

Study of Incidence of Psychotropic Drug Abuse among the UG & PG Medical Students in Padmashree Dr Vithalrao Vikhe Patil Foundation's Medical College, Ahmednagar, Maharashtra

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Abstract

During the past few years, dramatic changes have occurred in the pattern of drug abuse and crime pattern. Significant increase is noticed in the number of drug abusers and emergence of money and muscle power centres who are the member of dominant and governing class these groups or centres acts as drug providers. All Medical students of PDVVPF's Medical Collge Ahmednagar. All participants will be educated about study undertaken and importance of reply given by them . Acceptance of participation in the study will be taken as consent. All medical students of either sex will be included. Available research indicates that, traditionally, the actual rate of drug use in medical school has been similar, if not lower, than that of an equivalent non-medical school population for many drugs.

Keywords: Medical Students.; Substance Abuse; Medical Institutions; High Risk Population.

Introduction

Drug dependence and drug abuse are not synonymous to be considered as a disease and may be considered as a variant of social behaviour norms. It represents two different facets of the same drug abuse [1]. After a long time, it results in physical harm due to organic involvement, behavioural , psycho-social and financial problem. Friendship with like minded drug dependents or drug abuser is the main hurdle in rehabilitation in post detoxification period encountered by the family. The psychiatric pressure and the peer pressure from the past friends leads to relapse in drug abuse. During the past few years, dramatic changes have occurred in the pattern of drug abuse and crime pattern. Significant increase is noticed in the number of drug abusers and emergence of money and muscle power centres who are the member of dominant and governing class these groups or centres acts as drug providers [2]. All the

abusers turn to some form of petty crimes like burglary, extortion ,bullying so as to meet the finances required to procured of substance for abuse [3]. Juvenile drug abuse and delinquency in metro cities is common but small cities and villages have been afflicted with it [4]. Thus, it is clear that, medical students be sufficiently counselled about the drug abuse and its consequences for self protection and the society. Preventive counselling, early detection and treatment with rehabilitation within the studentship of medical students would go in long way in prevention of rising trend of drug abuse and juvenile delinquency [5]. Medical students are more likely to come in contact, knowledge and use of drugs to have desired effect. They are conversant with its effect, potency and cost thus they are more likely to abuse a number of substance / drugs for desired effect.

Materials & Methods

Cross sectional study will be carried out among medical students of PDVVPF's Medical College Ahmednagar, Maharashtra. All participants chosen will be from Second MBBS onwards having attained the majority from both sexes. They will be assured of confidentiality of the information given to the questions given in the questionnaire.

Drug abuse means taking drug without any

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medical reasons as self medication to get the desired effect(s).

Study Design

Cross sectional study.

Hypothesis

Being a descriptive study hypothesis is Not required.

Feasibility Criteria

No feasibility criteria is required.

Inclusion Criteria

All Medical students of PDVVPF's Medical Collge Ahmednagar.

All participants will be educated about study undertaken and importance of reply given by them . Acceptance of participation in the study will be taken as consent. All medical students of either sex will be included.

Exclusion Criteria

Those who don't like to participate or having participated and not answered the question(s) will be rejected. Those who are taking psychiatric treatment including any medication will be excluded as well.

Ethical and Legal Consideration

Sufficient permissions and consent were procured from Principal, Hospital and clearance from the Institutional Ethical Committee was obtained in advance

