



A STUDY TO ASSESS THE KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG MEDICAL STUDENTS OF HIMACHAL PRADESH

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ABSTRACT

Medical students are backbone of the society. Their knowledge regarding effects of substance abuse is an important and must thing for the society. As not only their knowledge about medicines, but even their personality also affects society. The students of MBBS and BAMS were taken purposively to relation to their gender and area for the propagation of awareness regarding substance abuse.

A quantitative descriptive study design was used to assess knowledge regarding substance abuse among medical students of the state. The sample consisted of the 100 medical students. In all, 100 students are taken half of boys and half of girls. Sampling technique used for the current study was random cum purposive. Self made substance abuse knowledge test was used to collect the data. The structured questionnaire composed of 52 questions based on knowledge regarding meaning of substance and harmful diseases due to excessive use of substance. The results were analysed by statistical technique of mean, standard deviation and t-test

KEYWORDS: Substance, Substance Abuse

INTRODUCTION

“Addiction is a chronic disease of the brain and it’s one that we have to treat the way we would any other chronic illness: with skill, with compassion and with urgency.”

– Vivek Murthy

Substance abuse is an ailment which is dispersing expeditiously in Himachal Pradesh. Himachal Pradesh whose other name is Devbhoomi is suffering very badly from this infection. The students usually starts with supari, Gutka and smoking which is easily available in their surroundings. In our state the prevalence of heroin (Chitta) is spreading rapidly. Not only the drugs but alcohol consumption is also at higher rate. Whatever the reason for starting but when starts it converts into the disease. Even young people of medical colleges are easily getting into traps of substances. Due to rapid changes in life style substance abuse has also become a trending fashion.

Due to intoxication, man forgets the difference between right and wrong and which causes family and social discord. Drug addiction and alcoholism has been a greatest evil throughout state. According to an estimate, 27 percent of the youth of Himachal have fallen prey to substance abuse. Students of Medical colleges have full knowledge of medicines and they misuse this knowledge fully. A number of colleges with medical background do tend to show a rise in alcoholic social events. Even with the highly regards positions doctors and nurses are in they are not exempt from the after effects of an alcoholic or opioid addiction. Excessive use of substances can lead to depression, anxiety, heart failure and brain damage.

Concept of Substance Abuse: Substance abuse is the scientific term used to describe a sample of the use of a substance (drug) that causes substantial issues or distress. Substance abuses may additional feel a loss of control, an incapability to give up the wage of a substance. Substance abuse has a major effect on individuals, households and communities. The outcomes of substance abuse are cumulative, appreciably contributing to costly social, physical, intellectual and public fitness problems. These issues are HIV/AIDS, home violence, crime and suicide.

Meaning and Definition of Substance Abuse :

According to Merriam Webster Dictionary definition of substance abuse is:

1. excessive use of a drug (such as alcohol, narcotics or cocaine):
2. Use of a drug without medical justification.

According to National library of Medicine (National Centre for Biotechnology Information) substance abuse refers to excessive use of a drug in a way that is detrimental to self, society or both. This definition includes both physical dependence and psychological dependence.

REVIEW OF RELATED STUDY

Sahu Anamika et al. (2022) found in their study that substance use is common among medical students, with rates of substance use being generally higher in males as compared to females. They concluded that targeted interventions may help to reduce substance use and will help to prevent the development of substance use disorders.

Sarah K. Nelsen et al. (2021) found in their study that adaptive perfectionists have better mental health as compared to non-perfectionists and maladaptive perfectionists. There was lower level of alcohol use among adaptive perfectionists. The study also revealed that substance use did not mediate the relationship between perfectionism and mental health.

Adibelli D., Olgun S. (2016) The study was conducted to examine the knowledge, attitude and behaviour of nursing students related to drug abuse. In this study the researcher detected that although the attitude of Health College students towards drug addiction (substance abuse) are positive. But their knowledge is not enough and gender affects addictive drug use. The students do not have enough information about the use of addictive substances.

Rationale of the Study

The proposed study is the demand of the society. Himachal Pradesh is suffering very badly from the disease of substance abuse. The main root cause of spreading of this illness is ignorance about the future health problems. This study will have great importance among medical students. Adequate knowledge of substance abuse will definitely affect their thinking and awareness regarding its bad effects on health will also change their outlook towards their lifestyle. Hardly a day passes when newspapers and other media do not inform us about substance abuse and incidents in the state. The main idea behind the proposed study is to make messed students aware and knowledgeable about the ill effects on their present and future health. At this time this awareness will bring positive motivation among them. The youth will have to be made aware in time. Continuous awareness and efforts are necessary at the social level. Not only the government but every person in the society also has to play his role. Only then we can get rid of such nuisance. For the bright future of the state this awareness is important and must.

Statement of the Problem

The study is entitled as "A study to assess the knowledge regarding substance abuse among medical students of Himachal Pradesh".

Objectives of the Study

1. To find out the significant difference in substance abuse among girls and boys students of medical college.
2. To find out the significant difference in the knowledge regarding substance abuse among government and private students of medical college.

Hypothesis of the Study

1. There will be no significant difference in substance abuse among girls and boys students of medical college.
2. There will be no significant difference in substance abuse among government and private medical colleges.

METHODOLOGY

The sample of 100 students of 4 medical college of H.P were taken. In all students are taken half of boys(50) and half of girls (50). Random cum purposive sampling technique was used.

Tool Used

Knowledge regarding Substance abuse questionnaire was used to collect data for the study. It consists of 52 multiple choice questions which measure the knowledge regarding substance abuse.

Statistical Technique Used

In the present study statistical technique of mean, SD and the t-test was used to find out the significant difference in knowledge regarding substance abuse among medical students in relation to gender and type of college.

Analysis and Interpretation of Data:

Variable	Sub Variable	N	Mean	SD	t-value	Level of Significance
Gender	Girls	50	217.7	24.71	0.81	Not Significant
	Boys	50	212.2	24.16		
Type of college	Government	50	229.2	22.03	4.64	Significant
	Private	50	200.7	21.39		

At 0.05 level.

- The mean score of girl's students is 217.7 where as that of boy's students is 212.2. There is slight variation in the mean score of the sample. Therefore the calculated t-value is 0.81 which is not significant at 0.05 level. Thus hypothesis 1 stand accepted. It shows that there is no significant difference in knowledge regarding substance abuse among girls and boys students of medical colleges.
- The mean score of Government College students is 229.2 whereas that of Private College Students is 200.7. There is slight variation in the mean score of the sample. Therefore the calculated t-value is 4.64 which is significant at 0.05 level. Thus hypothesis 2 stand rejected. It shows that there is significant difference in knowledge regarding substance abuse among medical students of Govt. and Private College.

Main Findings of the Students

Based on the analysis and interpretation of data, the researcher arrived at below mentioned findings

- There is no significant difference in knowledge regarding substance abuse among girls and boys students of medical colleges.
- There is significant difference in knowledge regarding substance abuse among medical students of Government and Private Colleges.

CONCLUSION AND DISCUSSION OF THE RESULTS

The present study was limited to a sample of Govt. and Private medical Colleges of District Kangra, Himachal Pradesh. The results indicate that there was no significant difference found in boy and girl students about their knowledge regarding substance abuse. The present study also revealed that there was significant difference found between government and private college students about their knowledge regarding substance abuse.

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