

PREVALENCE AND PATTERN OF SUBSTANCE ABUSE AMONG THE STUDENTS OF HIGHER SECONDARY SCHOOLS

Voice of Research
 Volume 4 Issue 2
 September 2015
 ISSN No. 2277-7733

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Abstract

The present study attempts to make a thorough, comprehensive, analytical study and exploring the educational background of the parents and substance abuse, economic background of the family and substance abuse, age of the students and the patterns of the substance use in ever, recent and current use and use of substance abuse by an individual in relation to tobacco, alcohol inhalants and cannabis. From the result of the research the administrator, teachers and parents may help children through early education about psychoactive substances, open communications, good role modelling and early recognition if problems are developing. No single measure would be effective to prevent the use of drugs until and unless home, school and society all the three collectively and cooperatively tackle the problems of substances abuse from different angles.

Key words : Substance, abuses, substance abuse, adolescence, students, Manipur

Substance use refers to the harmful or hazardous use of psychoactive substance including alcohol and illicit drugs, other than when medically indicated. Psychoactive substance use poses a threat to the health, social and economic fabric of families, communities and nations. Adolescence is a time of experimentation and risk taking and the initiation of substance use often begin during this period. The consequences of drugs use are often multifaceted. This habit not only affects health, education and occupational career, but also incurs a huge financial and social burden to the society. Substance use in adolescence is commonly associated with unsafe sexual behaviour, school and social misbehaviour, poor academic performance may eventually lead to the continuation of drug use in adulthood. Long term personality change in individuals may occur as well.

Substance abuse is mostly observed during the period of adolescence. They may be involved with legal or illegal drugs in various ways. Experimentation with drugs during adolescence is common. Adolescence is a times for trying new things. Unfortunately, teenagers often do not see the link between their actions today and the consequences tomorrow. They also have a tendency to feel indestructible and immune to the problems that other experience. So they try new things or substances that are harmful to them and altered their mood. Some of the substance that can be abused for their mood altering effects that are not at all – inhalant and solvents, alcohol, marijuana, hallucinogens, amphetamines, barbiturates, narcotics etc. Use of these drugs may lead to criminal penalty in addition to possible physical, social, and psychological harm. These teenagers use drugs of psychological factor, peer groups, rebelliousness, intercultural influences, curiosity, to reduce stress, future insecurity, physiological reasons, climatic condition, easy availability of drugs, to grown up or to fit in. But using such drugs makes our nervous system effects which produce changes in mood, level of awareness or perception and sensations.

From Zarda Pan, Khaini and Cigarettes to Ganja and Alcohols such as Beers, Whisky, local brews, from cough syrups such as

Phenshydyl, Corex, Epidex, Sericodine and bondex to pain killer tablets like Proxyvon, Parvon Spas, Spasmo Proxyvon, Relipen, prozep and tranquilizers such as Diazepam, Valium, Nitrogen 10(N10); from psychoactive substances such as Morphine, Poldrom, Mandrake, Hypogen to in infamous Heroin Number 4, drug abuse manace has almost succeeded in its attempted destruction of young physique and mindset of Manipuris. Nowadays, beginner abusers of Manipur are switching on to cheap and easily available substances such as Dendrite and correction fluids (Kores Eraz –Ex) to enjoy self-satisfaction. The changing trend calls for urgent attention of parents for saving the young siblings from destruction of mindset.

Drug or substance abuse is an immoral behaviour of the youths. The degrading and all round system failure affecting every aspect of the society arising out of mis-governance etc. also aggravate this menace in Manipur. Young people take drugs or abuse substances for many reasons. May be they do so in order to cope with the frustration in life-amusement or for satisfying company of friends. Many youths indulge in unwanted activities to gain acceptance and popularity among the peers. Due to their gregarious nature, young people seek the company of their own age group. This leads to their exposure to various unwanted behaviour of their age group. The question is, since it would be impractical to expect them to dissociate from their herds, how they can be protected from being negatively influenced by the group behaviour.

Abusing substances that are becoming dangerous to health are increasing rapidly. Using such drugs at a young age increases the risks of using other drugs that have cause severe negative health effects. Some teens will experiment and stop, or continue to use occasionally without significant problems. Other will develop a dependency or addition to drugs and causing significant harm to themselves and possibly others. Using such drugs has posed a great danger to the physical and mental health of adolescents and has caused a great concern in the mind of all those who are closely associated with their welfare and with the wellbeing of the society in general. Hence



deconstructing the moral value of young generation, there is a need of study the young adolescents regarding substance abuses. Keeping all these in view the investigator chose this topic study on prevalence and pattern of substance abuse among the students of Higher Secondary schools.

