

A Study to Assess the Knowledge Related to Ill-Effects of Substance Abuse Among Adolescents in Narayan Nursing College, Jamuhar, Sasaram, Bihar

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Abstract-

Introduction: Substance abuse among adolescents has emerged as a major public health issue worldwide, especially in developing countries like India. Adolescence is a transitional phase marked by biological, psychological, emotional, and social changes that increase vulnerability to experimentation with tobacco, alcohol, inhalants, cannabis, and other psychoactive substances. Lack of knowledge, peer pressure, curiosity, and easy accessibility are key contributing factors. Understanding adolescents' knowledge regarding the ill-effects of substance abuse is essential for effective prevention.

Methodology: A descriptive survey design was adopted among 100 adolescent nursing students in Narayan Nursing College, Jamuhar, Bihar. A structured questionnaire consisting of demographic variables and 20 knowledge questions was used. Content validity was established by experts, and reliability was confirmed using split-half method ($r = 0.81$). Data were analyzed using descriptive and inferential statistics.

Results: Findings revealed that 48% of students had average knowledge, 32% had poor knowledge, and only 20% had good knowledge of the ill-effects of substance abuse. Knowledge levels showed significant association with parental education and family income but not with age or gender. Students with prior exposure to awareness programs exhibited higher knowledge scores.

Conclusion: Although adolescent nursing students demonstrated moderate awareness, significant gaps persist that require structured educational interventions. Strategic awareness programs, life-skills training, and parental involvement can enhance

adolescents' understanding, thereby reducing the potential risk of substance abuse.

Keywords: Adolescents, substance abuse, knowledge, tobacco, alcohol, drug use, nursing students, health hazards.

I. INTRODUCTION

Substance abuse among adolescents is a rapidly growing health concern across the world. The World Health Organization (WHO) estimates that millions of adolescents engage in harmful use of tobacco, alcohol, and other psychoactive substances, leading to long-term consequences on physical, mental, emotional, and social well-being. Adolescence is a critical developmental period characterized by identity formation, risk-taking behavior, and susceptibility to peer influence.

In India, the National Crime Records Bureau (NCRB) and National Survey on Extent and Pattern of Substance Use reveal a disturbing trend: increasingly younger populations are initiating substance use. Tobacco is often the first substance tried, followed by alcohol, cannabis, inhalants, tramadol, and sometimes opioids. The early onset of substance use significantly increases the risk of addiction and health complications in adulthood.

Bihar, being a socio-culturally diverse state, is facing an increase in adolescent substance use due to poor awareness, socio-economic challenges, lack of parental supervision, cultural permissiveness

toward tobacco chewing, and peer-led experimentation.

Substances commonly abused in adolescence include: Tobacco (chewing, smoking), Alcohol, Inhalants (glue, whitener, thinner), Cannabis products, Opioids, Illicit synthetic drugs. The ill-effects of substance abuse are profound, including respiratory illnesses, cardiovascular diseases, liver damage, neurological impairment, memory loss, poor academic performance, depression, anxiety, aggression, suicidality, family conflicts, risky sexual behavior, and impaired decision-making. Nursing students, as future healthcare professionals, play an essential role in public health education, counseling, and community awareness. Hence, assessing their knowledge regarding substance abuse is crucial for strengthening future preventive efforts.

II. MATERIALS AND METHODOLOGY

Research Approach: A quantitative research approach was adopted for this study. A descriptive survey design was used. Setting of the study was Narayan Nursing College, GNS University,

Jamuhar, Sasaram, Bihar. Purposive sampling technique All adolescent 100 B.Sc. Nursing students enrolled in Narayan Nursing College.

III. RESULTS

- This descriptive cross-sectional study comprised 100 B.Sc. Nursing students. The functional state and sociodemographic profile as determined by the structured questions assessing knowledge of: are shown below. Males made up 22% of the participants, while females made 78%. Participants' ages ranged from 17 to 19, with 28% of them being in the 20–22 age range. In terms of education, 41% were graduate and 29% had finished secondary school. According to the occupational breakdown, 46% are staying in the rural area and 54% staying in urban area. 32% having poor knowledge level, 48% students are having average level of knowledge and 20% students are having good level of knoweldge, The percentage of average knowledge is having higher. There is no significant association between Age, Gender, Place of residence.

Table 1: Frequency and Percentage Distribution of Demographic Variables (N = 100)

Demographic Variable	Categories	Frequency	Percentage (%)
Age	17–19 years	28	28%
	20–22 years	45	45%
	23–24 years	27	27%
Gender	Male	22	22%
	Female	78	78%
Residence	Rural	46	46%
	Urban	54	54%
Father's Education	Illiterate	12	12%
	Primary	18	18%
	Secondary	29	29%
	Graduate & Above	41	41%
Family Income	< ₹10,000	31	31%
	₹10,000–20,000	39	39%
	> ₹20,000	30	30%

Table 2: Level of Knowledge Regarding Ill-Effects of Substance Abuse

Knowledge Level	Score Range	Frequency	Percentage (%)
Poor	0–7	32	32%
Average	8–14	48	48%
Good	15–21	20	20%

IV. DISCUSSION

The findings of this study clearly indicate that although adolescent nursing students possess a moderate level of knowledge regarding the ill-effects of substance abuse, a sizeable proportion still lacks adequate understanding. The high rate of average and poor knowledge aligns with existing literature suggesting that adolescents often underestimate the dangers of substance use. Substance abuse remains a critical concern in Bihar, where cultural acceptance of certain substances (especially tobacco) and limited awareness contribute to early experimentation. Even nursing students lacked sufficient understanding, highlighting the need for integrating substance abuse education into curricula. Better family income and higher parental education correlated with higher knowledge levels, indicating the role of family environment. Unlike some studies showing male predominance, knowledge did not significantly vary by gender. Students who had attended prior sessions or campaigns scored substantially higher. This reinforces the importance of regular awareness initiatives, peer-led programs, and interactive workshops targeting adolescents in academic institutions.

V. CONCLUSION

Adolescents represent a vulnerable group highly susceptible to risky behaviors, including substance abuse. This study emphasizes that although nursing students had moderate knowledge regarding the ill-effects of substance abuse, significant gaps still exist. Structured awareness initiatives, skill-based education, mental health counseling, and family engagement are essential components in preventing substance misuse.

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