

A Study to Determine the Knowledge and Attitude Regarding the Ill-Effects of Substance Abuse among ITI Students of Selected ITI Colleges in Dharwad, Karnataka

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Abstract

Background of the study: Substance abuse is a growing problem in India, in 1956 by the World Health Organization and the American Psychiatric Association, substance abuse is "the illicit consumption of any naturally occurring or pharmaceutical substance for the purpose of changing the way in which a person feels, thinks or behaves, without understanding or taking into consideration the damaging physical and mental side-effects that are caused. *Objective:* To assess the knowledge and attitude. To determine the correlation and association between knowledge and attitude of ITI students regarding the ill-effects of substance abuse with selected socio-demographic variables. *Design:* A descriptive design was used for the study. *Results:* The knowledge mean score of ITI students was 9.26 with Standard deviation of ± 1.91 median of 10. The attitude mean score of ITI Students was 18.13 with Standard deviation of ± 1.58 median of 18. Study subjects according to the level of Knowledge among ITI students majority 48 (80%) had moderate knowledge and inadequate knowledge 7 (11.66%). Adequate knowledge only 5 (8.33%) of ITI students the level of attitude among ITI students majority 32 (53.33%) had positive attitude and 15 (25%) Favorable attitude only 13 (21.66%) of ITI students had Negative attitude. $r = 0.48$ ($0 > r > +1$), hence there was moderately positive correlation between knowledge and attitude. Since there was positive correlation research hypotheses is accepted. Chi-square value is significant between knowledge regarding ill-effects of substance abuse. With personal variables like association among the like educational level of students, type of family value is significant between Level of attitude regarding ill-effects of substance abuse with personal variables like age, type of family, percentage of SSLC and rest all were not significant at 0.05 level. *Conclusion:* Majority of ITI Students had moderate knowledge regarding ill-effects of substance. Most of the ITI Students had positive attitude towards ill effects of substance.

Keywords: Knowledge; Attitude; Substance abuse; ITI students.

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Introduction

"Substance abuse is the enemy of ambition and hope, and when we fight against it, we are fighting for the future."

Substance abuse is a patterned use of a substance in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Substance use and abuse is as old as mankind itself. Human beings always had a desire to eat or drink substances that make them feel relaxed, stimulated or euphoric.¹ Substance abuse has a number of negative effects

on a family, which include taking the family apart, loss of employment, failure in school, increasing domestic violence, child abuse, and other crimes. It is a complex disorder that often has other significant physical, emotional and mental effects in the abuser and his family members.² Ministry of Social Justice and Empowerment and the United Nations Office on Drugs and Crime published in 2004 one of the most comprehensive baseline studies, "The Extent, Pattern and Trends of Drug Abuse in India: National Survey". According to the report, apart from alcohol (62.46 million users), cannabis (8.75 million users), opiates such as heroin, opium, buprenorphine and propoxyphene (2.04 million users), and sedatives (0.29 million users) are the drugs most abused. Between 17 percent and 20 percent of current drug users were classified as dependent users. The users were mostly male; the Rapid Assessment Survey found only 8 percent of drug users to be women. By and large, young, underemployed males and marginalized populations were prone to substance abuse. Substance abuse causes a range of health complications – from weakness, loss of body weight and respiratory disorders. One of the most important effects of substance abuse is impaired judgment and a lack of rational thinking. Addicts develop psychological problems such as depression, anxiety and irritability, apart from personality problems.³

Objectives

- To assess the knowledge regarding ill-effects of substance abuse among ITI students.
- To assess the attitude regarding ill-effects of substance abuse among ITI students.
- To determine the correlation between knowledge and attitude of ITI students regarding the ill-effects of substance abuse.
- To find the association between knowledge and attitude of ITI students regarding the ill-effects of substance abuse with selected socio demographic variables.

Hypotheses

- H₁:** There will be statistically significant association between knowledge and attitude regarding ill-effects of substance abuse among ITI students with selected socio demographic variables.
- H₂:** There will be statistically significant correlation between knowledge and attitude regarding the ill-effects of substance abuse among ITI students with selected socio-demographic variables.

Assumptions

- Most of the ITI students may have inadequate knowledge regarding ill-effects of substance abuse.
- ITI students may have negative attitude regarding ill-effects of substance abuse.
- Certain demographic variables may influence on knowledge and attitude on ill-effects of substance abuse.

Limitations: Study was limited to

- Selected ITI colleges in Dharwad, Karnataka.
- Study duration was limited for 2 weeks.
- Study was limited to those who were available at the time of data collection.
- Students who were willing to participate in the study.

Materials and Methods

Research approach: Quantitative approach was used for this study.

Research design: The research design used in this study was descriptive design.

Settings of the study: The study was conducted in selected ITI colleges in Dharwad.

Population: The population consists of ITI students from selected ITI college in Dharwad.

Sample size: Total number of samples size is 60.

Sampling techniques: Convenient sampling technique.

Source of Data: The data were collected from ITI students.

Method of data collection: Administered structured knowledge questionnaire and semi-structured attitude scale were used for data collection.

Plan for data analysis: Descriptive and inferential statistics

Sampling criteria:

Inclusion criteria

- ITI students who were willing to participate.
- ITI students who were available during the study.

Exclusion criteria

- ITI students who were sick at the time of data collection.

Variables:

Study variables: Knowledge and attitude

Demographic variable: Age, sex, education status, economical status, area of residence, etc.

