

CORRELATION BETWEEN THE KNOWLEDGE AND PRACTICES REGARDING SUBSTANCE USE DISORDERS ITS MANAGEMENT AND PREVENTION AMONG NURSING STUDENTS

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Abstract

Background: Substance abuse, or drug misuse, is currently seen as a pervasive global issue and a detrimental affliction upon humanity. Adolescence is a critical phase of human development, characterized by significant physical and mental changes, and has a high likelihood of engaging in substance abuse. **Objective:** To determine the correlation between the knowledge and practices regarding substance use disorders its management and prevention among nursing students. **Materials and Methods:** In order to determine the objective of the study a cross-sectional study was carried out among 180 nursing students using convenient sampling at the selected setting. The study was carried out in the February Month, 2023. Data collection was done by self-administered questionnaire method using knowledge questionnaire and practices questionnaire. **Results:** there is a moderate positive co-relationship, found between knowledge and practices 'r' value is 0.64 and it was statistically significant ($p < 0.05$). Hence researcher failed to accept the null hypothesis (H_0). **Conclusion:** The health education plan aimed at students regarding drug usage has the potential to assist them in preserving their individuality and achieving optimal physical and mental well-being.

Keywords: Correlation, Substance Use Disorders, Knowledge and Practices.

INTRODUCTION

Substance abuse, or drug misuse, is currently seen as a pervasive global issue and a detrimental affliction upon humanity. Adolescence is a critical phase of human development, characterized by significant physical and mental changes, and has a high likelihood of engaging in substance abuse.¹

It is widespread among people of all ages, but adolescence presents the most significant opportunity for engaging in such risky behavior. The pressures of transitioning through puberty and forming one's identity, the desire to take risks and assert independence, defiance and disagreement with parental and societal authorities, as well as peer and academic pressures, all contribute to drug experimentation behavior in adolescence, as reported² Adolescence presents numerous problems, and it is observed that there are variations in substance use among teenagers based on their specific circumstances.

Despite the susceptibility of teens to substance usage, this stage of life also presents possibilities for mitigating substance abuse.³

Substance abuse substances impact the brain's "reward" system, a component of the limbic system that reacts to pleasurable sensations by producing the neurotransmitter dopamine.⁴ Adolescents in similar settings have previously exhibited notable psychological issues and challenges, encompassing emotional, behavioral, interpersonal, and misconduct-related concerns.⁵

Substance abuse is influenced by various factors, including social norms and accessibility in communities, as well as peer and family influences in personal relationships. However, two key factors that such as a) awareness and beliefs about substance abuse and b) perceived advantages of engaging in substance abuse are significantly impact an individual's inclination towards substance abuse.⁶ The National Action Plan for Drug Demand Reduction (2018-2023) by the National Institute of Social Defense (NISD), Ministry of Social Justice and Empowerment aims to raise awareness and educate people about the negative effects of drug abuse on individuals, families, workplaces, and society.⁷

Objective of the study:

The objective if the study is to determine the correlation between the knowledge and practices regarding substance use disorders its management and prevention among nursing students.

MATERIALS & METHODS

In order to determine the objective of the study a cross-sectional study was carried out among 180 nursing students form the Sharda School of Nursing Science and Research, Sharda University, Greater Noida and Nightingale Institute of Nursing, Noida. The study was carried out in the February Month, 2023. The Convenient sampling technique was adopted for the recruitment of the participants in the study.

Ethical Consideration:

Ethical clearance obtained from the Institutional Ethical committee, Noida International University. Administrative permissions from the Dean/Principal from the setting. Informed consent from the participants.

Data Collection: Data collection was done by self-administered questionnaire method using the following instruments:

Tool 1: Background Characteristics of the Participants.

Tool 2: Knowledge questionnaire on substance use disorders

Tool 3: Practice questionnaire (Scenario based) on substance use disorders its management and prevention

RESULTS

Data was analyzed using EZR (Easy-R) software version 2.4. In regarding to the background characteristics majority (59.4%) of the participants were in the age group of >20 years, most (62.2%) of them were females, majority (69.4%) of them were Hindus, most (56.7%) of them studying B.Sc. Nursing, majority (41.4%) of them having family income of >40,000 rupees per month, most (83.3%) of them belongs to nuclear family and majority (83.9%) didn't have family history of substance use

Table 1: Correlation between knowledge score and practice scores among the participants

(N=180)

