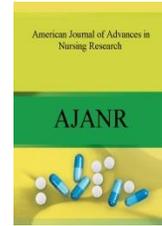




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### A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED COLLEGE RANIPET DISTRICT

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#### ABSTRACT

**ABSTRACT** Introduction: Adolescents are those in the age group of 10-19 years, constitute over 23% of the population of India. But this period of time is more under the influence of peer pressure, which drives them to take up smoking and drinking or to consume drugs .so this age group is vulnerable for swayed to the wrong side. The tendency to take risk encourages most teens to try smoking or drinking even before they are of legal age " what may start as thrill" can become a habit if it remains unchecked. Statement of the Problem: A Study to assess the knowledge and attitude regarding substance abuse among adolescents at selected college, Ranipet district. Objectives of the study: To assess the knowledge and attitude regarding substance abuse among adolescents in a selected college .To correlate the knowledge with attitude regarding substance abuse among adolescents in a selected college. To associate the level of knowledge and attitude with the selected demographic variables. Methodology: Non-experimental descriptive research design was used for this study. 100 samples who fulfilled the inclusive criteria were selected by using Non-probability convenient sampling technique and assessed through self administered questionnaires. Result: The findings revealed that 62 (62%) had inadequate knowledge, 37(37%) had moderately adequate knowledge and 1(1%) had adequate knowledge regarding substance abuse and 67(67%) had moderately favorable attitude, 22(22%) had favorable attitude and 11(11%) had unfavorable attitude regarding substance abuse. Conclusion: The present study highlighted the importance of evaluating the knowledge regarding substance abuse among adolescents among 100 samples .1(1%) had adequate knowledge regarding substance abuse and attitude (67%) had moderately favorable attitude, there is statistically significant association was found for few variables such as religion, family history of substance abuse between the knowledge and attitude regarding substance abuse among adolescents with their selected demographic variables.

#### INTRODUCTION

"Addiction begins with the hope that something 'out there' can instantly fill up the emptiness inside"

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Adolescents are those in the age group of 11-19 years old, constitute over 23 % of the population of India. It is a unique stage of human development and an important time for laying the foundations of good health. During this period adolescents experience rapid physical,



cognitive and psychosocial growth. But this period of time they are more under the influence of peer pressure, which drives them to take up smoking and drinking alcohol or to take drugs etc. So this age group is vulnerable for swayed to the wrong side. The tendency to take risk encourages most teens to try smoking or drinking even before they are of legal age "what may start as thrill" can become a habit if it remains unchecked. The easy availability like cigarettes, alcohol, drugs and anabolic steroids increases the temptation to try illicit substances and its practice leads to substance abuse. Substance abuse is one of the most important social evil, destroys the vitals of the society and in turn adversely affects the economic growth of the country. Globally substance abuse is a major public health and social concern. According to the WHO" substance abuse is persistent or sporadic drug use inconsistent with or unrelated to medical practice ". The most common time of initiation of substance abuse identified is the transition from adolescence to young adulthood, this period of life is more adventurous and experimentation with illicit drugs begins. Recently substance abuse has been increasing among children and adolescents quite early in life in sizeable proportions in many states of India (SARANGI.L, 2008). The World Health Organization's report (2005) shows that there are about 200 million opiate addicts in the world, reporting the highest prevalence in Iran and the most frequently in 25–35 year-age group. The onset of drug use is often rooted in adolescence, and studies show that substance abuse is often related to cigarette and alcohol consumption in adolescence. Results of studies indicate that age, being male, high-risk behaviors, and the existence of a cigarette smoker in the family or among friends, the experience of substance abuse, inclination and positive thoughts about smoking have relationship with adolescent cigarette smoking. Studies also confirm that the chance of becoming a cigarette smoker 3 among males and females is almost equal (11.2%); however, the prevalence of regular alcohol consumption in males (22.4%) is slightly higher than in females (19.3%). India is the third largest country in the world in both tobacco production and consumption. Of the 1.1 billion smokers' worldwide, 182 million live in India. The use of tobacco in India is increasing in alarming rate even though world health organization and government of India are constantly putting efforts in controlling it. Tobacco use is leading to the huge disease burden in India, majority of the head, neck and Lung cancers among south and south Asia is primarily caused by chewing betel and Areca and tobacco. Besides tobacco use leads to other oral health problems due to lack of hygiene and carcinogenic effects of nicotine such as oral sub mucous fibrosis and oral cavity cancers. The global youth tobacco survey (GYTS

