Substance Abuse among Male Youth Students: A Cross-Sectional Study in Chiraigaon Block of District Varanasi

Sandeep Kumar[1], Sangeeta Kansal[2], Alok Kumar[3]

1Resident, 2Professor, 3Assistant Professor, Department of Community Medicine, IMS, BHU, Varanasi

***Corresponding Author:**
Email: drsandeep2k8@gmail.com

Abstract

India lies on the cusp of a demographic transition. It is essential to all-round development of the youths of India. Recent times have witnessed an increase in substance use among younger population. In India forty percent of men use tobacco in some form and One-fifth of young men aged 15-24 consume alcohol. It is estimated that 7.6 million people worldwide died of substance abuse related causes. To find out the association of socio-demographic variables on the problem of substance abuse among male youth students a cross-sectional school based study was conducted from March 2013 to July 2015. By multistage random sampling 570 male youth students aged 15 to 24 years belonged to class 9th to graduates of all the schools and colleges of Chiraigaon Community Development Block was selected. Out of them 27 and 3 students were excluded from study due to unreliability of information and denial of consent. Finally 540 students were interviewed and thus obtained data was entered and analyzed by SPSS. Substance users were more in 20-24 yrs of age group belonging to general caste and having higher level of education. In upper class substance users was less as compared to non-users. Likelihood of Substance use was high among those whose fathers were skilled worker (35.7%) or doing some business (18.8%) and having extremes of education.

Key words: Youth, students, Substance abuse.

Access this article online	
Quick Response Code:	**Website:** www.innovativepublication.com
	DOI: 10.5958/2394-2738.2016.00004.2

Introduction

Youth is best understood as a period of transition from the dependence of childhood to adulthood's independence and awareness of our interdependence as members of a community[1]. Youth Includes persons aged 15-24 years[2].

Populations of youth in India are 231.9 million constituting 19.2% of population[3]. This proportion has even surpassing the proportion of youth in China. Investing in this segment of population is the best way to leverage the nation's competitive advantage – its demographic dividend[4]. In order to capture this demographic dividend, it is necessary to all-round development of the youths of India and seeks to establish an All-India perspective to fulfill their legitimate aspirations so that they are all strong of heart and strong of body and mind in successfully accomplishing the challenging tasks of national reconstruction and social changes that lie ahead[5]. Despite India's commitments and although current cohorts of youth are healthier and better educated than ever before, vulnerabilities persist, and evidence suggests that many young people are not making a healthy transition to adulthood[6]. Substance abuse is one of the important key health vulnerability among youths.

Man had always looking for something which made life pleasurable, and had found a suitable heaven in the bliss brought about by the drugs. The epidemic of substance abuse in young generation has assumed alarming dimensions in India[7]. Caste, religion and local customs and traditions play significant role in the choice of drugs, their consumption and their control in rural/semi-urban populations[8]. In India, forty percent of male youths use tobacco in some form. One-fifth of young men aged 15-24 consume alcohol[5].

The present study highlights the association of the problem of substance abuse among male youth students of Chiraigaon block of district Varanasi.

Material and Methods

Study design: To fulfill the above objective, a cross-sectional educational institutions based study was conducted in Chiraigaon community development block of district Varanasi from March 2013 to July 2015. A list of all the govt. and govt. aided school and colleges in Chiraigaon block was taken from District Inspector of school and Kashi Vidyapeeth University, Varanasi respectively. A list of all classes (from 9th standard to under-graduate) from these schools and colleges were prepared. From the list, a total of 19 classes were selected randomly according to the student's strength of the institutions. In order to reach the required sample size (which is obtained by prevalence as per pilot study in the same area on male youth students) i.e. 559, 30 students were further selected by simple random sampling technique from all the selected 19 classes (included from 9th standard to under-graduate). Thus, finally a total of 570 students

were selected for the present study. Due to inaccuracy and/or unreliability of information, 27 cases are excluded from the analysis. Three subjects did not gave consent. Thus this study deals with 540 students only.

Operational definition of key terms:

- **Youth**: Youth is defined as male of age 15 to 24 years.
- **Substance**: It is defined as any psychoactive substance or drug.
- **Substance Abuse:** For the purpose of this study, substance abuse was considered as use of substances (Tobacco, Alcohol, Cannabis, Opoids, Inhalants and Other drugs) at any point of time in their life.

