

# Knowledge on Ill Effects of Substance Abuse Among School Going Students

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**Abstract** - A concerning trend of rising substance abuse among school-going students has prompted a crucial study to evaluate their knowledge on the ill effects of substance abuse. The alarming increase in drug trafficking cases and student involvement in such crimes over the past few years underscores the need for targeted interventions. The main purpose of this study was to assess the knowledge on ill effects of substance abuse among school going students at St Alphonsa Public school, Pattikaad, Thrissur. The objectives of this study were to assess the level of knowledge on ill effects of substance abuse among school going students, to assess the associations between level of knowledge on ill effects of substance abuse with selected demographic variables, and to prepare and provide an informational booklet regarding the ill effects of substances abuse. The study employed quantitative research method where purposive sampling method was used. Data for the study was gathered using self-structured questionnaire, and 60 students were selected. The data analysis was triangulated to obtain meaningful results. The findings revealed that approximately 50% of students had moderate knowledge, 11.6% had inadequate knowledge, and 38.4% demonstrated adequate knowledge. The present study findings reveal that there is an association between the level of knowledge of school-going students regarding the ill effects of substance abuse with selected demographic variables such as area of residence, father's occupation, mother's occupation, substance use in family and previous knowledge, notably highlighting the importance of tailored awareness initiatives. Following the assessment, students received an informational booklet on the ill effects of substance abuse, aiming to enhance their understanding and promote informed decision-making.

**Key words** – Knowledge; substance abuse; school going students, ill effects

## I. INTRODUCTION

School-going students (6–18 years) are in a critical stage of growth, where hormonal changes, limited impulse control, curiosity, and peer pressure make them vulnerable to experimenting with substances like tobacco, alcohol, and drugs. Global and national reports show rising substance use among adolescents, with many children in India beginning before age 15 and states like Kerala reporting a sharp increase in drug-related cases. Early substance use can lead to serious health risks, behavioral problems, and poor academic performance. As schools play a key role in prevention, assessing students' knowledge about the ill effects of substance abuse is essential to identify gaps and develop effective awareness programmes.

## II. NEED FOR THE STUDY

Substance abuse among school-going students is a growing public health concern, especially in developing countries like India. Adolescents are highly vulnerable to experimenting with tobacco, alcohol, and drugs, leading to health, behavioral, and academic problems. Studies show significant substance use among students globally and in India, with low awareness about its harmful effects. Therefore, assessing students' knowledge is essential to plan effective prevention and awareness programs.

## III. STATEMENT OF THE PROBLEM

A Study to assess the knowledge on ill effects of substance abuse among school going students.

#### IV. OBJECTIVES

1. To assess the level of knowledge on ill effects of substance abuse among school going students.
2. To assess the associations between level of knowledge on ill effects of substance abuse with selected demographic variables.
3. To prepare and provide an informational booklet regarding the ill effects of substances abuse.

#### V. HYPOTHESIS

H0: There is no significant association between knowledge of school going students regarding ill effects of substance abuse with their selected demographic variables.

H1- There is a significant association between knowledge of school going students regarding the ill effects of substance abuse with their selected demographic variables.

#### VI. METHODOLOGY

Research approach and design

Quantitative Research Approach and Descriptive Design.

Setting of the study

St. Alphonsa Public School, Pattikkad, Thrissur.

Population

In this study, the population consists of students from the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standards of St Alphonsa Public school, Pattikkad, Thrissur.

Sample

The sample of the present study comprised of 60 school students from the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standards of the St Alphonsa Public School, Pattikkad, Thrissur.

Sampling Technique

The sample were selected by a purposive sampling technique.

Sample Size

The sample size of the present study comprised of 60 school students from the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standards of the St Alphonsa Public School, Pattikkad, Thrissur.

Sampling Criteria

Following criteria were used in selection of sample for the study.

Inclusion Criteria-

- \* School going students between 13-17 years.
- \* Students who were present during data collection

Exclusion Criteria-

- \* Students who are not willing to participate.
- \* Students who were leave on the day of data collection

Tool/Instruments

- Demographic profile
- Structured knowledge-based questionnaire
- Information Booklet

Description And Scoring

Section A: Distribution of demographic profile of school-going students

Section B: Distribution of knowledge among school-going students

Section C: Association of level of knowledge with the selected demographic variables.

#### VII. RESULTS

Section A- Description of demographic variables of school going students

- Out of 60 samples, 15% of school going students belongs to the age group 13 years, 40% of school going students belongs to 14 years of age, 45% of school going students belongs to 15 years of age.
- Out of 60 samples, 63.34% of school going students belong to the category of male and 36.66% of school going students belongs to female category.
- Out of 60 samples, 48.33% of school going students belongs to Hindu category, 18.33% of School going students belongs to Muslim category, 31.67% of school going students belongs to category of Christian and 1.67% of school going students belongs to other Out of 60 samples 36.66% of school going students belongs to Rural area, 46.6% of school going students belongs to Suburban area and 16.6% of school going students belongs to Urban area.

