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## **A Descriptive Study to Assess the Level of Knowledge Regarding Prevention of Problems Associated with Substance Abuse Among B.Sc. Nursing Students at Baba Educational Society, Institute of Paramedical College of Nursing Lucknow**

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### **ABSTRACT:**

Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social damage. Substance abuse is a non-adaptive model of drug use, which results in adverse problems and consequences, and includes a set of cognitive, behavioural, and psychological symptoms. The world health organization's report in 2005 shows that there are about 200 million opiate addicts in the world reporting the highest prevalence in Iran and the most frequency in the 25-35 year age group. The onset of drug use is often relate to cigarette and alcohol consumption in adolescence. The objective of study was to assess the knowledge level regarding substance abuse among B. Sc Nursing Students. In this study random sampling technique is used and sample size was 50 student of B. Sc Nursing of Baba Educational Society, Institute of Paramedical College of Nursing.

**Keywords:** Assess, Knowledge, Substance abuse, Student

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### **Introduction:**

Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social damage. Substance abuse is a non-adaptive model of drug use, which results in adverse problems and consequences, and includes a set of cognitive, behavioural, and psychological symptoms. The world health organization's report in 2005 shows that there are about 200 million opiate addicts in the world reporting the highest prevalence in Iran and the most frequency in the 25-35 year age group. The onset of drug use is often relate to cigarette and alcohol consumption in adolescence. Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism. Health is a common theme is most cultures indeed health continues to be a neglected entity despite lip services. Health is taken for granted and its value is not fully understood until it is lost.

Substance abuse means using psychoactive substance in a way, that may cause physical, psychological, economic, legal or social harm to users themselves or to people directly or indirectly associated with them. The risks of substance abuse relate chiefly to the specific dangers of particular substance the damage that it can be due to user's health and related social impacts.

Adolescence may be defined as a critical period of human development manifested at the biological, psychological and social level of integration of variable onset and duration, but making the end of childhood and setting the foundation for maturity.

Adolescence is marked by physical and social changes. Between 12 and 18 years marked bodily changes occur, and in all societies, the life that young people lead in this phase is eventful changes considerably.

Substance abuse has become a global phenomenon. It has affected almost every country, although its extent and characteristics differ from region to region. It is estimated that at least 40 million people throughout the world are regular substance or abusers. The problem of drug abuse are localized especially in the urban, urban semi-urban and along the border areas of India. The period of adolescence is a vulnerable period in the life of an individual.

The increased vulnerability in this period related to psychological factors like curiosity, poor impulse control, run away from reality, psychological distress and so forth, the social factors like peer influence, lack of clear identity, and self or intra familial conflict also expose the adolescent to substance abuse.

The problem of substance abuse is a significant problem among adolescents in our societies as the problem is increasing day by day due to various factors like easy availability and rapid socioeconomic and demographic changes.

## Methodology:

Non experimental research design was adopted for the study. A total 50 student of B.Sc Nursing Student of Baba Educational Society, Institute of Paramedical College of Nursing, Lucknow was selected by non- probability convenient sampling technique. A survey technique was used to assess the knowledge regarding Substance abuse.

## Data analysis and interpretation

Results are the findings or outcome which resolve the research question raised by the researcher at the beginning of study. Analysis is the process of organising and synthesising the data in such a way that research question can be answered and hypothesis tested. The purpose of the analysis is to reduce the data into an intelligible and interpretative form so that the relation of research problem can be studied and tested. This chapter presents the analysis and interpretation of the data, collected to assess the knowledge regarding substance abuse among B.Sc Nursing student of Baba Educational Society, Institute of Paramedical college of nursing, Lucknow. Analysis and interpretation of collected data done on the basis of objective and hypothesis of the study using descriptive and inferential statistic.

**Organization of the finding of final study:** The findings of study was organized into three sections:

**Section A :** Distribution of sample based on their demographic variables

**Section B :** Distribution of the sample based on their pre existing knowledge level regarding substance abuse

**Section C:** Association between pretest knowledge level with their selected demographic variables regarding substance abuse.

**Section A : Distribution of sample based on their demographic variables.**

**Table 1: Frequency and percentage distribution of the sample based on demographic variables**

S.No	Demographic variables	Frequency	Percentage (%)
1	<b>Age in year</b>		
	18	2	4%
	19	0	0%
	20	8	16%
	Above 20	40	80%
2	<b>Religion</b>		
	Hindu	49	98%
	Muslim	1	2%
	Christian	0	0%
	Other	0	0%
3	<b>Class of study</b>		
	B.Sc 1 <sup>st</sup> year	0	0%
	B.Sc 2 <sup>nd</sup>	0	0%
	B.Sc 3 <sup>rd</sup>	25	50%
	B.Sc 4 <sup>th</sup>	25	50%
4	<b>Staying at</b>		
	Home	11	22%
	Hostel	24	48%
	Rent	15	30%
5	<b>Types of family</b>		
	Joint	22	44%
	Nuclear	28	56%
	Extended	0	0%
	Childless	0	0%
6	<b>Socioeconomic Status</b>		
	More then 5000	0	0%

	5000-10,000	9	18%
	20,000-30,000	21	42%
	Above 35,000	20	40%
7	<b>Source of information</b>		
	Mass media	33	66%
	Family	10	20%
	Friend	4	8%
	Other	3	6%

Above table shows that majority of respondents i.e. 80% belong to age group of above 20 years. In term of religion majority of respondents belongs to Hindu religion i.e. 98% & only 1% belong to muslim religion.