Instruments Intended to be Used:

- Structured knowledge questionnaire to assess the knowledge
- Attitude scale to assess the attitude

Development of the Tool:

The tool was developed by the investigator based on

- Research problem
- Extensive review of related literature
- Discussion and suggestions from the guide and experts
- Based on the level of understanding of the students
- Preparation of blue prints

Ethical Considerations:

- Permission was obtained from the institutional ethical committee to carry out the study.
- The subjects were explained about the purpose and nature of the study.
- Written informed consent was obtained from the subjects before proceeding the study.

Description of the Tools:

The tool designed for the study consists of

Part A: Socio-demographic data.

Part B: Structured questionnaire to assess the knowledge regarding ill-effects of substance abuse.

Part C: Three points rating scale to assess the attitude regarding ill-effects of substance abuse.

Content Validity of Tool:

In order to obtain the content validity of the tool, prepared item along with the problem statement,

objectives, operational definition and scoring pattern were submitted to experts from the field of psychiatric, psychologist and Nursing departments experts there was 100% agreement by all experts on all the items. Content validated by some experts such as Doctors, Nursing educators, psychologist and social workers there was 100% agreement by all experts.

Reliability of the Tool:

The structured knowledge and attitude questionnaire was used and reliability of the tool was checked by the test-retest method, the reliability of the knowledge tool was found to be 0.80. The attitude tool was found to be adequately reliable with a 0.98 among ITI students regarding ill-effects of substance abuse. The reliability of the tool was computed by using Karl Pearson Correlation technique.

Data Collection Process:

Written permission was obtained from Ethical Clearance Committee who were informed about the nature and importance of the study. The exact time and date planned with Principal of SDM Institute of Nursing Sciences and was communicated to the students. Prior to data collection, the investigator familiarized themselves with the subjects and explained the purpose of the study to them. The participants were requested for full cooperation and were assured for confidentiality of their responses.

Results

Data was analyzed by using descriptive and inferential statistics. The analysis of the data organized under the following sections:

Section 1: Descriptive of the baseline variables. Frequency and percentage distribution of the socio-demographical variables such as age, religion, educational level of the students, place of the residence, type of family, present place of students residence, parental education and occupation, total income of family per month, anybody in your family uses substance abuse, source of knowledge about substance abuse, have anyone in your family attended tobacco control program.

Section II: The mean, median, standard deviation of ITI students about knowledge and attitude regarding ill-effects of substance abuse.

Table 1: The mean, median, standard deviation of ITI students about knowledge and attitude regarding ill effects of substance abuse.

Tools	Mean	Median	S.D
Knowledge	9.26	10	1.91
Attitude	18.13	18	1.58

The knowledge mean score of ITI students was 9.26 with Standard deviation of ± 1.91 median of 10. The attitude mean score of ITI students was 18.13 with Standard deviation of ± 1.58 median of 18.

Section III: Knowledge of ITI students regarding ill-effects of substance abuse.

Table 2: Shows the distribution of study subjects according to the level of Knowledge among ITI students

<i>n</i> = 60		
Level of knowledge & Score	Frequency	Percentage
Inadequate (1-10)	07	11.66
Moderate (11-20)	48	80.00
Adequate (21-30)	05	8.33
Total	60	100.00

The data in Table 2 shows the distribution of study subjects according to the level of knowledge among ITI students majority 48 (80%) had moderate knowledge and Inadequate knowledge 7 (11.66%) Adequate knowledge only 5 (8.33%) of ITI students.

Section IV: Attitude of ITI students regarding Ill-effects of substance abuse.

Table 3: Shows the distribution of study subjects according to the level of attitude among ITI students

Levels of attitude	Frequency	Percentage
Negative attitude	13	21.66
Favorable attitude	15	25.00
Positive attitude	32	53.33
Total	60	100.00

The data in Table 3 shows the distribution of study subjects according to the level of attitude among ITI students majority 32 (53.33%) had positive attitude and moderate 15 (25%) favorable attitude only 13 (21.66%) of ITI students had negative attitude.

Section V: Correlation between knowledge score and attitude score.

Table 4: Correlation between knowledge score and attitude score.

Knowledge	Attitude	Karl Pearson's coefficient of correlation
13.9	31.9	0.48

Table 4 reveals that $r = 0.48$ ($0 > r > +1$), hence

there was moderately positive correlation between knowledge and attitude since there was positive correlation research hypotheses is accepted.

Section VI: Chi-square knowledge and attitude values among ITI students according to their selected personal variables.

Chi-square value is significant between Level of knowledge regarding ill-effects of substance abuse. with personal variables there was significant association among the like educational level of students, type of family and rest all were not significant at 0.05 level. Chi-square value is significant between Level of attitude regarding ill-effects of substance abuse. with personal variables like age, type of family, percentage of SSLC and rest all were not significant at 0.05 level. Therefore the finding rejects the null hypothesis and accepts the research hypothesis.

Conclusion

- Majority of ITI students had moderate knowledge regarding ill-effects of substance.
- Most of ITI students had positive attitude towards ill-effects of substance.

Nursing Implication

The findings of the study have several implications for nursing practice, nursing education, nursing administration and nursing research. We nurses have a vital role to determine the knowledge and attitude regarding ill-effects of substance abuse among ITI students. In relation to these aspects the appropriate care needs to be provided to ITI college students. It is mandatory that a comprehensive care is to be provided to the younger generation in order to lead them towards healthy life-style practices by motivating them to stay away from the influences of substance abuse.

References

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