- Out of 60 samples 100% of school going students belongs to the category days scholars.
- Out of 60 samples 73.33% of school going students belongs to nuclear family, 25% of school going students belongs to joint family and 1.66% of school going students belongs to extended family.
- Out of 60 samples, 16.66% of school going students have no siblings, 65% of school going students have only one sibling and 18.33% of school going students have more than one sibling.
- Out of 60 samples, 15% of school going students belongs to family income less than 10000, 28.33% of school going students belongs to family income between 10001 to 20000, 48.33% of school going students belongs to family income between 20001 to 30000 and 8.33% of school going students belongs to family income greater than 30001.
- Out of 60 samples, the father's occupation of 16.66% of school going students belongs to business, 10% of school going students belongs to government employee, 48.33% of school going students belongs to self-employee and 25% of school going students belongs to category other.
- Out of 60 samples, the mother's occupation of 3.33% of school going students belongs to government employee, 26.67% of school going students belongs to self-employee, 50% of school going students belongs to home maker and 20% of school going students belongs to category others.
- Out of 60 samples, 65% of school going students belongs to the group having hobbies and 35% of school going students belongs to the group having no hobbies.
- Out of 60 samples, 31.6% of school going students belongs to the group having substance use in the family and 68.4% of school going students belongs to the group having no substance use in the family.
- Out of 60 samples, 61.6% of school going students have previous knowledge regarding ill effects of substance abuse and 38.4% of school going students have no previous knowledge regarding ill effects of substance abuse.

Section B- Description of level of knowledge of school going students regarding ill effects of substance abuse

Level of knowledge	frequency	percentage
Inadequate knowledge	7	11.6
Moderate knowledge	30	50
Adequate knowledge	23	38.4

This table reveals, among 60 samples of school going students, 7 of them (11.6%) have inadequate knowledge, 30 samples (50%) have moderate knowledge and 23 of them (38.4%) possess adequate knowledge.

Section C- Description of association between level of knowledge of school going students regarding ill effects of substance abuse

The study also revealed associations between knowledge levels and demographic variables such as area of residence, parental occupation, hobbies, substance use in the family, and previous knowledge. However, no associations were found with age, gender, religion, family type, number of siblings, or income. These findings highlight the need for targeted interventions to address knowledge gaps and prevent substance abuse among school going students. So, the researcher accepted H1 that there is a significant association between knowledge of school going students regarding ill effects of substance abuse with their selected demographic variables.

## VIII. DISCUSSION

In relation to first objective, which was that to assess the level of knowledge on ill effects of substance abuse among school-going students, Out of 60, that 30 (50%) had moderate knowledge related to ill effects of substance abuse, 7 (11.6%) had inadequate knowledge, and 23(38.4%) had adequate knowledge regarding the ill effects of substance abuse. For the second objective to determine the association between level of knowledge on ill effects of substance abuse with selected demographic variables. Study findings reveal that there is an association between the level of knowledge of school-going students regarding the ill effects of substance abuse such as area of residence, father's occupation, mother's occupation, hobbies, substance use in family and previous knowledge. The third objective of the study was to prepare and

distribute an informational booklet on ill effects of substance abuse. The distribution of booklet, a planned educational intervention, aimed to enhance knowledge regarding the ill effects of substance abuse

## IX. CONCLUSION

Substance abuse is a significant social issue that impedes individual, family, and national development. This study concludes that most participants possess moderate knowledge on the ill effects of substance abuse, highlighting the need for improvement. Healthcare professionals can play a vital role by emphasizing health education and providing instructional materials. The provision of self-instructional modules (SIM) on the ill effects of substance abuse can be an effective tool, empowering youth to learn and educate their peers, ultimately contributing to a healthier future generation.

## X. NURSING IMPLICATIONS

Nursing implication of the study can be made in following field in relation to nursing students such as nursing education, nursing practice, nursing administration and nursing research.

### Nursing practice

- Nurses should use what they know about substance use in their work, especially since some healthcare professionals aren't fully aware of all its aspects.
- Nurses should offer support to those struggling with substance use and teach them about treatments and prevention.
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- School health nurse can organize counselling for school-going students as a way to prevent substance use from spreading.
- Nurses can work with groups like Alcoholics Anonymous and child welfare organizations to find and help people suffering from substance use.
- Community health nurses should develop suitable and culturally sensitive programs to guide school-going students away from substance use.

### Nursing Education

- Nursing educators should teach school teachers how to spot signs of substance use in children early on.
- School lessons should include activities like creating booklets, and pamphlets, and discussions about the dangers of substance use.
- Nursing educators should offer ongoing training for hospital staff and community health workers to boost their knowledge about substance use.
- Community health nurse educators should teach school children about preventing substance use during school health programs.
- Nurse educators to highlight "child-to-child" programs where kids teach each other about substance use, as peers greatly influence behaviour.

### Nursing Administration

- Nurse administrators should plan and set up educational programs for both nursing
- staff and school children to keep their knowledge about substance use current.
- Health administrators at all levels (national, state, district, local) should focus on
- making the public more aware of substance use to lower its occurrence.
- Health managers should convince the state education department to include
- substance use topics in school lessons.
- Nurse managers can motivate their staff to actively join groups that educate and help people with substance use problems.

### Nursing Research

- Nurse researchers need to conduct more studies on different aspects of substance use to gather more information.
- More research specifically on how much school-going children know about substance use will help reduce its spread and improve their health.
- This current study can be used as a starting point or background information for future research.
- More studies at the local and regional levels will help identify specific problems and show how widespread and impactful substance use is among school-going children.

- The results of this study should be shared at conferences (international, national, and state) so all nurses are aware of them. This will boost their knowledge and help them make better decisions about preventing substance use in school-going children.

#### XI. RECOMMENDATIONS

Based on the findings of the present study the recommendations offered for future research are,

- Do a follow-up study using different research methods to see how well the SIM helps with substance use education.
- Study the actual behaviours of substance users in various places like Child Guidance Clinics, Mental Health Hospitals, and Children's Homes.
- Conduct a qualitative study (like interviews or focus groups) to deeply understand the reasons behind and the effects of substance use in school-going children.
- Conduct a "child-to-child" approach to understand attitudes and practices, as school-going children are heavily influenced by their friends.
- Similar studies can be replicated among larger sample for wider generation.
- Similar study can be conducted in different regions and different geographic location.
- Conduct a gender based comparative study to identify knowledge and attitude regarding substance abuse.

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