Observation

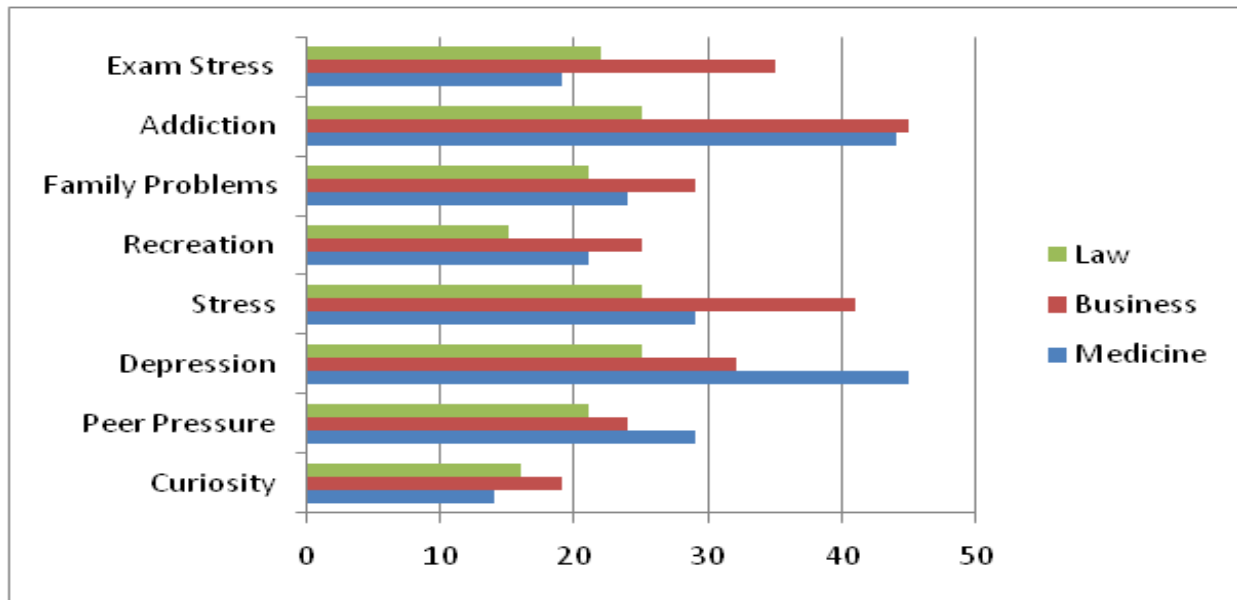


Fig. 1:

Results:- Among boys (N=500).

Substance	Never used	Just to experiment	Occasional use	Light Use	Moderate Use	Heavy use
Cigarette.	180	170	35	35	40	40
Smokeless Tobacco.	370	50	20	15	25	20
Alcohol.	15	120	70	25	20	250
Diazepam.	380	40	47	20	3	10
Crocin.	410	40	15	10	10	15
Morphine.	460	10	20	8	2	0

Results:- Among Girls (N=200).

Substance	Never used	Just to experiment	Occasional use	Light Use	Moderate Use	Heavy use
Cigarette	124	16	10	25	15	10
Smokeless Tobacco.	142	18	20	5	10	5
Alcohol.	41	21	60	30	20	28
Diazepam.	165	10	15	5	5	0
Crocin.	153	17	10	3	7	10
Morphine.	170	3	17	10	0	0

Fig. 2:

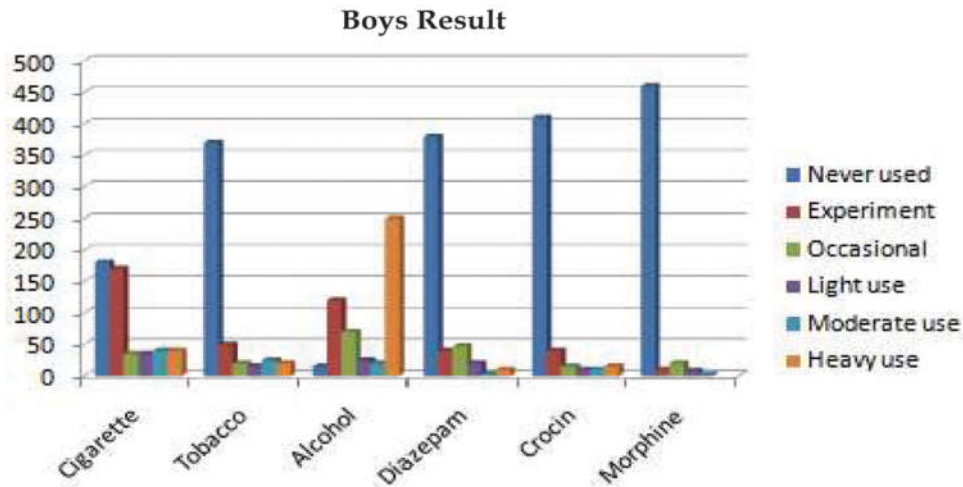


Fig. 3:

