



Research Article

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING THE ALCOHOL ABUSE AMONG POLYTECHNIC STUDENTS IN BENGALURU, KARNATAKA

Ramu .K*, Deelip S. Natekar., Dhanpal HN and Roopa GB

¹R R College of Nursing Bangalore, Karnataka, India

²BVVS Sajjalashree Institute of Nursing Sciences, Navanagar, Bagalkot, Karnataka, India

³RR College of Nursing, Bangalore, Karnataka, India

⁴Shridevi College of Nursing, Tumkur, Karnataka, India

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ABSTRACT

A study to assess the knowledge regarding the alcohol abuse among polytechnic students in Bengaluru. A descriptive research design was used to evaluate the knowledge of polytechnic students. Sample of the study comprised of 40 students. The significant findings of the study were: 50% of the students are between the age group of 16-24years, 52.5% of students are having inadequate knowledge regarding alcohol abuse, the duration of drinking alcohol is significantly associated with the level of knowledge regarding ill-effects of Drinking.

Key words:

Knowledge, attitude, students, alcohol abuse.

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INTRODUCTION

Alcohol abuse has become a global phenomenon. It has affected almost every country, although its extent and characteristics differ from region to region. It is estimated that at least 40 million people throughout the world are regular alcohol or drug abusers. The problems of alcohol abuse are localized especially in the urban, semi-urban and along the border areas of India. The period of adolescence is a vulnerable period in the life of an individual. The increased vulnerability in this period related to psychological factors like curiosity, poor impulse control, run away from reality, psychological distress and so forth.

The problem of alcohol abuse is a significant problem among adolescents in our societies as the problem is increasing day by day due to various factors like easy availability and rapid socioeconomic and demographic changes. In terms of initiating alcohol abuse a significant percentage of alcohol abuser (83%) has started using drug and other substances between 16-20 years followed by under 15 years of age.

Need for the Study

Alcohol abuse is a serious public health problem that affects almost every community and family in some way. Each year alcohol abuse results in around 40 million serious illnesses or injuries among people in the States. Teens who abuse drugs with needles increase their risk of blood-borne diseases like HIV, AIDS and Hepatitis B and C.

Nevertheless, experimentation with Alcohol, particularly alcohol and tobacco, is progressively more common behavior among college students. There is casual relationship between alcohol consumption and more than 60 types of diseases and injury worldwide alcoholism estimated to cause about 20% - 30% of esophageal cancer, liver cancer, and cirrhosis of liver, homicide, epilepsy and motor vehicle accidents. Worldwide 1.8 million deaths and 58.3 million daily attributed to the use of alcohol.

Alcohol abuse is a growing problem in India, defined as a disease in 1956 by the World Health Organization and the American Psychiatric Association, Alcohol abuse is “the illicit consumption of any naturally occurring or pharmaceutical substance for the purpose of changing the way in which a person feels, thinks or behaves, without understanding or taking into consideration the damaging physical and mental side-effects that are caused.

Use of tobacco, alcohol and other substances is a worldwide problem which affects many children and adolescents. The hope that simple information given through educational programs will be sufficient to prevent drug dependence is frequently expressed, however, there is no evidence to support it. Knowledge with regards to consequence of alcohol use among adolescents will be helpful to prevent them from initiating and continuing its use. Therefore keeping in focus the research question- present study aims to finding what is the

*Corresponding author: **Ramu .K**

R R College of Nursing Bangalore, Karnataka, India

level of knowledge regarding the alcohol abuse among adolescents?

Several risk factors had been identified among adolescents and early adults alcohol abuse which include family conflicts, academic difficulties, depression, conduct disorder, peer pressure, ignorance, relief from stress, increased energy, to relive pain, escape from reality, they may take stimulants to keep alert, cocaine for feeling of excitement, athletes and body builders may take anabolic steroids to increase muscle mass. A new trend has emerged in drug and alcohol abuse with children now taking a cocktail of drugs.

Statement of Problem

A descriptive study to assess the knowledge regarding alcohol abuse among polytechnic students.

Objectives of the Study

1. To assess the level of knowledge regarding alcohol abuse among polytechnic students.
2. To assess the knowledge regarding the ill-effects of alcohol abuse among the study subjects.
3. To determine the association between the knowledge of alcohol abuse among study subjects with their selected demographic variables.

