



# **A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG COLLEGE STUDENTS WITH A VIEW TO DEVELOP INFORMATION PAMPHLET IN SELECTED COLLEGE OF VADODARA DISTRICT.**

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## **ABSTRACT**

Substance abuse among college students is a growing public health concern that affects physical, psychological, and social well-being. This descriptive study aimed to assess the knowledge regarding substance abuse among college students with a view to develop an information pamphlet in selected colleges of Vadodara district. A quantitative descriptive research design was adopted and a structured knowledge questionnaire was used to collect data from 100 college students selected through convenient sampling technique. The findings revealed that 42% of students had average knowledge, 39% had poor knowledge, and only 19% demonstrated good knowledge regarding substance abuse. The study highlights the need for educational interventions to improve awareness and prevent substance abuse among college students.

Keywords: Substance abuse, Knowledge, College students, Information pamphlet

## **INTRODUCTION**

Substance abuse is the use of psychoactive substance that poses significant hazards to health and interferes with social, occupational, psychological or physical functioning. The commonly used substance is alcohol, tobacco, barbiturates, benzodiazepines, cannabis, cocaine, opioids, and substituted amphetamines. The exact cause of substance abuse is not clear, but it manifests itself as a chronic debilitating disease. The adolescent brain is often linked to a car with a fully functioning gas pedal (the reward system) but weak breaks (the prefrontal cortex). Teenagers are highly motivated to pleasurable rewards and avoid pain. For these reasons, adolescents are high risk group to avoid the temptations of experimenting with drugs.

Globally, it is estimated that between 162 to 324 million, (3.5% and 7.0%) of the world mainly abuse substances belonging to the cannabis, cocaine or amphetamine type stimulants group at least once in the previous years. Department of Education's websites in U.S. states, shows that the percentage of total expulsion for substance abuse-related infractions in recent years has ranged from as low 5.6% (Maryland State Department of Education, 2014) to as high as 43.9% (Colorado Department of Education, 2015) in adolescents.

## **OBJECTIVES**

1. To assess the knowledge regarding substance abuse among college students.
2. To find out the association between knowledge regarding substance abuse and selected demographic variables.
3. To develop an information pamphlet for college students regarding substance abuse prevention.

## **RESEARCH METHODOLOGY**

A quantitative descriptive research approach was adopted for the study. The study was conducted among 100 college students in selected colleges of Vadodara district. Convenient sampling technique was used to select the samples. Data was collected using a structured knowledge questionnaire. Descriptive and inferential statistics were used for data analysis.

## RESULTS AND DISCUSSION

### SECTION: A - ANALYSIS AND INTERPRETATION OF THE DEMOGRAPHIC DATA OF THE SAMPLE

**Table: 1: Frequency and Percentage Wise Distribution of Samples Based on Demographic Data**

[N=100]

SR. NO	PERSONAL DATA		FREQUENCY (F)	PERCENTAGE (%)
1.	Age	17-18 year	39	39%
		19-20 year	40	40%
		21& above	21	21%
2.	Gender	Male	45	45%
		Female	55	55%
3.	Religion	Hindu	28	28%
		Muslim	10	10%
		Chrisian	4	4%
		Other	4	4%
4.	Year of study	1 <sup>st</sup> year	31	31%
		2 <sup>nd</sup> year	31	31%
		3 <sup>rd</sup> year	32	32%
		4 <sup>th</sup> year	00	00%
5.	Education status of parents	Illiterate	15	15%
		Primary	18	18%
		Higher school	25	25%
		Under graduation	42	42%
6.	Occupation of parents	Unemployed	13	13%
		Labour	17	17%
		Professional	25	25%
		Buisness	26	26%
		Self-employee	19	19%
7.	Family income	Below 10000	29	29%
		10001-30000	22	22%
		30001-50000	20	20%

SR. NO	PERSONAL DATA		FREQUENCY (F)	PERCENTAGE (%)
		Above 50000	29	29%
8.	Type of family	Joint family	42	42%
		Nuclear family	58	58%
9.	Living area	Urban area	63	63%
		Rural area	37	37%
10.	Family history of smoking, alcoholism & drugs	Yes	43	43%
		No	57	57%

**Table: 1** Revels that out of 100 respondents under study, The study included participants from various age groups, with 39% aged 17–18 years, 40% aged 19–20 years, and 21% aged 21 years and above. In terms of gender distribution, 45% were male and 55% female. Regarding religion, 28% identified as Hindu, 10% as Muslim, 4% as Christian, and another 4% belonged to other religions. The academic year-wise distribution showed an almost even spread: 31% were in their 1st year, another 31% in the 2nd year, 32% in the 3rd year, and no participants from the 4th year. When it came to parental education status, 15% of the participants' parents were illiterate, 18% had completed primary education, 25% had finished high school, and the majority, 42%, were undergraduates. The occupations of the parents varied, with 13% unemployed, 17% working as laborers, 25% as professionals, 26% in business, and 19% self-employed. Family income levels also showed a mixed trend: 29% earned below ₹10,000, 22% between ₹10,001–30,000, 20% between ₹30,001–50,000, and another 29% had a family income above ₹50,000. In terms of family type, 42% of participants belonged to joint families while 58% were from nuclear families. A majority (63%) resided in urban areas, whereas 37% came from rural areas. Finally, 43% of the respondents reported a family history of smoking, alcoholism, or drug use, while 57% did not.