Objectives

- To study the background of the family and substance use.
- To study the effect of educational background of the parents and substance abuse.
- To study the influence of economic background of the parents and substance abuse.
- To find out the age of the students and the pattern of the substance use in ever, recent and current.
- To find out the use of substance abuse by an individual in relation to tobacco, alcohol, inhalants and cannabis.

Methodology : Methodology is a style of conducting a research work which is determined by nature of the problems. The present study is conducted with the help of ‘Survey Method’. This method has undoubtedly been the most popular and the most widely used research method in education. The investigation selected this method because it is concerned with the present and attempts to determine status of the problem under investigation.

Sample : For the present study only 160 adolescence students selected through Simple Random Sampling from eight (8) Higher Secondary Schools of Imphal East and West District of Manipur. The sample comprised of 80 adolescence students from four (4) Government Higher Secondary Schools and 80 from four (4) Private Higher Secondary Schools as the true representative proportion of the population.

Tools : The tools for the study were used questionnaire which was developed by investigator himself keeping into account the four (4) areas of becoming an individual substance abuse in relation to educational background of parents and substance abuse, economic background of parents and substance abuse, age of the students and substance abuse and substance abuse and substance use by an individual.

Statistical Analysis : Analysis of data for the present study has been made in conformity with the objectives as formulated by the investigator. Statistical techniques like number and percentage were used to analyse the data.

Result and Discussion

Table-1 : Background of the Family and Substance Use

Substance use by the family	Observed number	Percentage
Substance use by the father	87	54.375%
Substance use by mother	42	26.25%
Substance use by sibling	31	19.375
Total	160	100

To the statement “background of the family and substance use” enquired from the students whether all the numbers in the family, were substance users. The response pattern as shown in table 1 reveals that 87(54.375%) father, 42 (26.25%) mother and 31 (19.375%) sibling were substance users.

Table-2 : Educational Background of the Parents and Substance Use

Qualification	Observed number	Percentage
Under matriculation	63	39.375%
Matriculation	36	22.5%
10+2	25	15.625%
Graduate	20	12.5%
Post-graduate	16	10%
Total	160	100

Table No.2, deals with classification of the substance user’s students according to their parents’ educational qualification. From, the table it can be deduced that 63 (39.375%) of the parents where under matriculation. And those students of such parents are more in substance user 36(22.5%) of the parents were matriculation and students of such parents were less in substance users than that of under matriculation parents’ students. In the family were parents’ qualification were +2, 25 (15.625%) of students were prevalence in substance user. Those students whose parents’ qualification of graduate and post-graduate were very less of substance uses 20(12.5%) and 16 (10%) respectively.

Table-3 : Economic Background of the Parents and Substance Use

Income of the parents per annum	Observed number	Percentage
10,000-20,000	15	9.375%
21,000-30,000	30	18.75%
31,000-50,000	46	28.75%
51,000-above	69	43.125%
Total	160	100

To the statement “economic background of the parents and substance use”, table no.3 reveals that majority of the students in the present sample belonged to the highest two income groups parents i.e. 69 (43.125) were earning between Rs. 51,000-above and 46 (28.75%) earned between Rs. 31,000-50,000. Out of the remaining students parents 30 (18.75%) were earning between Rs. 21,000-30,000. Only 15 (9.3755) students’ parents earning between Rs. 10,000-20,000. Thus, it can be concluded that those students from the highest income parents are more in substance users than that of low income groups parents.

Table 4 : Age of Students and Pattern of Substance Use

Demographic Characteristic (Age of Students)	Total No. of students	Percentage	Pattern of substance use					
			Ever Use		Recent use		Current use	
			N	%	N	%	N	%
16	60	37.5%	Nil	Nil	52	86.67	8	13.33
17	54	33.75%	Nil	Nil	47	87.04	7	12.96
18	30	18.75%	Nil	Nil	27	90	3	10
19	16	10%	Nil	Nil	13	81.25	3	18.75
Total	160	100			133		27	

From the above table 4, it is found that there were 60 (37.5%) and 54 (33.75%) students in the age group of 16 and 17 years, and there were 30 (18.75) and 16 (10%) students in the age group of 18 and 19 years.