METHODOLOGY

A Quantitative research approach and descriptive research design was adopted. The study was conducted at R.R Polytechnic College, Bengaluru. The study variable is knowledge of polytechnic students regarding alcohol abuse. Non-probability convenient sampling technique was used to select sample of 40 students. The inclusion criteria for sampling selection were 1. Polytechnic students who were in the age group between 16-24 years, 2. Students who were present at the time of study, 3. Students who were willing to participate in the study. The exclusion criteria were, 1. Polytechnic students who were not willing to participate in the study and 2. Students who were absent at the time of study
Validity: Minor modifications were made on the basis of recommendations and suggestions of the experts. The tools were found suitable for the study.

Reliability: Reliability of the tool was established by using split half technique which measures co-efficient of internal consistency.

Tools and Score interpretation

The tools consist of two sections.

Section 1: consists of 15 question regarding demographic variables.

Section 2: consists of 30 knowledge questions regarding alcohol abuse

Each multiple choice has 4 options with one correct response with a score of '1' and '0' for wrong answer. The maximum possible score was 30 and minimum score 0.

Data Collection Procedure

The necessary administrative permission was obtained for conduction of the study. After taking the informed consent, the data were collected by using structured knowledge questionnaire. The purpose of the study and co-operation required from participants was explained to them

Data Analysis and Interpretation

The data were interpreted under the following section:

Section 1: Frequency and percentage distribution of demographic variables of study objects.

Section 2: Assessing level of knowledge of R.R polytechnic students regarding alcohol abuse.

Section 3: Association of selected demographic variables with level of knowledge regarding alcohol abuse.

Major Findings of the Study

Assessment of Socio-demographic data

It is observed that most of the polytechnic students were in the age group of 19-21years(50%), 40% were 21-24 years and 10% were in the age group of 16-18years. Out of 40 samples 29 subjects(72.5%) were male and 11 subjects(27.5%) were female, 15 subjects (37.5%) were Hindus, 10(25%) were Muslims and 9(22.5%) were Christians. Out of 40 samples 10 subjects (25%) were staying in their own house, 7(17.5%) were staying hostel and majority of the polytechnic students 23(57.5%) were paying guest house. It is also observed that 27(67.5%) were from nuclear family, 9(22.5%) were joint family and 4(10%) were belong single parent. With regard to monthly pocket money out of 40 samples, 2 subjects (5%) receive monthly pocket below Rs.1000/-, 5(12.5%) receive Rs.1001/- to Rs.1500/-, 8(20%) receive Rs.1501/- to Rs.2000/- and 9 subjects (22.5%) receive Rs.2001/- to Rs.2500/- and 16(40%) receive monthly pocket money above Rs.2500/- Regarding educational status of the father of the students, majority of them were high school (50%) and 35% of mother's education status was high school. Majority of subjects family income (47.5) was above Rs.9000/-.

Assessment of polytechnic Students according to Level of Knowledge Regarding Alcohol Abuse

Table 1 Distribution of polytechnic Students According to Level of Knowledge Regarding Alcohol Abuse

Sl no.	Level of knowledge	Frequency	Percentage (%)
1	Inadequate	21	52.5
2	Moderate	19	47.5
3	Adequate	0	0

This data presented in table shows that 21 of the polytechnic students (52.5%) had inadequate knowledge, 19 (47.5%) had moderate knowledge whereas, none had score adequate knowledge.

Analyzed data revealed that there was a significant association between Percentage of marks, type of family, place of stay, part time job, educational status of the parents, frequency of reading literature related to alcohol abuse frequency of watching programme on television or radio. There was no significant association found between in view of inadequate statistically significant to reject the hypothesis .Hypothesis H1 is accepted

CONCLUSION

The significant findings of the study are:

- 72% of the students were males and between the age group of 16-24 years.
- Alcohol abuse is more common in students who were staying outside the house and 67% of students belong to the nuclear family. The student's family monthly income was above Rs.9000/- 40% of student's was getting above Rs.2500/- monthly pocketed money.
- 52.5% of students are having inadequate knowledge regarding alcohol abuse.
- The duration of drinking alcohol is significantly associated with the level of knowledge regarding ill-effects of Drinking.

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