

Study Of Knowledge Of Substance Abuse Among Higher Secondary School Students In Trivandrum

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I. Background

Adolescence is an important development phase between childhood and adulthood, which is marked by many physical, psychological and social changes. During this period, the individuals are highly energetic, enthusiastic and often show the tendencies to take independent decisions. These behaviors often lead the adolescents to drug abuse. By considering all these facts, it is necessary that concrete steps have to be formulated for eliminating drug abuse among adolescents (1)

Adolescent drug abuse is one of the largest problems in the society today. The two major reasons why teenagers use drugs are undoubtedly peer pressure and curiosity. Other reasons such as emotional stress and strain too lead to the consumption of drugs and alcohol. During adolescent periods, the capacity to take judgment and the ability to take pragmatic decisions are poor. And also they lack the mental capacity to truly understand the consequences of their action.(2)

II. Aims And Objectives

This piece of work was a humble effort of the part of the researcher to study the knowledge of higher secondary school students regarding drug abuse .

III. Research Methodology

Type of study : Prospective study

Population under study : Higher secondary school students (15-17years)

Place of study : Madhava vilasom Higher secondary schoolTrivandrum

SAMPLING

Sample : class 11 and Class 12

Sample size : 50 students

Sampling technique : convenient sampling technique

Inclusion Criteria

1) Willing ness of the student

Exclusion criteria

1) Absence during the data collection

2) Not willing

Tool used : questionnaire

Part 1 : sociodemographic variables of the study subjects

Part 2: questionnaire with 20 questions with only one correct answer

For every correct answer award a point of 1 . No negative markings were there and total score was calculated

Score	percent	Impression
15-20	≥75 %	Adequate
11-15	51-74%	Moderately adequate
0-10	≤ 50%	Inadequate

Period of data collection : Oct 1 2023 to Oct 15 2023 (15 days)

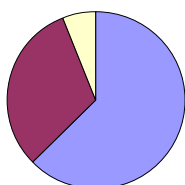
Procedure of data collection

- 1) Study was conducted at Madhava Vilasom Higher secondary school Trivandrum for a time period of 15 days
- 2) 50 samples collected using convenient sampling
- 3) Assessment of the knowledge of the study subjects were done using the questionnaire
- 4) Descriptive statistics were used for the statistical data

IV. Results

Serial no :	Socio demographic variable	F	%
1	Gender	1) Male	52
		2) Female	48
2	Religion	1) Hindu	66
		2) Christian	14
		3) Muslim	20
		4) Others	0
3	Mother's education	1) Primary education	4
		2) Secondary school	16
		3) Higher secondary	24
		4) Graduates	40
		5) Professionals	16
4	Father's education	1) Primary education	8
		2) Secondary school	12
		3) Higher secondary	30
		4) Graduates	20
		5) Professionals	10
5	Mother's occupation	1) Unemployed	64
		2) Professional	6
		3) Business	2
		4) Self employed	28
6	Father's occupation	1) Unemployed	6
		2) Professional	14
		3) Business	6
		4) Self employed	74
7	Type of family	a) Joint family	20
		b) Nuclear family	76
		c) Extended family	4
8	Family income	a) APL	56
		b) BPL	44
9	Area of stay	a) Rural	26
		b) Urban	74
10	Place of stay	a) Home	88
		b) Hostel	12
11	Family members habits of smoking alcoholism or drug addiction	a) Yes	36
		b) No	64
12	Owns a mobile phone	a) Yes	56
		b) No	44

Distribution of samples according to the level of knowledge



Legend: Inadequate (Yellow), Moderate (Maroon), Adequate (Blue)

V. Discussion

Out of the 50 students enrolled in the study , 26(52 %) were girls and 24 (48 %) were boys . 74 % belonged to an urban set up while 26 % belonged to a rural set up. 56 % belonged to APL families where as 44 % belonged to BPL families . 36 % had family history of smoking alcoholism and drug addiction .

Out of the 50 students , 32 (64%) had inadequate knowledge 15 (30%) had moderate knowledge and only 3 (6%) had adequate knowledge .

Adolescence is a critical period in the vulnerability to substance use and use disorders, because a hallmark of this developmental period is risk taking and experimentation, which for some young people includes trying alcohol, marijuana, or other drugs. In addition, the brain undergoes significant changes during this life stage, making it particularly vulnerable to substance exposure. Importantly, the frontal cortex—a region in the front part of the brain that includes the prefrontal cortex—does not fully develop until the early to mid-20s, and research shows that heavy drinking and drug use during adolescence affects development of this critical area of the brain.(3,4,5)