Inclusion criteria:

- Male students aged 15 to 24 years from Government/ Government aided school and college.
- Students for whom consent was given by Principal of the school or college.
- Those who gave informed consent having age more than 18 years apart from consent of principal of school or college.

Exclusion criteria:

- All the Females
- Students aged above 24 years and below 15 years.
- All private schools and colleges.
- Post graduate students
- Who did not want to participate in study

The basic instrument of data collection was a pre designed and pretested semi-structured interview schedule. Informed verbal consent was taken from the Principal of the school and college and separately from the study subjects (if age more than 18 years) selected for the present study. The data thus collected was coded and entered into SPSS version 16 (trial) version software and was further used for statistical analysis. The results were tabulated and presented with necessary statistical tests wherever required.

Results and Discussion

Out of total 540 respondents, more than two-third (68.3%) was currently substance abusers and rest (31.7%) were not using any substance.

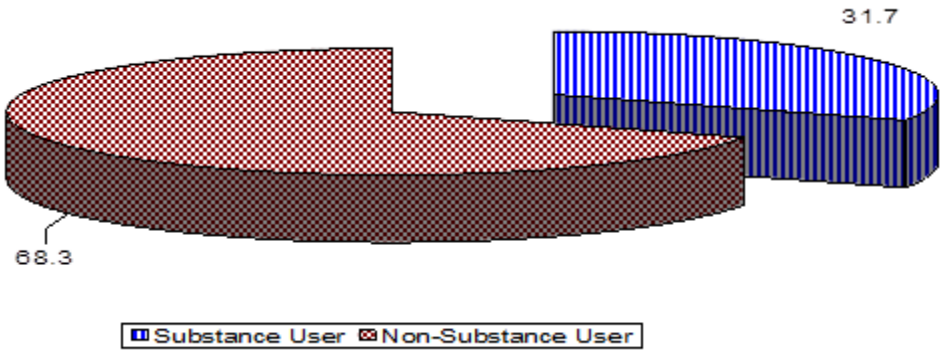

Fig. 1: Distribution of study subjects according to substance use(N=540)

Table 1: Distribution of substance user according to their demographic characteristics

Variables		Substance Users (n=171)		Non- Users (n=369)		Total (n=540)		Chi-square test
		No.	%	No.	%	No.	%	
Age group (in years)	15-19	131	76.6	301	81.6	432	80.0	χ^2=1.799; df=1;p=0.180
	20-24	40	23.4	68	18.4	108	20.0	
Birth Order	1-2	97	56.7	238	64.5	335	62.0	χ^2=3.084; df=2;p=0.214
	3-4	61	35.7	110	29.8	171	31.7	
	>5	13	7.6	21	5.7	34	6.3	

p<0.05*; p<0.01**; p<0.001***

It is evident from **Table 1** that more than three fourth of the study subjects in both the groups were in 15-19 years of age. But substance users were more (23.4%) in 20-24 years of age as compared to non users (18.4%) reflecting rise in substance use with increasing age. This could be explained by the fact that with the advancement of age and influence of modern culture and life style they became more vulnerable to substance use. This is consistent with the findings of National Family Health Survey (NFHS-3), which reported that youths belonged to 20-24 yrs of age group were using substances more than 15-19 yrs of age.

Table 2: Distribution of substance user according to their social characteristics

