related to "drug fashion." [2]

According to a UN report, One million heroin addicts are registered in India, and unofficially. [2]

Substance abuse touches millions of people worldwide each year. It is estimated that about 76.3 million people struggle with alcohol use disorders contributing to 1.8 million deaths per year. [4]

The use of drugs, including alcohol began as a part of tribal ritual. As people became aware of the tension reducing and relaxation properties of these substances their use for this purpose increased. [5]

**Problem Statement:**

“A Quasi Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Substance Abuse among Higher Secondary School Students in Selected Schools at Hassan, Karnataka..”

**Objectives of the Study:**

1. To assess the level of knowledge regarding substance abuse before structured teaching programme among higher secondary school students.
2. To assess the level of knowledge regarding substance abuse after structured teaching programme among higher secondary school students
3. To compare the level of knowledge regarding substance abuse between pretest and post test knowledge score among higher secondary school students
4. To associate the knowledge score with the selected demographic variables among higher secondary school students.

**Research Hypothesis:**

**H<sub>1</sub>** - There will be significant difference between pretest knowledge score and post test knowledge score regarding Substance abuse among higher secondary school students.

**H<sub>2</sub>** - There will be significant association between post-test knowledge with the selected demographic variables.

**RESEARCH METHODOLOGY**

**Research Approach:** Evaluative approach

**Research Design:** Quasi experimental (one group pre test, post test design)

**Population:** The study population comprised all students of Class XI and XII in the selected school of Hassan

**Sample:** The study samples were the students who participate in the study from Class XI and XII both from Science and Arts stream.

**Sample Technique:** The sample is drawn by simple random sampling technique i.e. through lottery for the study.

**Sample Size:** Keeping in view, the nature of problem and objectives of the study, a sample size of 60 was selected from Class XI and XII both from Science and Arts stream.

**Description of the Tool:**

The tool consist of two sections

**Section A:** It consists of socio-demographic profile of the students such as age, sex, religion, type of family, area(residence), previous information acquired regarding substance abuse, exposure to substance abuse, family income per month, monthly pocket money and occupation of the parents.

**Section B:** It consists of 30 knowledge questionnaires consisting of 30 items which are divided into five parts A, B, C, D and E.

**RESULTS**

**Objective 1: To assess the level of knowledge regarding substance abuse before among higher secondary school students.**

Table no. 1 shows, higher secondary school students overall knowledge in each aspects of substance abuse before the administration of Structured Teaching Programme. They are having only 35.1 percent of knowledge before the administration of STP.

Table 1: Pre Test Overall Knowledge Score on Substance Abuse

	No. of questions	Mean ± SD	% of knowledge
Overall pretest knowledge	30	10.53 ± 1.32	35.1%

**Objective 2: To assess the level of knowledge regarding substance abuse after STP among higher secondary school students.**

Table no. 2 shows, higher secondary school student’s percentage of knowledge in

each aspects of substance abuse after the administration of Structured Teaching Programme. They are having 80.8 percent of knowledge after the administration of STP

**Table 2: Post Test Overall Knowledge Score on Substance Abuse**

	No. of questions	Mean ± SD	% of knowledge
Overall posttest knowledge	30	24.23 ± 1.89	80.8%

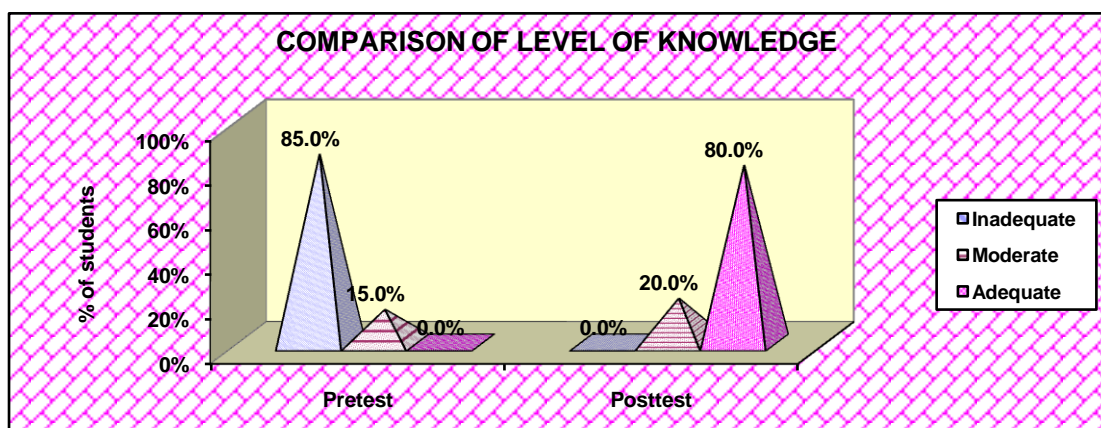
**Objective 3: To compare the level of knowledge regarding substance abuse between pretest and post test knowledge score among higher secondary school students**

