# International Journal of Research Publication and Reviews

# A Descriptive Study to Assess the Knowledge Regarding the Effects of Substance Abuse on Mental Health among B.Sc. Nursing 5th semester Students in Selected Nursing Colleges of Pulwama

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## ABSTRACT

**Introduction** substance abuse has become a global phenomenon. It has affected almost every country, although its extent and characteristics differ from region to region. If the problem of drug abuse are localized especially in the Urban, Semi-Urban and along border area of India.The aim of the study is to assess the knowledge regarding the effects of substance abuse on mental health among B.Sc. nursing 5th Semester Students in selected Nursing Colleges of Pulwama.

**Material & Methods:** A descriptive study conducted on 90 students from selected Nursing colleges of Pulwama using the convenience sampling technique. Data was collected using standardized tools (socio demographic variables, self-structured questionnaire)) after proper permission.

**Results:** This study revealed that 6 (6.7%) subjects were in age group of 18-20 years. Most of the subjects 81 (90%) were from age group of 21 -23 and the rest 3 (3.3%) were from 24-25. The findings revealed that all the subjects have moderate knowledge regarding the effects of substance abuse on mental health. After analysing the data, we have found that 88 (97.78%) participants have moderate knowledge and 2 (2.22%) participants have adequate knowledge regarding substance abuse. The data show no significant association between knowledge regarding effects of substance abuse on mental health with their selected socio demographic variables (P=0.893). Respondents aged 21–23 dominate the "Moderate" knowledge category, while no respondents across any age group were classified as having "Poor" knowledge.

## Methodology

**Research Approach** A quantitative research approach was adopted for the study

**Research Design** A descriptive research design was adopted.

**Research Setting** The study was conducted in RCON were target population was identified.

**Population:** B.SC Nursing 5th semester students studying in selected colleges of district Pulwama.

**Target Population:** 90 students of RCON Galander Pampore.

**Sample and sampling technique** The B.Sc. students studying in selected Ramzaan College of Nursing was the sample for the present study.

**Sample size:** A total of 90 Students by selected from Ramzaan College of Nursing.

**Sampling technique:** Non-probability Convenience sampling technique was adopted to select the sample for the present study

Two standard tools were selected on the basis of objectives of the study.

    i.        **Socio demographic questionnaire.**

    ii.       **self-structured questionnaire**

**Description of the tool:** The tools for data collection consist of 3 sections;

**Section I:**

a) **Demographic data consists of 6 variables:**

- age
- parental qualification
- Father's occupation.
- Mother's occupation.
- Family history of substance use.
- Attended any seminar/ workshop.

**Section II**

a) **Self structured questionnaire:** This is a questionnaire that attempt to measure the level of knowledge regarding effects of substance abuse on mental health. The section consists of 30 questions.

**Section III**

b) **Association between knowledge** regarding effects of substance abuse on mental health with their selected socio demographic variables.

## Data Analysis & Interpretation

| S.No. | Demographic Variables | Frequency | Percentage (%) |
|---|---|---|---|
| 1. | **Age group (Years)** | | |
| | 18-20 | 6 | 6.7 |
| | 21-23 | 81 | 90.0 |
| | 24-25 | 3 | 3.3 |
| 2. | **Parental Qualification** No formal Education Primary Education Secondary Education Higher Education | 15 | 16.7 |
| | | 7 | 7.8 |
| | | 39 | 43.3 |
| | | 29 | 32.2 |
| 3. | **Fathers Occupation** | | |
| | Farmer Business man | 26 | 28.9 |
| | Private Employee Govt Employee | 28 | 31.1 |
| | | 7 | 7.8 |
| | | 29 | 32.2 |
| 4. | **Mothers Occupation** | | |
| | Housewife Business Woman Private Employee Govt Employee | 73 | 81.1 |
| | | 4 | 4.4 |
| | | 6 | 6.7 |
| | | 7 | 7.8 |
| 5. | **Family History** Smoking Alcohol Opoids Cannabis | 82 | 91.1 |
| | | 0 | 0 |
| | | 0 | 0 |

| | | 8 | 8.9 |
|---|---|---|---|
| **6.** | **Attended Seminar/ Workshop** | 2 | 2.2 |
| | School College | 10 | 11.1 |
| | Rehabilitation Centre | 78 | 86.7 |