## SECTION: B - ANALYSIS AND INTERPRETATION OF THE DATA OF STRUCTURED KNOWLEDGE QUESTIONNAIRE:

**Table: 2.1: Distribution of Samples according to grading Knowledge score:**

[N=100]

Score	Grade	Knowledge score	
		Frequency	Percentage
1-8	POOR	39	39%
9-16	AVERAGE	42	42%
17-25	GOOD	19	19%
TOTAL		100	100%

Above **table: 2.1** shows that the knowledge scores of the participants were categorized into three grades. A total of 39% of respondents fell into the "Poor" category with scores ranging from 1 to 8. The majority, 42%, scored between 9 and 16, placing them in the "Average" category. Meanwhile, 19% demonstrated a higher level of understanding, scoring between 17 and 25, and were classified under the "Good" category. Overall, the distribution highlights that while a fair number showed average knowledge, a significant portion still had poor understanding, with fewer participants achieving good scores.

**Table: 2.2: Range, Mean Score, Mean percentage and SD Knowledge Score of samples**

[N = 100]

Knowledge	Range	Mean	Mean percentage	SD
pre-test	1-23	10.73	42.92	6.16

Above **table: 2.2** shows that the analysis of pre-test knowledge scores revealed that participants scored within a range of 1 to 23. The **mean score** was **10.73**, which corresponds to a **mean percentage of 42.92%**, indicating a moderate level of baseline knowledge among the group. The **standard deviation (SD)** was **6.16**, reflecting a relatively wide variation in knowledge levels among the participants prior to any intervention or educational program.

### SECTION: C - Analysis and interpretation of data related to association between knowledge regarding substance abuse among college students with their selected demographic variable

**Table: 3** Association between knowledge regarding substance abuse among college students with their selected demographic variable.

[N= 100]

Sr. No	Variable	Category	Frequency	Level of knowledge			d.f.	Tb value	Chi square test $\chi^2$	Significant
				Poor	Average	Good				
1.	Age	17-18 year	39	13	16	7	4	9.84	4.86	NS
		19-20 year	40	14	19	10				
		21 & above	21	12	7	2				
2.	Gender	Male	45	18	19	8	2	5.99	0.02	NS
		Female	55	21	23	11				
3.	Religion	Hindu	28	32	34	16	6	12.59	5.35	NS
		Muslim	10	5	4	1				
		Chrisian	4	2	2	0				
		Other	4	0	2	2				
4.	Year of study	1 <sup>st</sup> year	31	11	18	8	4	9.48	11.54*	S
		2 <sup>nd</sup> year	31	18	12	1				
		3 <sup>rd</sup> year	32	10	12	10				

Sr. No	Variable	Category	Frequency	Level of knowledge			d.f.	Tb value	Chi square test $\chi^2$	Significant
				Poor	Average	Good				
		4 <sup>th</sup> year	00							
5.	Education status of parents	Illiterate	15	9	5	1	6	12.59	17.16	S
		Primary	18	9	9	0				
		Higher school	25	8	14	3				
		Under graduation	42	13	14	15				
6.	Occupation of parents	Unemployed	13	7	5	1	8	15.50	15.00	NS
		Labour	17	9	8	0				
		Professional	25	6	10	9				
		Business	26	7	14	5				
		Self-employee	19	10	5	4				
7.	Family income	Below 10000	29	18	10	1	6	12.59	23.53	NS
		10001-30000	22	10	10	2				
		30001-50000	20	8	8	4				
		Above 50000	29	3	14	12				
8.	Type of family	Joint family	42	20	17	5	2	5.99	3.33	NS
		Nuclear family	58	19	25	14				
9.	Living area	Urban area	63	19	27	17	2	5.99	9.15	S
		Rural area	37	20	15	2				
10.	Family history of smoking, alcoholism & drugs	Yes	43	15	16	3	2	5.99	11.62	S
		No	57	15	26	16				

Key (S.F. =SIGNIFICANT, NS= NOT SIGNIFICANT, D.F.= Degree of freedom)

**Table: 3** shows that the chi-square test was used to determine the association between selected demographic variables and the level of knowledge among participants. Most variables, including **age, gender, religion, occupation of parents, family income, and type of family**, did **not show a statistically significant association** with knowledge level, as indicated by their chi-square values and *p*-values (NS – not significant). However, **year of study** ( $\chi^2 = 11.54$ ), **education status of parents** ( $\chi^2 = 17.16$ ), **living area** ( $\chi^2 = 9.15$ ), and



**family history of smoking, alcoholism, and drug use** ( $\chi^2 = 11.62$ ) were found to be **significantly associated** with the knowledge level ( $p < 0.05$ ), suggesting that these factors may influence the participant's understanding. Specifically, participants from higher academic years, with better-educated parents, living in urban areas, and those without a family history of substance abuse tended to have better knowledge scores. These findings highlight the importance of socio- educational background and environment in shaping awareness and understanding.

## DISCUSSION

The present study is addressed to assess the knowledge of practice on substance abuse among college students in selected area of Navsari district. In this study 100 Samples participated. In relation to the findings of the study it was revealed that majority of the Samples had average knowledge regarding substance abuse. The mean Test knowledge score (10.73). Association of selected Demographic Variables with the knowledge score was computed using Chi Square test and it showed that there is significant association between them.

## CONCLUSION

From the above findings it was considered that the college students had average knowledge on substance abuse. The knowledge and practice are significantly correlated. This implies that as the knowledge of samples on substance abuse increases. The study conducted that large number of samples having average knowledge on substance abuse and regarding substance abuse. As the college students having average knowledge, so there is greater need for awareness substance abuse.

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