)carried out a survey among 16,932 students in 8,9,10 standards of 6350 schools of India regarding tobacco use , found that 14.6 % used some form of tobacco .In India 63.6% of patients coming for de- addiction treatment were introduced to drugs at younger age below 15 years. So substance abuse is one of the rapidly growing problems among adolescents due to lack of knowledge regarding its ill effects. (National medical Journal of India, 2005)

The epidemic of substance abuse among the adolescent's population has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are some of the major contributing factors. On past it was considered to be an issue among street children, working and trafficked children, but now it was a vulnerable phenomenon affecting all segments of the society. According to the WHO (2020) around 284 million people aged 15 -64 used substance worldwide in 2020.

The amount and type of measures taken by family and the state is insufficient to prevent the availability of the substance to children. In India 5500 children start consuming tobacco products daily, and some start early at 10 years of age. The non-medical use of alcohol and other psychoactive drugs has become a matter of serious concern in many countries. While alcohol abuse is a universal problem, the incidence of drug abuse varies from place to place. A prevalence rate of use in students is varied from 5.0% to 56.2 %. Most common substance consumed was nicotine in the form of cigarettes or bidis and gutkha. The other substances were inhalant/volatile substance used in the form of sniffing of adhesive glue, petrol, gasoline, thinner, and spirit. Substantiating the above statement a study was conducted by Ningombam et al on 2011 among higher secondary school students of Imphal, Manipur. This study found that prevalence of substance use was 54%. Tobacco was most commonly used followed by alcohol, cannabis and opiates.

Hence considering the substance abuse burden among public, the researcher also found during the community posting that most of the adolescents were having adequate cooperative & positive attitude. But they were not aware about the ill effects of substance abuse, disease burden & its effects of the economic growth of the country.

## OBJECTIVES

1. To assess the knowledge and attitude regarding substance abuse among adolescents.
2. To correlate the knowledge and attitude regarding substance abuse among adolescents.
3. To associate the level of knowledge and attitude among adolescents with their selected demographic variables.



## RESEARCH METHODOLOGY

The design used in this study was non – experimental descriptive design, Self -Structured questionnaire was used to assess the knowledge and 5 point Hamilton Rating scale was used to assess the Attitude. 100 Adolescents between the age groups of 17-21 years Studying at Sri Krishna polytechnic were selected as sample for the study by using non probability purposive sampling techniquebased on the inclusive criteria.The data were by a pre-tested questionnaire and analysed using descriptive and inferential statistics

## DESCRIPTION OF THE TOOL

The tool consists of 4 sections.

**SECTION A:** It consisted of demographic data which includes Age, gender, year of study, religion, place of stay, type of family, education status of the father, occupation of parents, knowledge about substance, any family history. The table 1 indicates that regarding age, 99(99%) were aged between 17 – 18 years, 91 (91%) were male, 99 (99%) were studying 12<sup>th</sup> standard, 90(90%) were Hindus, 94 (94%) were staying at home, 48 (48%) belonged to joint family, 37(37%) of fathers had high school education, 32 (32%) of parents were clerks, 45 (45%) acquired knowledge about substance abuse through media and 70 (70%) had no family history of substance abuse.

## SECTION B

Self-administered questionnaire consisted of 20 multiple choice questions each correct answer carried one mark and the total score was 20. The tool highlighted meaning of substance abuse, Causes, Risk factors, clinical symptoms, Management, Prevention. The table 2 shows that among the adolescents, 62 (72%) had inadequate knowledge, 37(37%) had moderately adequate knowledge and 1 (1%) had adequate knowledge regarding substance abuse.