Description of relationship between Knowledge regarding substance abuse and selected socio- demographic variables

| Association Between Knowledge Regarding Substance Abuse and Selected Socio-Demographic Variables | | | | | | | |
|---|---|---|---|---|---|---|---|
| Variables | Options | Poor | Moderate | Good | $\chi^2$ Test | df | P value | Interpretation |
| Age | 18-20 | 0 | 6 | 0 | 0.227 | 2 | 0.893 | NS |
| | 21-23 | 0 | 79 | 2 | | | | |
| | 24-25 | 0 | 3 | 0 | | | | |
| Parental Qualification | No formal Education | 0 | 15 | 0 | 2.675 | 3 | 0.445 | NS |
| | Primary | 0 | 7 | 0 | | | | |
| | Secondary | 0 | 37 | 2 | | | | |
| | Higher | 0 | 29 | 0 | | | | |
| Fathers Occupation | Farmer | 0 | 26 | 0 | 1.185 | 3 | 0.757 | NS |
| | Business Man | 0 | 27 | 1 | | | | |
| | Pvt. Employee | 0 | 7 | 0 | | | | |
| | Govt. Employee | 0 | 28 | 1 | | | | |
| Mothers Occupation | Housewife | 0 | 71 | 2 | 0.476 | 3 | 0.924 | NS |
| | Business | 0 | 4 | 0 | | | | |
| | Pvt. Employee | 0 | 6 | 0 | | | | |
| | Govt. Employee | 0 | 7 | 0 | | | | |
| Family History | Smoking | 0 | 80 | 2 | 0.200 | 1 | 0.655 | NS |
| | Alcohol | 0 | 0 | 0 | | | | |
| | Opoids | 0 | 0 | 0 | | | | |
| | Cannabis | 0 | 8 | 2 | | | | |
| Workshop/Seminar Attended | University | 0 | 0 | 0 | 0.315 | 2 | 0.854 | NS |
| | School | 0 | 2 | 0 | | | | |
| | College | 0 | 10 | 0 | | | | |
| | Rehabilitation Centre | 0 | 76 | 2 | | | | |

The data show no significant association between age and knowledge about substance abuse (P=0.893). Respondents aged 21–23 dominate the "Moderate" knowledge category,

The analyzed data has been organized and presented the following major findings:

**Section I: The Section includes description of demographic data.**

All the 90 (100%) subjects were in the age between (21-23) most of the participants (43.3%) have parents with secondary education; the distribution shows a relatively even spread between businessman (31.1%) and government employees (32.2%) as the primary occupations. The majority of the mothers (81.1%) are housewives. Significant number of participants (91.1%) report a family history of smoking the majority of participants (86.7%) have attended seminars or workshops at a rehabilitation centre .After consistent and depth review of the data in previous studies related to substance abuse and it is ill effect, I felt the need to assess the students' knowledge regarding substance abuse the present study was aimed to improve the knowledge regarding substance abuse and ill effects. After analysing the data, we have found that 88 (97.78%) participants have moderate knowledge and 2 (2.22%) participants have adequate knowledge regarding substance abuse. It has also been found that 18(20%) participants have poor knowledge, 69(76.69%) participants have moderate knowledge and 3(3.33%) participants have adequate knowledge regarding the ill effects of substance abuse.

**Section II: To assess the knowledge regarding effects of substance abuse on mental health among B.Sc. Nursing 5th semester students in selected Nursing colleges of Pulwama.**

According to the findings of this study the majority of the students are aware that abusing anything will always have bad effect. The students also highlighted how a substance addiction has a detrimental impact on the time management and financial situations.

## Conclusion:

The study focused to assess the knowledge regarding the effects of substances abuse on mental health among B.Sc. nursing 5th semester students analysis of the result showed that majority of the participants have moderate knowledge regarding effects of substances abuse on mental health.

### References

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