

Impact of Health Education Programme on Knowledge of Students towards Drug Abuse in Selected Higher Secondary Students of Udaipur

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Abstract

Introduction : Drug abuse is a significant global challenge affecting all demographics and transcending cultural, social, and economic barriers. Historically rooted in many ancient civilizations, drug abuse has evolved into a critical public health issue, particularly among adolescents. The proliferation of narcotics has been exacerbated by global trade and socio-cultural liberalization, leading to widespread substance abuse. India, transitioning from a transit nation to a major consumer, mirrors this global trend. Efforts to combat drug abuse include international observances and legal frameworks.

Methodology : An evaluative research approach was adopted. Pre-experimental i.e. one group pre-test - post-test design was adopted for the study. The study was conducted in three selected Higher Secondary students of Udaipur District. In this study, the population consists of first- and second-year students of Higher Secondary students of Udaipur who have taken arts, commerce or science as their optional subjects. For this study 120 sample was taken. Stratified random sampling technique was used. The data collection period was scheduled from 21st June 2014 to 30th June 2014.

Results : Majority of students (52.5%) had scores ranging between (41-55) in post-test whereas in the pre-test none of them had scored above 30.

Conclusions : Mostly all the variables are associated, so research hypothesis is accepted.

Keywords : Impact; Drug abuse; Health education

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Introduction

Drug abuse is a social problem, not in India alone, but the entire world. The use of drugs has its own culture and history, which varies from country to country. The problem of drug abuse is growing at an explosive rate and in just little over a

decade it has spread its malevolent tentacles to almost every part of the globe surmounting almost all barriers of race, caste, creed, religion, sex, educational status, economic strata etc. Drug abuse among adolescents has become a global challenge and also an important public health concern and

for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes. June 26, 1992 was declared by WHO as the International Day against Drug Abuse and Illicit Trafficking. In addition, the years 1991-2000 were designated as the United Nations Decade against Drug Abuse.²

Background of the study

Substance abuse has been recorded in the texts of almost all ancient cultures e.g., Aryan, Egyptian and Babylonian.

The ancient Indian text, the Vedas, mention "somaras," an alcoholic drink, as a source of pleasure for gods. Cannabis (Indian hemp) was found in 800 BC. The plant grows wild throughout the foothills of the Himalayas and the adjoining states. The poppy plant (*Papaver somniferum*) and its product - opium - are comparatively of recent introduction. This plant can grow in any part of the country and is also cultivated.

Drug abuse by students in Secondary Schools / Higher Secondary Schools students is a serious problem. As it is gaining gradual popularity among Higher Secondary students, it would be vital to examine their knowledge towards drug abuse.

Health education is an important strategy of all the programmes to prevent and control drug abuse.

Objectives

1. To assess the knowledge of students on drug abuse before and after the health education programme.
2. To prepare and validate the health education programme.
3. To find the association between the knowledge and selected demographic variables.

Hypothesis

H₁ : The mean post-test knowledge scores of students regarding drug abuse will be significantly higher than their mean pre-test knowledge scores.

H₂ : There will be significant association between pre-test knowledge and selected variables.

Methodology

Research Approach : An evaluative research approach was adopted.

Research Design : Pre-experimental i.e. one group pre-test - post-test design was adopted for the study.

Variables

Independent Variable : In this study the health education programme (HEP) on drug abuse was the independent variable.

Dependent Variable : In this study, the knowledge scores of students regarding drug abuse.

Setting of The Study : The study was conducted in three selected Higher Secondary students of Udaipur District.

Population : In this study, the population consists of first- and second-year students of Higher Secondary students of Udaipur who have taken arts, commerce or science as their optional subjects.

Sample : For this study, 120 Higher Secondary students who fulfilled the sampling criteria were selected as sample.

Sampling Techniques : Stratified random sampling technique used for this study.

Pilot Study

Pilot study was conducted on 14th June 2014 to 20th June 2014 in one of Higher Secondary school in Udaipur, City. After obtaining written permission from the head of the institution (Annexure), the tool was administered to 12 students (6 boys and 6 girls) who fulfilled the sampling criteria. Proper explanation about study was given to the respondents. After obtaining their consent, the tool was administered. Data analysis was done using descriptive and inferential statistics.

Process of Data Collection

The data collection period was scheduled from 21st June 2014 to 30th June 2014.

Results

The data collected were organised and presented under the following headings:

Section I : Sample characteristics.

Section II : Effectiveness of HEP in terms of gain in knowledge scores.

Section III : Association between pre-test knowledge scores and selected demographic variables.

Section IV : Frequency and percentage distribution of agreement by experts on Items in criteria checklist for evaluating health education programme.