## SECTION C

Self-administered questionnaire consisted of 12 items to assess the attitude among adolescents regarding substance abuse which has 5 positive worded and 5

negative worded Hamilton 5 point rating scale was used to assess the level of Attitude.The table 3 shows that among the adolescents, 67(67%) had moderately favorable attitude, 22(22%) had favorable attitude and 11(11%) had unfavorable attitude regarding substance abuse.

## SECTION D

Relationship between knowledge and attitude regarding substance abuse among the adolescents. The table 4 shows that the mean score of knowledge was  $8.80 \pm 3.47$  and the mean score of attitude was  $38.67 \pm 7.46$ . The calculated Karl Pearson's Correlation value of  $r=0.486$  shows a positive correlation between knowledge and attitude regarding substance abuse among the adolescents which was statistically significant at  $p < 0.001$  level which infers that when knowledge among the adolescents regarding substance abuse increases or improves then their attitude towards it also increases or improves.

## SECTION E

Association of level of knowledge and attitude regarding substance abuse among the adolescents with their selected demographic variables.The table 5 shows that the demographic variables religion ( $\chi^2=11.325$ ,  $p=0.023$ ) and any family history of substance abuse ( $\chi^2=8.363$ ,  $p=0.015$ ) had shown statistically significant association with level of knowledge regarding substance abuse among adolescents  $p < 0.05$  level and the other demographic variables had not shown statistically significant association with level of knowledge regarding substance abuse among adolescents at  $p < 0.05$  level.

The table 6 shows that the demographic variables gender ( $\chi^2=6.901$ ,  $p=0.032$ ), educational status of father ( $\chi^2=17.662$ ,  $p=0.024$ ) and occupation of parent ( $\chi^2=13.315$ ,  $p=0.038$ ) had shown statistically significant association with level of attitude regarding substance abuse among adolescents  $p < 0.05$  level and the other demographic variables had not shown statistically significant association with level of attitude regarding substance abuse among adolescents at  $p < 0.05$  level.

**Table 1: Frequency and percentage distribution of demographic variables of adolescents**

**N= 100**

Demographic Variables	Frequency (f)	Percentage (%)
<b>Age in years</b>		
16-17 years	-	-
17-18 years	1	1.0
18-19 years	99	99.0
<b>Gender</b>		
Female	9	9.0
Male	91	91.0
<b>Year of study</b>		



1 <sup>st</sup> year	1	1.0
2 <sup>nd</sup> year	99	99.0
<b>Religion</b>		
Hindu	90	90.0
Christian	9	9.0
Muslim	1	1.0
<b>Place of stay</b>		
Home	94	94.0
Hostel	4	4.0
Paying guest	-	-
Relatives house	2	2.0
<b>Type of family</b>		
Nuclear family	30	30.0
Joint family	48	48.0
Single parent family	22	22.0
<b>Educational status of father</b>		
<b>Demographic Variables</b>	<b>Frequency (f)</b>	<b>Percentage (%)</b>
Middle school	29	29.0
High school	37	37.0
Professional degree	28	28.0
Graduate	4	4.0
Illiterate	2	2.0
<b>Occupation of parent</b>		
Professional	20	30.0
Semi-profession	17	17.0
Clerical	31	31.0
Unemployed	32	32.0
<b>Knowledge about substance abuse is obtained by</b>		
Media	45	45.0
Health care professionals	13	13.0
Relatives and neighbors	17	17.0
None	25	25.0
<b>Any Family history of substance abuse</b>		
Yes	30	30.0
No	70	70.0

**Table 2: Frequency and percentage distribution of level of knowledge regarding substance abuse among the adolescents N = 100**

Level of Knowledge	Frequency	Percentage (%)
Inadequate knowledge ( $\leq 50\%$ )	62	62.0
Moderately adequate knowledge (51 – 75%)	37	37.0
Adequate knowledge ( $>75\%$ )	1	1.0

**Table 3: Frequency and percentage distribution of level of attitude regarding substance abuse among the adolescents. N = 100.**

Level of Attitude	Frequency	Percentage (%)
Unfavourable ( $\leq 50\%$ )	11	11.0
Moderately favourable (51 – 75%)	67	67.0
Favourable ( $>75\%$ )	22	22.0