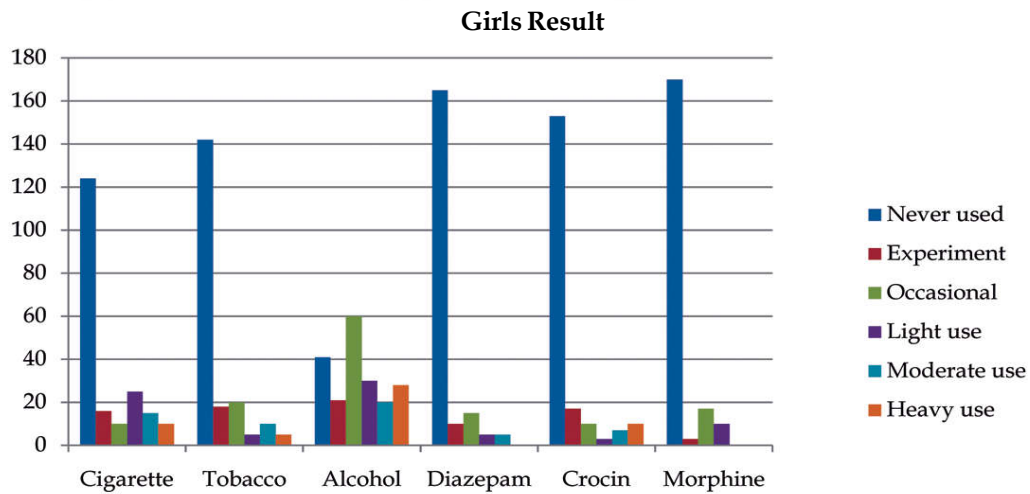
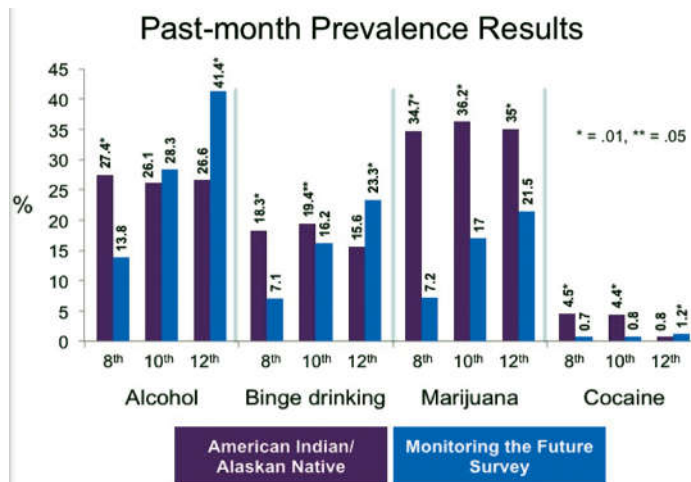


Fig. 4:



Discussion

1. The frequency of substance abuse found in the present study among the medical students was relatively high in some case and low in some case compared to other similar study.
2. Use of alcohol at least once in lifetime was found to be 14 percent in boys and 10.5 percent in girls, total 24.5 percent in the present study as compared to 89 percent (Webb et al 1966), [16] 57.8 percent (Ponnudurai et al, 1984), [2] and 58.4 percent (Singh, 1979) [3] in other similar studies.
3. Even the frequency of daily cigarette smoking was found to be only 30 percent in present study as opposed to 30 percent (Melani et al, 2000), [11] 11 percent (Hussain et al, 1955) [7] and 30.8 percent (Tandon et al, 1990) [12] in other studies. Result was somewhat similar compare to other studies
4. In the other study Daughton et al. Showed that 84% medical students reported history of alcohol use [20].
5. Khan N studies on substance use among medical school in zimbabwe showed that alcohol was the commonest (34.9%) substance in this area [21].
6. It was also interesting to note that students from extended joint families and students having history of substance abuse in siblings were at higher risk of using these substances.
7. It was disturbing to note that nearly half of students 43.7% ,did not perceive any ill effects of substance abuse, many continued their substance abuse though they did not enjoy it, none of them had ever sought a medical or psychiatric help for their substance abuse and most of them failed in their attempts to quit and

attributed it to lack of will power .

8. Available research indicates that, traditionally, the actual rate of drug use in medical school has been similar, if not lower, than that of an equivalent non-medical school population for many drugs [13].
9. However, medical students have still been reported to use alcohol, marijuana, psychedelics, tranquilizers, and opioids. Current study reveal that Unprescribed use of drug like diazepam, crocin is taken by 41.71% whereas A recent survey at one medical school showed that 10% of medical students had a history of unprescribed use of prescription stimulants [14].
10. A medical student's drug use Behaviour typically begins prior to initiating their medical education during high school and college [13].
11. Current Study reveal that diazepam is taken among 22 percent of students whereas previous study shows Abuse of tranquilizers (e.g., benzodiazepines) is an exception in that its use more frequently begins during medical school [13,15].
12. Current Study and Previous researches have shown that significantly higher proportion of substance abuse was associated with pre disposing factors like joint family, parental abuse status, working status, and illiteracy/ school dropout, migration, loosening of traditional methods of social control [17,18].
13. Current Study reveal that there are 55% drug abuser belong to business class families and 20% from farming background whereas Previous studies revealed that highest percentage of drug abusers (61.3%) are coming from business-class families and the least from the families where father is involved in farming(34%) [19].

Conclusion

Reason for substance abuse in medicos. (N=700)

REASONS:-	No of students : (in %)
Curiosity.	70.4%
Celebrate occasions.	60.8%
Show off.	12.7%
Broken affair.	5%
To kill time.	15.6%
Peer pressure.	9.5%
For sleep.	5%
For headache due to tension.	2%

Ill effects of substance use by Medicos

Perceived ill effects of the substance.	No of students : (in %)
1. No ill effects.	43.7%
2. Problems in physical health.	30.3%
3. Problems in academic performance.	10%
4. Problems in mental health.	8.5%
5. Problems in social relationships.	5%
6. Problems in family relationships.	2.5%

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Conflict of Interest

No conflict of interest involved so ever.

Source of Finding

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