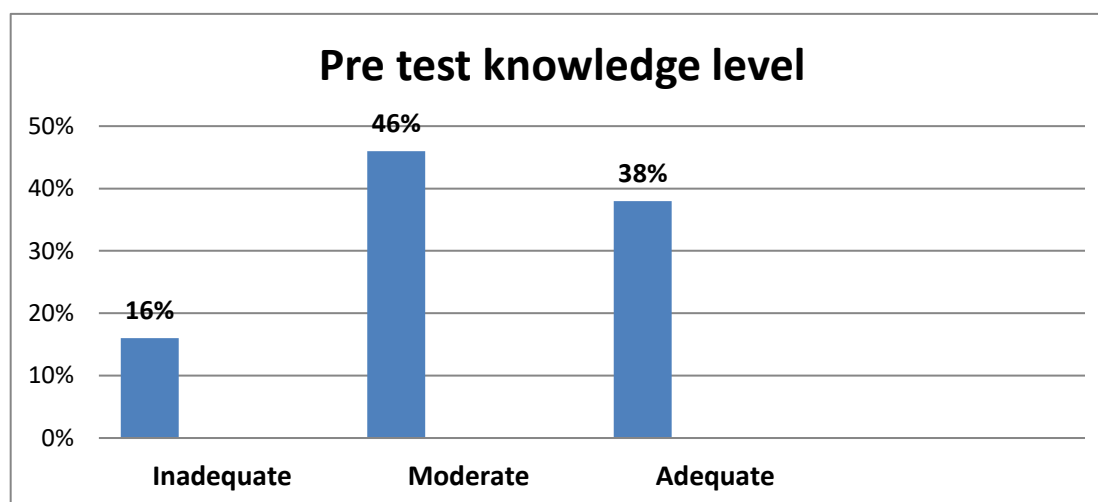
#### Section B: Distribution of the sample based on their pre existing knowledge level regarding substance abuse

Table 2: To assess the pre existing knowledge regarding substance abuse n= 50

Level of knowledge	Grading	F	%	Mean	Standard Deviation
Inadequate	0 – 9 Marks	8	16	16.6	33.9
Moderate	10 – 18 Marks	23	46		
Adequate	19 – 27 Marks	19	38		

The data presented above demonstrate that in pretest the majority of respondents had moderate knowledge i.e. 23(46%), while 19(38%) having adequate knowledge and only 8(16%) having inadequate knowledge regarding substance abuse. It is observed from the findings that mean knowledge score in pre-test was 16.6 and standard deviation was 33.9.

Fig: 1 Bar-diagram showing distribution of study participants by their knowledge level in pre-test



#### Section C: Association between pretest knowledge level with their selected demographic variables regarding substance abuse

Table 3: Association of pre test knowledge score level with their selected demographic variables (n=50)

S. No.	Demographic variables	Inadequate	Moderate	Adequate	DF	Chi-Square value	Level of significant
1	<b>Age</b>				6	12.592	NS
	18 year	1	0	1			
	19 year	0	0	0			
	20 year	2	5	1			
	Above 21 year	5	18	17			
2	<b>Religion</b>				6	12.592	NS
	Hindu	8	22	19			
	Muslim	0	1	0			
	Christian	0	0	0			
	Other	0	0	0			
3	<b>Class of study</b>						

	B.Sc 1 <sup>st</sup> year	0	0	0	6	12.592	NS
	B.Sc 2 <sup>nd</sup> year	0	0	0			
	B.Sc 3 <sup>rd</sup> year	6	13	6			
	B.Sc 4 <sup>th</sup> year	2	10	13			
4	<b>Staying at</b>						
	Home	1	4	6	4	3.534	S
	Hostel	6	11	7			
	Rent	1	8	6			
5	<b>Types of family</b>						
	Joint	6	9	7	6	12.592	NS
	Nuclear	2	14	12			
	Extended	0	0	0			
	Childless	0	0	0			
6	<b>Socioeconomic status</b>						
	More than 5000	0	0	0	6	12.592	NS
	5000-10,000	1	4	4			
	20,000-30,000	4	10	7			
	Above 35,000	3	9	8			
7	<b>Source of information</b>						
	Mass media	4	15	14	6	12.592	NS
	Family	2	5	3			
	Friend	1	2	1			
	Other	1	1	1			

NS- Not significant.

S- Significant

The table shows that there is not significant association between substance abuse and selected demographic variables of student such as Age, Religion, Class of study, Types of family, Socioeconomic status, Source of information. There is significant association between the Substance abuse and selected demographic variables of student such as Staying at. Hence it can be interpreted that Substance abuse and selected demographic variables where chance and true difference and hence research hypothesis was both accepted or not accepted.

### Conclusion:

This study was conducted to assess the knowledge of B.Sc Nursing students regarding substance abuse shows that majority of respondents had moderate knowledge i.e. 23(46%), which shows that students of B.Sc Nursing having some level of knowledge regarding substance abuse. The result of the study will enable the nurses and other health professionals to utilize the same information in other setting. The findings of the study have implications to Nursing education, administration and research.

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