**Table 4: Correlation between knowledge and attitude regarding substance abuse among the adolescents.**

Variables	Mean	S.D	Karl Pearson's Correlation "r" value
Knowledge	8.80	3.47	r= 0.486 p=0.0001, S***
Attitude	38.67	7.46	

\*\*\*p&lt;0.001, S – Significant

**Table 5: Association of level of knowledge regarding substance abuse among the adolescents with their selected demographic variables= 100**

Demographic Variables	Inadequate Knowledge (≤50%)		Moderately Adequate knowledge (51 – 75%)		Adequate Knowledge (>75%)		Chi-Square Test
	No.	%	No.	%	No.	%	
<b>Age in years</b>							χ <sup>2</sup> =0.619 d.f=2 p = 0.734 N.S
16-17 years	-	-	-	-	-	-	
17-18 years	1	1.0	0	0	0	0	
18-19 years	61	61.0	37	37.0	1	1.0	
<b>Gender</b>							χ <sup>2</sup> =3.762 d.f=2 p = 0.152 N.S
Female	3	3.0	6	6.0	0	0	
Male	59	59.0	31	31.0	1	1.0	
<b>Year of study</b>							χ <sup>2</sup> =0.619 d.f=2 p = 0.734 N.S
1 <sup>st</sup> year	1	1.0	0	0	0	0	
2 <sup>nd</sup> year	61	61.0	37	37.0	1	1.0	
<b>Religion</b>							χ <sup>2</sup> =11.325 d.f=4 p = 0.023 S*
Hindu	57	57.0	33	33.0	0	0	
Christian	4	4.0	4	4.0	1	1.0	
Muslim	1	1.0	0	0	0	0	
<b>Place of stay</b>							χ <sup>2</sup> =0.469 d.f=4 p = 0.976 N.S
Home	58	58.0	35	35.0	1	1.0	
Hostel	3	3.0	1	1.0	0	0	
Paying guest	-	-	-	-	-	-	
Relatives house	1	1.0	1	1.0	0	0	
<b>Type of family</b>							χ <sup>2</sup> =8.326 d.f=4 p = 0.080 N.S
Nuclear family	14	14.0	16	16.0	0	0	
Joint family	33	33.0	15	15.0	0	0	
Single parent family	15	15.0	6	6.0	1	1.0	
<b>Educational status of father</b>							χ <sup>2</sup> =14.988
<b>Demographic Variables</b>	<b>Inadequate Knowledge (≤50%)</b>		<b>Moderately Adequate knowledge (51 – 75%)</b>		<b>Adequate Knowledge (&gt;75%)</b>		Chi-Square Test d.f=8 p = 0.059 N.S
	No.	%	No.	%	No.	%	
Middle school	23	23.0	6	6.0	0	0	
High school	24	24.0	13	13.0	0	0	
Professional degree	10	10.0	17	17.0	1	1.0	
Graduate	3	3.0	1	1.0	0	0	
Illiterate	2	2.0	0	0	0	0	
<b>Occupation of parent</b>							χ <sup>2</sup> =7.786 d.f=6 p = 0.254
Professional	12	12.0	8	8.0	0	0	
Semi-profession	11	11.0	6	6.0	0	0	



Clerical	15	15.0	16	16.0	0	0	N.S
Unemployed	24	24.0	7	7.0	1	1.0	
<b>Knowledge about substance abuse is obtained by</b>							$\chi^2=12.250$ d.f=6 p = 0.057 N.S
Media	24	24.0	21	21.0	0	0	
Health care professionals	10	10.0	3	3.0	0	0	
Relatives and neighbors	14	14.0	2	2.0	1	1	
None	14	14.0	11	11.0	0	0	
<b>Any Family history of substance abuse</b>							$\chi^2=8.363$ d.f=3 p = 0.015 S*
Yes	25	25.0	5	5.0	0	0	
No	37	37.0	32	32.0	1	1.0	

\*p<0.05, S – Significant, N.S – Not Significant

**Table 6: Association of level of attitude regarding substance abuse among the adolescents with their selected demographic variables. N = 100.**