Variables		Substance Users (n=171)		Non- Users (n=369)		Total (n=540)	
		No.	%	No.	%	No.	%
Religion	Hindu	169	98.8	356	96.5	525	97.2
	Muslim	02	1.2	13	3.5	15	2.8
	χ^2=2.396; df=1;p=0.122						
Caste	General	41	24.0	54	14.6	95	17.6
	OBC	106	62.0	239	64.8	345	63.9
	SC/ST	24	14.0	76	20.6	100	18.5
	χ^2=8.655; df=2;p=0.013*						
Educational Status of study subjects	High School	40	23.4	110	29.8	150	27.8
	Intermediate	55	32.2	155	42.0	210	38.9
	Graduate	76	44.4	104	28.2	180	33.3
	χ^2=13.912; df=2;p=0.001**						
Marital Status	Unmarried	164	95.9	361	97.8	525	97.2
	Married	07	4.1	08	2.2	15	2.8
	χ^2=1.604; df=1;p=0.205						
Types of Family	Nuclear	92	53.8	200	54.2	292	54.2
	Joint	79	46.2	169	45.8	248	45.9
	χ^2=0.008; df=1; p=0.931						
Socio-economic status#	Upper class	05	2.92	19	5.1	24	4.4
	Upper Middle class	36	21.1	45	12.2	83	15.4
	Middle Class	71	41.5	153	41.5	224	41.5
	Lower Middle class	56	32.7	138	37.4	194	35.9
	Lower class	03	1.8	14	3.8	15	2.8
	χ^2=9.661; df=4; p=0.047*						
Educational Status of Father	Illiterate	47	27.5	59	16.0	106	19.6
	Up to Middle	11	6.4	98	26.6	109	20.2
	High School	44	25.7	99	26.8	143	26.5
	Intermediate	35	20.5	61	16.5	96	17.8
	Graduate & above	34	19.9	52	14.1	86	15.9
	χ^2=34.847; df=4; p =0.000***						
Occupation of Father##	Professional & Semi-professionals	4	2.3	15	4.1	19	3.5
	Farmer	44	25.7	139	37.7	183	33.9
	Business	32	18.7	38	10.3	70	13.0
	Service	20	11.7	64	17.3	84	15.6
	Skilled worker	61	35.7	65	17.6	126	23.3
	Unskilled worker	9	4.7	45	12.2	54	10.0
	Unemployed	1	0.6	3	0.8	4	0.7
	χ^2=36.590; df=5; p=0.000***						

p<0.05*; p<0.01**; p<0.001***

 # Revised modified BG Prasad socioeconomic classification scale, January 2014
Per capita monthly income was graded into five classes by using this scale

SES- I: Upper class (5357 & above); **SES- II:** Upper Middle class (2652-5356), **SES- III:** Middle Class (1570-2651); **SES-IV:** Lower Middle class (812-1569); **SES=V:** Lower class (<811) **##** For computing chi square value unskilled worker and unemployed categories were clubbed.

Caste wise analysis shows that substance users were significantly more (24%) in general category as compared to non users (14.6%). Among the OBC and SC/ST category, the substance use was relatively lower. This finding is comparable with finding of Mishra *et al*[9], (2014) while In contrast Sailaja *et al*[10], (2012) observed in her school based study in Andhra Pradesh that majority of users were from schedule caste community.

Most of the substance users were graduate (44.4%) as compared to non users (28.2%). While the percentage of substance user was less common among the intermediate and high school students which is coherent with the nationwide survey done by National Commission for Protection of Child Rights (NCPCR, 2013)[11]. This finding is also in accordance with Jorden *et al*[12], (2009), Ahuja (1978)[13]. All of them reported that higher the level of education, higher the percentage of substance use.

Introspection in socioeconomic status of the study subjects revealed that percentage in both the groups was equal in middle class, while among lower middle class percentage of substance users was low as compared to non users. In contrast percentage of substance users was more than non users in upper middle class.

This finding is almost similar to Juyal *et al*[14], (2008) and contrast to the findings of Kushwaha *et al*[15], (1992) who found a higher prevalence of drug abuse among those belonging to lower income groups in district Gorakhpur. This could be due to changing societal structure and norms and also due to the regional differences.

Results given in **Table 2** clearly reflect that among study subjects whose father's were illiterate were more (27.5%) indulged in substance abuse. It was also seen that substance users were more where fathers were literate and highly educated (upto graduate and above) as compared to non users. This shows from above findings that substance users were more in extremes of educational status of father. This finding is in accordance with the study in Chandigarh on college students by Gupta *et al*[16], (2013) and Naskar *et al*, (2004). Gupta *et al*, observed that substance use was comparatively more among students whose fathers had low literacy status. Naskar *et al*[17], reported that users were more (49.3%) among respondents whose father was educated upto college or University level. Finding of this study can be explained by the fact that parents with high level of education become liberal to accommodate western culture like taking of alcohol while lower level of education lacks appropriate supervision over their children.

Occupation wise analysis shows that percentage of substance users was significantly higher than the non users among those whose fathers were skilled workers (35.7%) or doing some business (18.8%). The finding is in accordance with the survey of NCPCR (2013) in which most of the head of the house hold of school going users were from skilled worker (15.5%). Finding of this study is also comparable with the study of Saxena *et al*[18], (2010) and Juyal R *et al*, (2008). Saxena reported that highest percentage of drug abusers (61.3%) was from business-class families and the least from the families where father is involved in farming (34%). While Juyal observed that the prevalence of substance abuse was maximum among students with fathers in, business or in service.

