

Knowledge and Attitude on Ill Effects of Substance Abuse Among Adolescent Boys

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Abstract

The cases of drug trafficking and the children involved in the crimes hiked in the past few years. Considering this fact a descriptive study was undertaken by the investigator to assess the knowledge and attitude regarding ill effects of substance abuse among adolescent boys. The other objectives of the study were knowledge and attitude of adolescent boys, to correlate knowledge with attitude, to associate knowledge and attitude with selected demographic variables of adolescent boys and to develop a self instructional booklet regarding ill effects of substance abuse. Multi stage random sampling was done to select 100 samples. Data collection was done through structured knowledge questionnaire to assess knowledge regarding ill effects of substance abuse and attitude was assessed using five point Likert scale. Following the collection of data the investigator distributed self instructional booklet regarding ill effects of substance abuse. Regarding the results, about 89% of adolescent boys possessed moderate knowledge, 11% of adolescent boys had inadequate knowledge and none of them possessed adequate knowledge regarding ill effects of substance abuse. Considering the attitude, about 83% of adolescent boys had moderately favourable attitude, and 13% had favourable attitude and only 4% had unfavourable attitude towards ill effects of substance abuse. With regard to correlation there was a negative correlation between knowledge and attitude regarding ill effects of substance abuse. Considering the association there was no significant association between knowledge as well as attitude with selected demographic variables.

Keywords: Knowledge; Attitude; Substance Abuse; Adolescent Boys.

Introduction

Background of the Study

Adolescence is the term which constitutes complexity of meanings and unexplained pathways through which each individual travels in a unique way. The word is derived from the Latin word "adolescere" meaning to grow, to mature [1]. Substance abuse refers to use of drugs, alcohol and

any other mind altering agents to such an extent that it interferes with the person's biological, sociological and psychological integrity [2]. Recent surveys by the national organizations related to drug abuse and alcoholism shows, the average age of first drug use is 13 while the first alcohol use is 13. Over 50% of the high school children have tried drugs. Over 33% have tried marijuana. Nearly 33% of all high school children claim that most of their friends get drunk at least once a week [3].

Objectives

1. To assess the level of knowledge and attitude of adolescent boys on ill effects of substance abuse.
2. To correlate the knowledge and attitude of adolescent boys on ill effects of substance abuse.
3. To associate the level of knowledge and attitude of adolescent boys on ill effects of substance abuse with selected demographic variables.

Methods and Materials

For the present study, the investigator adopted and descriptive approach for the study to assess the knowledge and attitude on ill effects of substance abuse among adolescent boys through a Quantitative Research Approach. The setting used in this study was Government Higher Secondary School Anchery, Thrissur. Moreover, multistage random sampling technique was used to select 100 samples. The tool used in the study consisted of Section A– Demographic Profile of adolescent boys, Section B – Structured knowledge questionnaire on ill effects of substance abuse, Section C – Five point Likert scale to assess the attitude on ill effects of substance abuse, Section D – Self instructional module on ill effects of substance abuse. During the first phase of data collection the investigator obtained permission from the Headmaster of Government Higher Secondary School, Anchery to conduct the main study. Over a period of one week good rapport was maintained with the students. In the next phase data was collected using self structured knowledge questionnaire and Five point Likert scale. In the third phase self instructional module was distributed to all the students including the samples.

Results

Section A : Description on Demographic Profile of Adolescent Boys

- Regarding the majority of samples 26(26%) were in the age group of 12 and 13 years respectively, 25(25%) came under 11 years, 23(23%) fall under 14 years.
- Regarding religion of the adolescent boys most of the samples were Hindu 65(65%), 35(35%) were Christian.
- The above table 2 depicts the educational status of the adolescent boys which revealed that 39(39%) belonged to 8th standard, 34(34%) were

in 7th grade, 19(19%) were in 6th standard and only 11(11%) belonged to 9th grade.

- With respect to the area of residence of adolescent boys majority of the samples 71(71%) were staying in the rural area while only 29(29%) were residing in urban area.
- Considering with the type of stay in which majority of the samples were day scholars, 4(4%) were hostlers and 2 (2%) were paying guest.
- With regard to type of family 77(77%) were from nuclear family and 23(23%) from joint family.
- With respect to family income 79(79%) earns below ₹ 5000 whereas 17(17%) earns ₹ 5001 – ₹ 10000, 2(2%) earns ₹ 10001 – ₹ 15000 and 2(2%) earns > ₹ 20000.
- With regard to family history of substance abuse, 58 (58%) had the family history whereas 42(42%) does not had any history.
- Regarding to the personal use of substance, 98 (98%) did not used any substance while 2(2%) used the substances.

Section B: Findings of the Study on the Level of Knowledge of Adolescent Boys on Ill Effects of Substance Abuse It reveals about the level of knowledge of adolescent boys regarding the ill effects of substance abuse and it showed that 89(89%) of adolescents boys had moderate knowledge related to ill effects of substance abuse whereas 11(11%) had inadequate knowledge and surprisingly no one had adequate knowledge regarding the ill effects of substance abuse.