Demographic Variables	Unfavorable ( $\leq 50\%$ )		Moderately Favorable (51 – 75%)		Favorable ( $>75\%$ )		Chi-Square Test
	No.	%	No.	%	No.	%	
<b>Age in years</b>							$\chi^2=0.498$ d.f=2 p = 0.780 N.S
16-17 years	-	-	-	-	-	-	
17-18 years	0	0	1	1.0	0	0	
18-19 years	11	11.0	66	66.0	22	22.0	
<b>Gender</b>							$\chi^2=6.901$ d.f=2 p = 0.032 S*
Female	0	0	4	4.0	5	5.0	
Male	11	11.0	63	63.0	17	17.0	
<b>Year of study</b>							$\chi^2=0.498$ d.f=2 p = 0.780 N.S
1 <sup>st</sup> year	0	0	1	1.0	0	0	
2 <sup>nd</sup> year	11	11.0	66	66.0	22	22.0	
<b>Religion</b>							$\chi^2=3.449$ d.f=4 p = 0.486 N.S
Hindu	10	10.0	62	62.0	18	18.0	
Christian	1	1	4	4.0	4	4.0	
Muslim	0	0	1	1.0	0	0	
<b>Place of stay</b>							$\chi^2=3.051$ d.f=4 p = 0.549 N.S
Home	11	11.0	62	62.0	21	21.0	
Hostel	0	0	4	4.0	0	0	
Paying guest	0	0	1	1.0	1	1.0	
Relatives house	-	-	-	-	-	-	
<b>Type of family</b>							$\chi^2=3.557$ d.f=4 p = 0.469 N.S
Nuclear family	1	1.0	20	20.0	9	9.0	
Joint family	7	7.0	32	32.0	9	9.0	
Single parent family	3	3.0	15	15.0	4	4.0	
<b>Educational status of father</b>							$\chi^2=17.662$ d.f=8 p = 0.024 S*
Middle school	5	5.0	23	23.0	1	1.0	
High school	4	4.0	26	26.0	7	7.0	
Professional degree	2	2.0	13	13.0	13	13.0	
Graduate	0	0	3	3.0	1	1.0	
Illiterate	0	0	2	2.0	0	0	
<b>Occupation of parent</b>							$\chi^2=13.315$



Professional	2	2.0	13	13.0	5	5.0	d.f=6 p = 0.038 S*
Semi-profession	2	2.0	11	11.0	4	4.0	
Clerical	0	0	20	20.0	11	11.0	
Unemployed	7	7.0	23	23.0	2	2.0	
<b>Knowledge about substance abuse is obtained by</b>							χ <sup>2</sup> =7.656 d.f=6 p = 0.264 N.S
Media	3	3.0	27	27.0	15	15.0	
Health care professionals	2	2.0	10	10.0	1	1.0	
Relatives and neighbors	3	3.0	11	11.0	3	3.0	
None	3	3.0	19	19.0	3	3.0	χ <sup>2</sup> =4.313 d.f=2 p = 0.116 N.S
<b>Any Family history of substance abuse</b>							
Yes	5	5.0	22	22.0	3	3.0	
No	6	6.0	45	45.0	19	19.0	