Conclusion & Recommendation

Substance users were more in 20-24 yrs of age group belonging to general caste and having higher level of education. Improvement in socio-economic status of family also increases substance use significantly. Though in upper class substance users was less as compared to non users. Likelihood of Substance use was high among those whose fathers were skilled worker (35.7%) or doing some business (18.8%) and having extremes of education. So Youths should be made aware beside their parents of all the harmful effects of substance use right from their early age. Health education should be included in school curriculum. Parents should also be educated to take proper care of their children in addition to checking spending habits of their children. Further studies are desirable, to find out factors responsible for increasing substance abuse among college going male students as well as female students also due to the rapidly changing life styles and adoption of western culture.

Limitation of study

As all the participants were male youth students so it is not representative of all youth substance users. Further this result cannot be generalized to whole population of Varanasi.

References

1. UNESCO: Social and human science; theme Cited [13-11-2014] available at www.unesco.org/new/en/social-and-human-sciences/themes/youth/youth-definition/.
2. www.un.org/esa/socdev/documents/youth/fact.../youth-definition.
3. Malik BK Youth development in India: does poverty matter? Springer Plus (2015) 4:613 DO I 10.1186/s40064-015-1410-z.
4. C Chandramouli adolescents and youth in India Cited [20- 07-2015] available on www.censusindia.gov.in2011...Population Adolescents and Youth.
5. National Family Health Survey (NFHS-3). A profile of Youth in India. International Institute of Population Sciences, Mumbai, August 2009.
6. KG Santhya, Shireen J. Jejeebhoy, Rajib Acharya, AJ Francis Zavier. The health of adolescents and youth in India: A review of the situation. Population council. Ppt at the meeting on Commemorating World Population Day 17 July, 2014, Vigyan Bhavan, New Delhi Cited[21- 07-2015] available on www.Census India.gov.in/... Population/ Ministry Presentation Vigyan Bhawan.
7. Ahmad Nadeem, Bano Rubeena, Agarwal V.K et al. SUBSTANCE ABUSE IN INDIA. Pravara Med Rev 2009;1(4).
8. RC Jiloha. Social and Cultural Aspects of Drug Abuse in Adolescents: Review Article Delhi Psychiatry Journal, 2009,12 (2).
9. Mishra A, Ojha SP, Chapagain M, Tulachan P. Prevalence of substance use in first episode psychosis and its association with socio-demographic variants in Nepalese Patients. J Psychiatrists' Association of Nepal 2014;3(2).
10. Sailaja P, Rao KV. Substance abuse among school children: A study in and hra university high school,

Visakhapatnam of Andhra Pradesh. international journal of multidisciplinary educational research, 2012,1(2).
11. National Commission for Protection of Child Rights (NCPCR).Assessment of pattern, profile and correlates of substance use among children in India,2013.
12. Jordán Jinez ML, Souza JRM, Pillon SC. Drug use and risk factors among secondary students. Rev Latino-am Enfermagem 2009 março-abril;17(2):246-52.
13. Ahuja R. College youth and drug abuse: a socio cultural study on nature and incidence of drug abuse among University and College students in Jaipur. Monograph published by Department of Sociology, University of Rajasthan,1978.
14. Juyal R, Bansal R, Kishore S et al Socio-Demographic Characteristics of Substance Abusers Among Inter College Students in a District of Uttarakhand. JK Science, July-Sept 2008;10(3).
15. Kushwaha KP, Singh YD, Rathi AK, Singh KP, Rastogi CK. Prevalence and Abuse of Psychoactive Substances in Children and Adolescents. Indian J Pediatr 1992;59:261-68.
16. Gupta S, Sarpal SS, Dinesh Kumar, Kaur T, Arora S. Prevalence, Pattern and Familial Effects of Substance Use Among the Male College Students –A North Indian Study Journal of Clinical and Diagnostic Research. 2013,7(8):1632-1636.
17. Naskar NN, Roy M, Bhattacharya S K. A study of some socioeconomic factors on drug abuse among the undergraduate medical students in Calcutta. Indian J Community Med, 2004;29:69-71.
18. Saxena V, Saxena Y, Kishore G, Kumar P. A study on substance abuse among school going male adolescents of Doiwala Block, District Dehradun. Indian J Pub Health 2010;54:197-200.