Section C: Findings of the Study on Mean Percentage Distribution of Dimensions of Structured Knowledge Questionnaire Regarding Ill Effects of Substance Abuse It shows that adolescent boys had highest mean % in ill effects of tobacco (50%), where as lowest mean % (37.5%) in ill effects of drug abuse. Related with knowledge on ill effects of alcohol was 40.33%, whereas mean percentage on preventive aspects of substance abuse was 38.89% and 38.4% in general aspects of substance abuse.

Section D : Findings of the Study on The Level of Knowledge of Adolescent Boys on Categorization of Structured Knowledge Questionnaire Regarding Ill Effects of Substance Abuse It reveals that, regarding general aspects of ill effects of substance 61% of adolescent boys possessed inadequate knowledge, 39% of adolescents had moderate knowledge and none of the adolescent boys possessed adequate knowledge regarding general aspects of ill effects of substance abuse. Moreover, with respect to knowledge on ill effects 15% of adolescent boys

possessed inadequate knowledge and 75% possessed moderate knowledge whereas 15% had adequate knowledge.

Besides, the knowledge on ill effects of drug abuse 72% of adolescent boys had inadequate knowledge on ill effects of drug abuse whereas 25% had moderate knowledge and only 3% had adequate knowledge regarding ill effects of drug abuse. On the other hand, in the account of ill effects of alcohol 34% had inadequate knowledge and 58% had moderate knowledge whereas only 8% had adequate knowledge regarding ill effects of alcohol. Furthermore, with regard to preventive aspects of ill effects of substance abuse 62% had inadequate knowledge and 37% had moderate knowledge whereas only 1% possessed adequate knowledge on preventive aspects of substance abuse.

Section E: Findings of the Study on Attitude of Adolescent Boys Regarding ill Effects of Substance Abuse This section shows the level of attitude of adolescent boys regarding ill effects of substance abuse and it reported that 83 (83%) of adolescent boys possessed moderately favorable attitude towards ill effects of substance abuse and 13 (13%) had favorable attitude and only 4 (4%) had unfavorable attitude towards ill effects of substance abuse.

Section F: Findings of the Study on Correlation between Level of Knowledge and Attitude of Adolescent Boys on ill Effects of Substance Abuse This section reported that there is no correlation between level of knowledge with attitude of adolescent regarding the ill effects of substance abuse as the r value is -0.081 which is not significant at 0.421 .

Section G: Findings of the Study on Association between Level of Knowledge and Selected Demographic Variables of Adolescent Boys on Ill Effects of Substance Abuse This section posts that there is no significant association between the level of knowledge of adolescent boys regarding ill effects of substance abuse with selected demographic variables.

Section H: Findings of the Study on Association between Attitude and Selected Demographic Variables of Adolescent Boys on ill Effects of Substance Abuse This section depicts that there is no significant association between attitude of adolescent boys on ill effects of substance abuse with selected demographic variables.

Discussion

Dissemination of the findings of evidence based practice through conference, seminars, publications

in national nursing journals and world-wide web will benefit a wider community.

The investigator through the present study found that adolescent boys had only moderate level of knowledge regarding ill effects of substance abuse. Hence provision of instructional materials would be a simple and effective nursing intervention for the enhancing the knowledge of the adolescent boys.

Nursing Implication

- Nurses can work along with other social groups such as alcoholic anonymous and child line workers in identifying and rehabilitating the sufferers.
- The nurse educators can arrange classes for the school teachers in order to identify the signs and symptoms of a child who is abusing substances which helps in early identification of the cases.
- The health administrator at national, state, district, institutional and local level should focus its attention on making public conscious on substance abuse to reduce the prevalence rate.
- More studies in the local/regional level will help to identify the problems as well as providing information about the magnitude and impact of substance abuse among adolescent boys.

Limitations

- The tool of study used for assessing the level of knowledge and attitude of adolescent boys was structured, thus free response was restricted.

Recommendations

- An exploratory study can be done to identify the cause of the substance abuse among adolescent boys.
- A comparative study can be done among the rural and urban adolescent boys on ill effects of substance abuse.
- Follow up study can be done to assess the effectiveness of SIM on ill effects of substance abuse can be carried out by adopting different experimental designs.

Conclusion

Substance abuse is a social problem that hinders the development of an individual, family and country. Presently the study can be concluded that

most of the samples had moderately adequate knowledge on ill effects of substance abuse which stress the need for improving their level of knowledge on ill effects of substance abuse. From a health care professionals view point, emphasizing on health teaching and provision of instructional material elated to ill effects of substance abuse. The investigator identifies the provision of SIM on ill effects of substance abuse will be an efficient tool and an asset for their future life. There by, can learn themselves and other peers which help to build a healthy youth.

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