Figure 1: Percentage distribution of gender of the adolescents

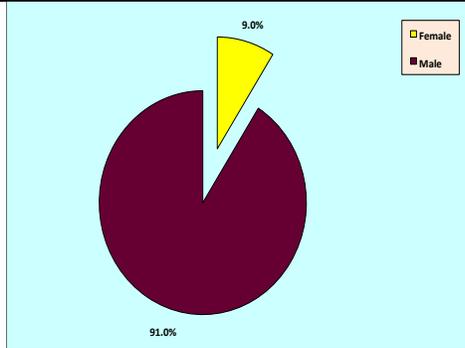
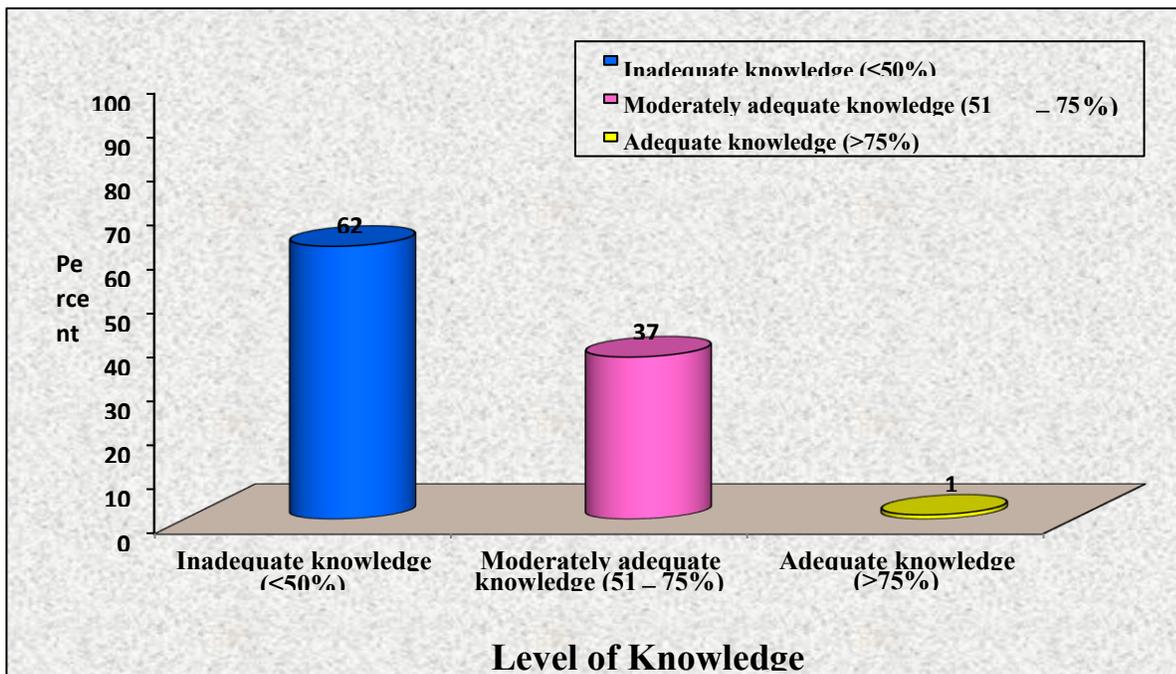
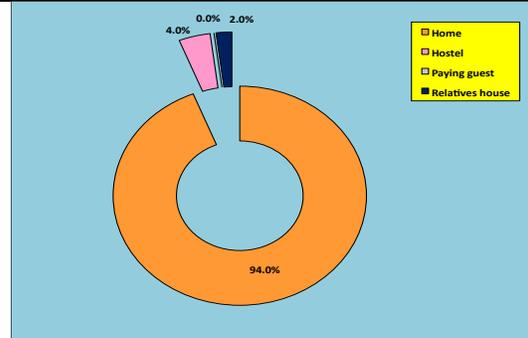


