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"Knowledge Regarding Adverse Effects Of Substance Use Among Secondary School Students In Selected Schools Of Guwahati, Assam: A Descriptive Study"

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ABSTRACT

BACKGROUND

Substance use is a complex condition characterized by the harmful use of psychoactive substances leading to physical and psychologic dependence.[1]According to medical science and discovery (2018) 49% of adolescence use alcohol and 22% use heroin in Assam.

OBJECTIVES

1. To assess the level of Knowledge regarding adverse effects of Substance use among Secondary school Students in selected schools of Guwahati, Assam.
2. To find out the association of Knowledge regarding adverse effects of Substance use among Secondary school Students in selected schools of Guwahati, Assam with selected demographic variables.

METHOD AND MATERIAL

Descriptive research design was used to conduct the study. A sample size of 100 were selected using Non-probability Convenience sampling technique. The samples included in this study were those fullfilled the inclusion criteria with secondary school students who were in the age group of 12- 17 years. The secondary school students studying in English medium school at St. Mary's Senior Secondary School and Green Valley Public School, Guwahati, Assam. The data collection period was scheduled on 8th April 2025 to 30th April 2025.After obtaining ethical clearance from Ethics Committee of the Institution of Neurological Science Trust GNRC complex Dispur, Guwahati, Assam. Data were collected by using structured questionnaire. Informed written consent was obtained from students.

RESULTS

Majority 53% of the Secondary school Students had adequate Knowledge, 44% had moderately adequate Knowledge and 3% had inadequate Knowledge regarding adverse effects of Substance use. The demographic variable study in class **(p=0.016)** had shown statistically significant association with level of knowledge regarding adverse effects of substance use among secondary school students at $p<0.05$ level respectively and the other demographic variables had not shown statistically significant association with adverse effects of substance use among secondary school students at $p<0.05$ level.

CONCLUSION

The result of the present study concluded that most of the Students had adequate Knowledge regarding Substance use.

KEYWORDS

Knowledge, Secondary School, Students and Substance use.

INTRODUCTION

Worldwide, more than a quarter of all people aged 15–19 years are current drinkers, amounting to 155 million adolescents.[3]Prevalence of heavy episodic drinking among adolescents aged 15–19 years was 13.6%.[4] Cannabis is the most widely used psychoactive drug among young people with about 4.7% of people aged 15–19 years using it at least once in 2018.[3]According to Hindu Times (2022) 1.58 crore children aged between 10 and 17 years are addicted to substances in India. Most people consumed the drug multiple times daily followed by weekly and had procured the drug from local retailers. These substances gave them a sense of hallucination and euphoria on consumption.

OBJECTIVES

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2. To find out association of Knowledge regarding adverse effects of Substance use among Secondary school Students in selected schools of Guwahati, Assam with selected demographic variables.

METHODOLOGY

Descriptive research design was used to conduct the study. A sample size of 100 were selected using Non-probability Convenience sampling technique. The samples included in this study were who fulfilled the inclusion criteria with secondary school students who were in the age group of 12- 17 years. The secondary school students studying in English medium school at St. Mary's Senior Secondary School and Green Valley Public School, Guwahati, Assam. The data collection period was scheduled on 8th April 2025 to 30th April 2025.After obtaining ethical clearance from Ethics Committee of the Institution of Neurological Science Trust GNRC complex Dispur, Guwahati, Assam. The Data were collected by using structured questionnaire. Informed written consent was obtained from students.

DESCRIPTION OF THE TOOL

In order to meet the objectives of the study, following tools were constructed which consists of two sections:

SECTION I: SOCIO-DEMOGRAPHIC DATA

SECTION II: STRUCTURED KNOWLEDGE QUESTIONNAIRE

DATA COLLECTION PROCESS

The data collection period was scheduled on 8th April 2025 to 30th April 2025.After obtaining ethical clearance from Ethics Committee of the Institution of Neurological Science Trust GNRC complex Dispur, Guwahati, Assam. The investigator used descriptive research design to conduct the study among adolescents. A sample size of 100 were selected using Non-probability Convenience sampling technique. The samples included in this study were secondary school students who are in the age group of 12- 17 years and willing to participate in the study The settings of the study was St. Mary's Senior Secondary School and Green Valley Public School, Guwahati, Assam. Data were collected by using demographic data and structured questionnaire. Informed written consent was obtained from students. A structured knowledge questionnaire was prepared consisting of 12 items on knowledge regarding substance use. The items were developed to cover different areas such as knowledge related on substance use, risk factors, signs and symptoms, physical effects, psychological effects, social effects, prevention, treatment and complication.