SECTION 1 :

Section 1 : Sample Characteristics

Table 1 : Frequency and percentage distribution of students according to baseline characteristics

Sl.No.	Variables	Frequency	Percentage
1	Age (in years)		
	16-18	105	88.00
	18-20	15	12.00
	20-22	0	0.00
2	Sex		
	Male	60	50.00
	Female	60	50.00
3	Year of study		
	First year Higher Secondary School	60	50.00
	Second year Higher Secondary School	60	50.00
4	Stream of study		
	Arts	40	33.33
	Science	40	33.33
	Commerce	40	33.33
5	Religion		
	Hindu	98	81.66
	Muslim	10	8.33
	Christian	12	10.00
6	Place of stay		
	Home	107	89.00
	Hostel	9	8.00
	Paying guest	0	0.00
	Relative's house	4	3.00

Table 2 : Frequency and percentage distribution of students according to baseline characteristics

Sl.No.	Variables	Frequency	Percentage
7	Family set up		
	7.1 Type of family		
	Nuclear family	66	55.00
	Joint family	30	25.00
	Single parent family	24	20.00
	7.2 Living status of parent		
	Father - Alive	108	90.00
	- Dead	12	10.00
	Mother - Alive	108	90.00
	- Dead	12	10.00

8	Part time job		
	Yes	20	16.33
	No	100	83.33
9	Monthly pocket money		
	Below Rs. 200	80	66.66
	Rs. 200-400	21	17.50
	Rs. 400-600	9	7.50
	Rs. 1000-2000	6	5.00
	Above Rs. 2000	4	3.33
10	Educational status of parents		
	10.1 Father		
	No formal schooling	8	6.66
	Primary school	19	15.83
	Middle school	8	6.66
	High school	37	30.80
	School/University	48	40.00
	10.2 Mother		
	No formal schooling	11	9.16
	Primary school	23	19.16
	Middle school	9	7.50
	High school	40	33.33
	Higher Secondary/University	37	30.80

Table 3 : Frequency and percentage distribution of students according to baseline characteristics

Sl.No.	Variables	Frequency	Percentage
11	Monthly family income		
	Above 3000-5000	55	45.83
	Above 5001-7000	18	15.00
	Above 7001-9000	12	10.00
	Above 9001	35	29.16
12	Mass media exposure News paper/ Magazine		
	Very often	14	11.66
	Some times	77	64.16
	Rarely	19	15.83
	Never	10	8.33
13	Mass media exposure		
	Radio/Television		
	Very often	15	12.50
	Sometimes	68	56.66
	Rarely	25	20.83
	Never	12	10.00

Table 4 : Frequency, percentage and cumulative frequency distribution of pre-test and post-test knowledge scores

Knowledge scores	Pre-test			Post-test		
	Frequency	%	Cumulative frequency %	Frequency	%	Cumulative frequency %
5-10	5	4.17	4.17	-	-	-
11-15	28	23.33	27.50	-	-	-
16-20	27	22.50	50.00	-	-	-
21-25	38	31.67	81.67	-	-	-
26-30	22	18.33	100.00	-	-	-
31-35	-	-	-	26	21.67	21.67
36-40	-	-	-	31	25.83	47.50
41-45	-	-	-	42	35.00	82.50
46-50	-	-	-	20	16.67	99.17
51-55	-	-	-	1	0.83	100.00
	120	100.00		120	100.00	

Table 5: Grading of pre and post-test knowledge scores of students

Grade	Range	Pre-test		Post-test	
		Frequency	%	Frequency	%
Excellent	41-55	0	0.0	63	52.5
Good	31-40	0	0.0	57	47.5
Average	21-30	60	50.0	0	0.0
Poor	10-20	60	50.0	0	0.0

Area wise paired 't' test showing the significant difference between pre-test and post-test knowledge scores on drug abuse

Area	Mean knowledge scores		Mean difference	SD	SE (d)	df	't' value
	Pre-test	Post-test					
Concept	5.358	12.925	7.567	2.553	0.233	119	32.467*
Predisposing factors	1.483	3.916	2.430	1.586	0.144	119	16.783*
Effects	3.883	7.208	3.325	1.638	0.149	119	23.235*
Withdrawal symptoms	4.225	8.600	4.375	2.127	0.194	119	22.531*
Prevention & treatment	4.991	7.600	2.730	1.668	0.152	119	17.928*

Section III : Association between the pre-test knowledge score of Higher Secondary students and selected demographic variables:

In the association it shows that mostly all the variables associated with pre test knowledge except religion & monthly family income, at the level of 0.05.

Conclusions

Age, sex, year of study, living status of father, part time job, and monthly pocket money are significant, variables in determining the students' knowledge of drug abuse.

Thus, it is concluded that the health education programme is highly effective in imparting the knowledge on drug abuse for Higher Secondary students.

Recommendations

1. A similar study may be repeated on a larger sample covering the entire student population in Higher Secondary students of M.P as well as others parts of the country and also in NEPAL.
2. A similar study can be conducted among school students.
3. An experimental study can be undertaken with a control group.
4. A comparative study may be undertaken on professional and non-professional students to compare their knowledge towards drug abuse.
5. A study may be carried out on a large sample of School and school students to determine the drug abuse practices among them.

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