Figure 2: Percentage distribution of place of study of the adolescents



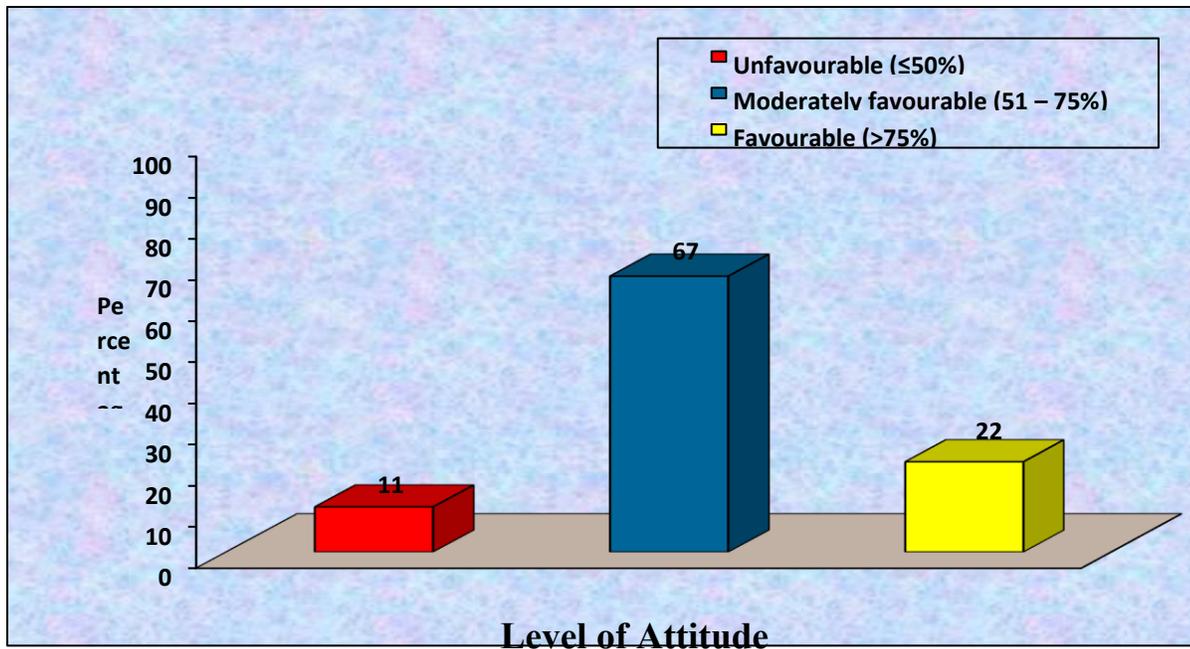
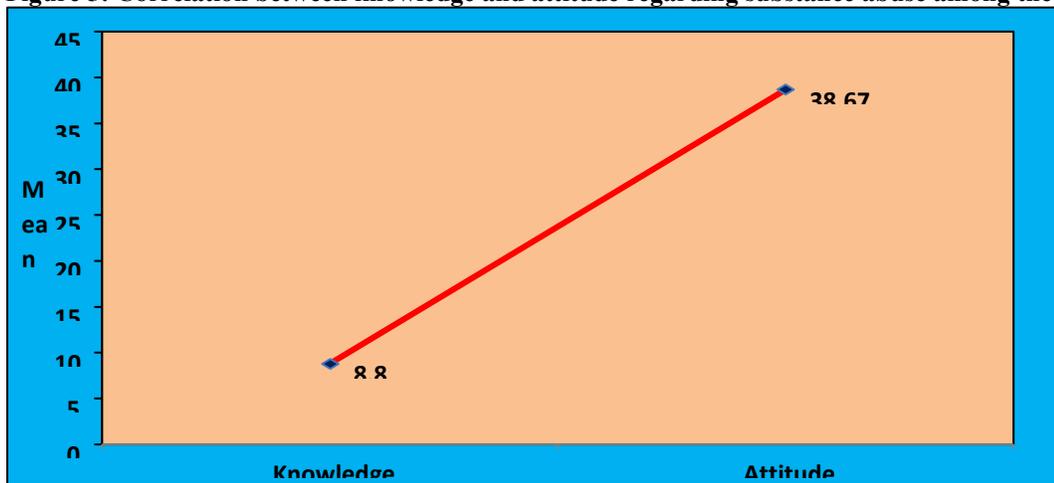


Figure 5: Correlation between knowledge and attitude regarding substance abuse among the adolescents.



## CONCLUSION

The present study highlighted the importance of evaluating the knowledge and attitude regarding substance abuse among adolescents. Among 100 samples, 1 (1%) had adequate knowledge regarding substance abuse and attitude 67 (67%) had moderately favorable attitude and there is statistically significant association was found for few variables such as between the knowledge and attitude with their selected demographic variables. The investigator having analyzed the data collected has come to the conclusion that the knowledge of adolescences had positive influence on their attitude.

## RECOMMENDATION

- Based on the research findings the following recommendation can be made;
- A large scale study can be carried out with different demographic characteristics to generalize the findings.
- A study can be carried out among the general public to screen for substance abuse.
- The same study can be done in different settings.
- A study can be conducted to assess the knowledge, attitude and practice among various groups.
- The comparative study can be conducted to determine the knowledge and attitude of different age groups on substance abuse.



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