It was also found that students of 16 years were 52 (86.67%) of substance use as recent user and 8 (13.33%) as current user. Students of 17 years were 47 (87.04%) of substance use as recent user and 7 (12.96%) as current user. Students of 18 years were 27 (90%) of substance use as recent user and 3 (10%) as current user. For 19 years students were 13 (81.25%) as recent user and 3 (18.75%) as current user. It shows that the substance abuser of ever use was found to be "nil".

Table-5 : Substance Use by an Individual and its Pattern.

Substance	Total No. of students	Percentage	Pattern of substance use					
			Ever Use		Recent use		Current use	
			N	%	N	%	N	%
Tobacco	109	68.12%	Nil	Nil	98	89.91	11	10.09
Alcohol	32	20%	Nil	Nil	32	100	Nil	Nil
Inhalants	11	6.88%	Nil	Nil	11	100	Nil	Nil
Cannabis	8	5%	Nil	Nil	8	100	Nil	Nil
Total	160	100			149		11	

From the table 5, it is found that 109 (68.12%) of the students were used of tobacco and 32(20%) of the students were used of alcohol and 11 (6.88%) of the students were used of inhalants and very less 8 (5%) students were used of cannabis.

Further interpretation shows that students who use tobacco were 98 (89.91) recent use and 11 (10.09%) current use. Students who use alcohol were 32(100%) recent use and current use was nil. Student who use inhalants were 11(100%) recent use and current use was nil. Students who use cannabis were 8 (100%) recent use and current use was nil. It shows that for all the substance users, ever user was found to be nil.

Conclusions

Background of the Family and Substance Use : It was found that more than half of the students (54.375%) whose father were substance users were more prevalence in substance abuse. It can be concluded that most of the family members were all substance users. From the imitation of their parents, sibling and friends they subsequently became substance abuse.

Education Background of the Parents and Substance Use : It was found that one third of the students (39.375%) belong to such families in which parents were less educated i.e. under matriculation were more in substance users. It can be concluded that parents of more literate i.e. post-graduate were knowledgeable about the substance abuse and take care and motivated against substance abuse of their children. They were more adjustable to their children.

Economic Background of the Parents and Substance Use

: It can be state that students from the high income family were more prevalence in substance use and students from low income family were less prevalence in substance use. It means that giving money by the parents at random when demanded for it by their children is the initial contributing factor of substance abuse.

Age of the Students and Pattern of Substance Use :

It was found that students of 16 years are more prevalence of substance use. And students of 19 years are less prevalence of substance use. It means that middle adolescence feel more curious to taste the substance than later adolescence.

Substance Use by an Individual and its Pattern :

It can be state that majority of the students are more use of tobacco, alcohol and cannabis is less use by the students. Only (6.88%) of the students used inhalants substance i.e. gas, aerosols based on correcting fluid, nail varnish remover, petrol, dry cleaning fluids, dendrites come under solvent addiction or inhalants. It means that most of the substance user students they used substances which are easily available in the market i.e. tobacco and alcohol whenever they needed.

Suggestions

Parents and teachers should keep good relations with the adolescents and know the company of the adolescents because peer group or friend circle could lead innocent child to become a substance abuser.

Parents and teachers should provide proper counselling for the adolescents to minimize the frustration, anxiety and fear in the life of adolescents. The good habits and moral values developed in early infancy leave permanent impressions on the behavior of adolescents.

Parents and teachers must know the psychology of the adolescents i.e. their interest, motives, aptitude, attitudes, potentials etc. and should lead the child in a desirable way.

The Government and the school administrators should not allow to sell any psychoactive substances inside the school campus and also in the surrounding of the schools. In the medical store, psychoactive substances should not be easily sell without the doctor's prescription to the adolescents.

The concept of the psychoactive substance and its bad effects should be included in the curriculum. There should be inclusion of moral education in the school subjects' upto secondary stages to develop a good character among the adolescents. The school should cater to the physical, psychological and social needs of adolescents through different co-curricular activities.

Parents – teacher association should be strengthened so that the problems of individual students may be discussed and remedial measures can be suggested. The teachers should report the behaviour of the student if he/she finds it unwanted.

The advertisement of alcohol and tobacco products either through mass media or through hoardings should be banned. Awareness about drug is to be created among the people through the media of posters, T.V., news papers, Journals, street plays, drama and cinema.

There should be inclusion of the classroom presentation in the forms of single or sessions for the information of substance abuse. Schools can provide public awareness by conducting lectures and other related speeches on the dangers of substance abuse. And the power of the head of the administration should be strengthened to look after the happening around the school.

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