RESULTS:

SECTION- I:

Table 1:Frequency and percentage distribution of demographic variables of the secondary school students.

n = 100

Demographic Variables	Frequency (f)	Percentage %)
Age (in years)		
12 – 13	25	25
14 – 15	62	62
16 – 17	13	13
Gender		
Male	32	32
Female	68	68
Others	-	-
Study in class		
Class 8	32	32
Class 9	38	38
Class 10	30	30
Monthly family income		
Rs 2,13,814 and above	6	6
Rs 1,06,850 – Rs 2,13,813	13	13
Rs 80,110 – Rs 1,06,849	11	11
Rs 53,361 – Rs 80,109	24	24

Demographic Variables	Frequency (f)	Percentage %)
Rs 31,978 - Rs 53,360	20	20
Rs 10,703 –Rs 31,977	26	26
Relationship with parents		
Very good	62	62
Good	26	26
Normal	11	11
Poor	1	1
Relationship with friends		
Very good	60	60
Good	30	30
Normal	10	10
Poor	-	-

The table 1 denotes that most of the secondary school students, 62(62%) were aged between 14 – 15 years, 68(68%) were female students, 38(38%) were studying in Class 9, 26(26%) had monthly family income of Rs 10,703 –Rs 31,977, 62(62%) had very good relationship with parents and 60(60%) had very good relationship with friends.

SECTION- II:

Table 2: Frequency and percentage distribution of level of knowledge regarding adverse effects of substance use among secondary school students.

n = 100

Level of Knowledge	F	%
Inadequate knowledge (≤33%)	3	3
Moderately adequate (34 – 65%)	44	44
Adequate (≥66%)	53	53

The above table 2 shows that among the secondary school students, 53(53%) had adequate knowledge, 44(44%) had moderately adequate knowledge and 3(3%) had inadequate knowledge regarding adverse effects of substance use.

SECTION- III:

Table 3: Assessment of mean and standard deviation of knowledge regarding adverse effects of substance use among secondary school students

n = 100

Knowledge	Score
Mean	7.56
Standard Deviation	2.41
Median	8

The table 3 shows that the mean score of knowledge was 7.56±2.41 with median of 8.

SECTION- IV:

Table 4: Association of level of knowledge regarding adverse effects of substance use among secondary school students with their selected demographic variables.

n = 100

Demographic Variables	Inadequate		Moderately Adequate knowledge		Adequate Knowledge		Chi-Square p-value / Fisher Exact test p-value
	No.	%	No.	%	No.	%	
Age in years							
12 – 13	0	0	10	10	15	15	p = 0.449 (N.S)
14 – 15	2	2	30	30	30	30	
16 – 17	1	1	4	4	8	8	
Gender							
Male	1	1	17	17	14	14	p = 0.411 (N.S)
Female	2	2	27	27	39	39	
Others	-	-	-	-	-	-	
Study in class							
Class 8	2	2	15	15	15	15	**p = 0.016 (S*)**
Class 9	0	0	22	22	16	16	
Class 10	1	1	7	7	22	22	
Monthly family income							
Rs 2,13,814 and above	0	0	0	0	6	6	p = 0.126 (N.S)
Rs 1,06,850 – Rs 2,13,813	1	1	8	3	4	4	
Rs 80,110 – Rs 1,06,849	0	0	3	3	8	8	
Rs 53,361 – Rs 80,109	1	1	13	13	10	10	
Rs 31,978 - Rs 53,360	0	0	10	10	10	10	
Rs 10,703 –Rs 31,977	1	1	10	10	15	15	
Relationship with parents							
Very good	2	2	28	28	32	32	p = 0.144 (N.S)
Good	0	0	10	10	16	16	
Normal	0	0	6	6	5	5	
Poor	1	1	0	0	0	0	
Relationship with friends							
Very good	2	2	24	24	34	34	p = 0.284 (N.S)
Good	0	0	14	14	16	16	
Normal	1	1	6	6	3	3	
Poor	-	-	-	-	-	-	

*p<0.01, S – Significant N.S – Not Significant, p>0.05

The table 4 shows that the demographic variable study in class **(p=0.016)** had shown statistically significant association with level of knowledge regarding adverse effects of substance use among secondary school studentsat p<0.05 level respectively and the other demographic variables had not shown statistically significant association with adverse effects of substance use among secondary school studentsat p<0.05 level.

CONCLUSION:

The findings showed that most of the secondary school students, 62% were aged between 14 – 15 years, 68% were female students, 38% were studying in Class 9, 26% had monthly family income of Rs 10,703 –Rs 31,977, 62% had very good relationship with parents and 60% had very good relationship with friends. 53% had adequate knowledge, 44% had moderately adequate knowledge and 3% had inadequate knowledge regarding adverse effects of substance use. The mean score of knowledge was 7.56±2.41 with median of 8.The demographic variable study in class **(p=0.016)** had shown statistically significant association with level of knowledge regarding adverse effects of substance use among secondary school students at p<0.05 level respectively and the other demographic variables had not shown statistically significant association with adverse effects of substance use among secondary school students at p<0.05 level. The study concluded that 53% secondary students had adequate knowledge, 44% had moderately adequate knowledge and 3% had inadequate knowledge regarding adverse effects of substance use.

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