Variable	Respondents		Correlation and coefficient (r) value	p value
	Mean	SD		
Knowledge Score	22.3	7.2	0.64	0.001 (S)
Practices Score	15.7	4.7		

($p < 0.05$ significant level) S-Significant

The data presented in Table 1 shows the Co-relation between the knowledge and practices scores regarding substance use disorders its management and prevention among participants. It reveals that there is a moderate positive co-relationship, found between knowledge and practices 'r' value is 0.64 and it was statistically significant ($p < 0.05$). Hence researcher failed to accept the null hypothesis (H_0)

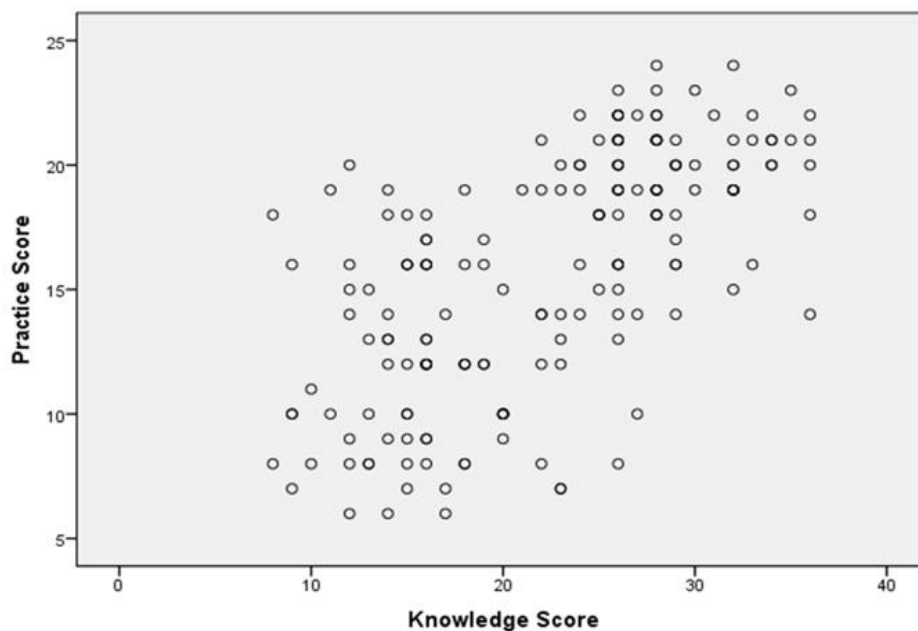


Figure 1: Scatter plot showing moderate correlation between Knowledge score and practices score

DISCUSSION

The present study revealed the moderate positive co-relation between the knowledge score and practices score on regarding substance use disorders its management and prevention among participants. As the knowledge score grows, the scores on these practices also increase.

The present study shows that majority of the participants had adequate knowledge regarding substance use disorders management and prevention. The findings were supported by a study conducted by Shajan et al shows that most of the nursing students scores highest in knowledge aspect.⁸

The issue of drug usage has emerged as a matter of worldwide apprehension. Medications are effective tools for combatting disorders, but their misuse can result in several drug-induced illnesses and dependency.⁹

Enhancing one's knowledge directly leads to the implementation of behavior-focused initiatives. The current study determined that nursing students were aware about substance use disorders management and prevention. Acquiring this knowledge could assist student nurses in mitigating substance usage.¹⁰

It is crucial to provide drug prevention programmes at all educational institutions, including schools and colleges. These programmes should focus on educating adolescents about substance misuse, its underlying causes, the negative consequences it can have, and effective tactics for refusing drugs. This is necessary to equip young people with the necessary skills to handle peer pressure, which is a significant component that leads to substance addiction.¹²

CONCLUSION

The health education plan aimed at students regarding drug usage has the potential to assist them in preserving their individuality and achieving optimal physical and mental well-being. The primary focus of this study is to evaluate the level of understanding regarding drug misuse among school pupils and to educate them on the topic of drug abuse. This will facilitate the acquisition of knowledge among pupils regarding drug usage in the relevant regions. Substance misuse can lead to a range of medical and social issues among adolescents. It escalates the incidence of criminal activity, domestic abuse, joblessness, and truancy in educational institutions. Adolescent substance addiction is a significant public health issue. It is necessary to implement primary, intermediate, and tertiary substance abuse prevention strategies. Parents and educators play a crucial role in discouraging adolescents from using substances.

Conflict of Interest: Nil

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