



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING ILL EFFECTS OF SUBSTANCE USE AMONG ADULTS IN A SELECTED RURAL COMMUNITY OF MAHARASHTRA

Psychiatry

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ABSTRACT

Introduction – Drug abuse is a major health problem in India and world at large. Use and abuse of drugs and smoking provides instant release from the pressure of life. Substance abuse, also known as drug abuse, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Substance abuse has a number of negative effects on a family, which include tearing the family apart, loss of employment, failure in school, increasing domestic violence, child abuse, and other crimes. It is a complex disorder that often has other significant physical, emotional and mental effects in the abuser and his family members. Use of these drugs may lead to criminal penalty in addition to possible physical, social, and psychological harm, both strongly depending on local jurisdiction Long term personality changes in individuals may occur as well. There is a high rate of suicide in alcoholics and other drug abusers.

Objectives:- To assess the knowledge and attitude regarding the ill effects of substance use. Population: Adults between the age group of 20-50 years

Methods:- A cross-sectional descriptive study with Convenience sampling technique was used to collect data from 50 samples. The research variables were substance use, knowledge attitude, ill effects. Based on the objectives a semi-structured questionnaire was prepared to identify sociodemographic variables along with knowledge and attitude on substance use. Data was analysed using simple statistical tests.

Results:- Majority of the subjects are found to possess high knowledge (92%). Almost 82% have a positive attitude regarding not to use substance

Conclusion- The finding of the study revealed the existing level of knowledge & attitude about the impact of substance abuse on society.

KEYWORDS

Substance use, knowledge, attitude, ill effects

INTRODUCTION

Encouraging people to adopt healthy life styles and appropriate coping strategies are the key aim in health promotion.¹

Drug abuse is a major health problem in India and world at large. For the past 30 to 40 years substance use has increased tremendously and the number of substance addicts are increasing phenomenally. The problem until a few decades was considered a moral problem and a sign of social irresponsibility. Use and abuse of drugs and smoking provides instant release from the pressure of life.²

Substance abuse, also known as drug abuse, is a patterned use of a substance (drug) in which the user consumes the substance in amounts or with methods neither approved nor supervised by medical professionals. Drug use and abuse is as old as mankind itself. Human beings have always had a desire to eat or drink substances that make them feel relaxed, stimulated or euphoric.³

Substance abuse has a number of negative effects on a family, which include tearing the family apart, loss of employment, failure in school, increasing domestic violence, child abuse, and other crimes. It is a complex disorder that often has other significant physical, emotional and mental effects in the abuser and his family members.⁶

There is a high rate of suicide in alcoholics and other drug abusers. The reasons believed to cause the increased risk of suicide include the long-term abuse of alcohol and other drugs causing physiological distortion of brain chemistry as well as the social isolation.

Hence keeping all these in mind the Researcher felt a need to assess the knowledge and attitude about the ill effects of substance abuse among the adults in the rural community.

METHODS/APPROACH

A cross sectional survey design was used for the study with interview technique. The tool was divided into three parts. Part I : Socio demographic data consisting 09 items. It has multiple choice questions having maximum score of 04 and minimum score of 01. Part II: Knowledge questionnaire consisting 20 items in multiple choice format with a score of 02 for correct answer and 01 for wrong answer. Thus maximum score is 40 and minimum 20. The total knowledge score is interpreted under three gradings-Low (50- 75%) and High (>75%). Part III: Attitude questionnaire consisting 12 items on a three

point Likert scale of agree, disagree and uncertain. Attitude is assessed under four sections - acceptance, rejection, avoidance and social dimension. The maximum score is 36 and minimum is 12. Interpreted as 12 to 24(negative attitude), 25 to 36 positive attitude.

Formal permission was taken from Gram Panchayat and community leader to conduct the study.

RESULTS

Table 1: Frequency and percentage of sociodemographic variables n =50

Variables	Frequency	Percentage
Age	20 - 30 yrs	42
	30.1 - 40 yrs	20
	40.1 -50 yrs	38
Sex	Male	46
	Female	54
Education	Illiterate	14
	Primary	58
	Secondary	10
	Higher Secondary	18
Marital Status	Single	24
	Married	72
	Widow	4
Occupation	Unemployed	50
	Self employed	12
	Unskilled labour	20
	Skilled Labour	18
Monthly Income	< 5000	88
	5000 -10000	12

Fig 1: Description of samples as per knowledge level

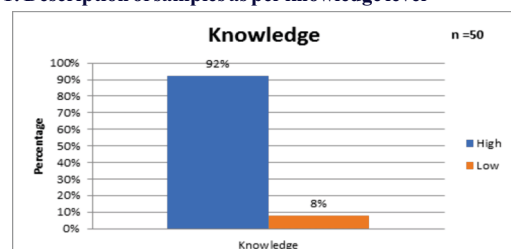


Fig 4.6 describes the distribution of people as per knowledge. As per the survey 92% of the sample has high level of knowledge whereas 8% of the people have low knowledge level.

Fig 2: Description of samples as per attitude level

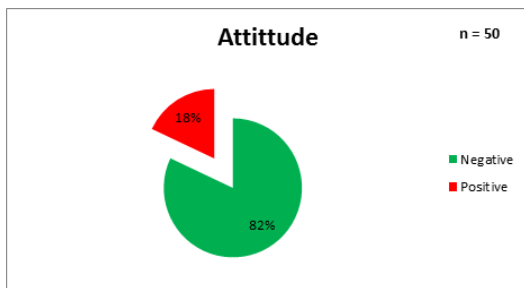


Fig 4.7 describes the distribution of people based on their attitude towards substance use. Majority of the samples 82% had negative attitude towards alcohol abuse whereas only 18% showed positive attitude towards alcohol.

CONCLUSION

With reference to the findings of the study the following conclusions can be drawn:-

The finding of the study revealed the existing level of knowledge & attitude about the impact of substance abuse on society. The information has helped us to gain more idea about the knowledge & the attitude of subjects towards avoidance of substance abuse. This study will stimulate & arouse interest in health professionals to conduct further research in this field & help to plan relevant interventions for it.

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