Table no. 3 shows the comparison of overall knowledge score on substance abuse

before and after the administration of structured Teaching Programme. On an average student improved their knowledge from 10.53 to 24.23 after Structured Teaching Programme.

**Table 3: Comparison of Overall Knowledge Score before and After Structured Teaching Programme**

	No. of students	Pretest Mean±SD	Posttest Mean±SD	Student paired t-test
Overall Knowledge Score	60	10.53± 1.32	24.23 ± 1.89	t=49.92 P=0.001 significant



**Fig 1:** Multiple pyramidal diagram showing comparison of level of knowledge before and after the administration of structured Teaching Programme. 85% of the students are having inadequate knowledge before administration of structured Teaching Programme, after the administration of Structured Teaching Programme none of them are having inadequate knowledge.

**Objective 4: To associate the knowledge score with the selected demographic variables among higher secondary school students.**

The study revealed statistically significant association was present between the level of knowledge gain and age, place of residence and type of family at the P<0.001.

The association between socio demographic variables and pre-test knowledge score is observed as Age  $\chi^2=4.08$  (p=0.12), sex  $\chi^2=1.70$  (P=0.19), religion  $\chi^2=1.13$  (P=0.57), type of family  $\chi^2=2.54$  (P=0.11), residence  $\chi^2=1.46$  (P=0.48), previous information  $\chi^2=3.22$  (P=0.35), exposure to substance  $\chi^2=0.04$  (P=0.83), family income  $\chi^2=4.78$  (P=0.09), monthly pocket money  $\chi^2=0.76$  (P=0.85), occupation of parents  $\chi^2=1.26$  (P=0.73).

The association between socio-demographic variables and the posttest level of knowledge on substance abuse i.e., age  $\chi^2=7.0$  (p=0.03), type of family  $\chi^2=5.42$  (P=0.01), residence  $\chi^2=5.97$  (P=0.05) are significantly associated with their posttest level of knowledge and it was calculated using Pearson chi square test/ Yates corrected chi square test.

**CONCLUSIONS**

- It was conclude that the overall knowledge score before STP was 35.1% and after STP was 80.
- Implementation of STP was effective to improve the knowledge regarding substance abuse among higher secondary school students.
- The findings of the study statistically significant association was present between the level of knowledge gain

and age, place of residence and type of family at the  $P < 0.001$ .

### RECOMMENDATIONS

1. A similar study with a larger sample size can be conducted on effectiveness of the structured teaching programme on knowledge regarding Substance abuse among higher secondary students.
2. A randomized control trial study can be conducted to assess the effectiveness of the structured teaching programme on knowledge regarding Substance abuse among higher secondary students.
3. A similar study can be conducted among others age group.
4. Comparative study between male and female students can be done.
5. A descriptive study can be conducted to assess the knowledge and attitude of the higher secondary students.

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### BIOGRAPHIES



**Mr. Dinesh Kumar**, Associate Professor, SNSR, Sharda University, Greater Noida, Uttar Pradesh India received Master degree in Psychiatric Nursing from RGUHS, Bangaluru, Karnataka, India and currently pursuing Ph.D. from Maharaj Global Vinayak University, Jaipur, Rajasthan, India



**Mrs. Harimati Huidrom**, Staff Nurse (Operation Theater), ESIC Hospital, New Delhi, India received Master degree in Obstetric & Gynaecological Nursing from RGUHS, Bangaluru, Karnataka, India

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