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Effectiveness of an education programme on prevention of drug abuse among adolescent boys

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Abstract
The abuse of drugs and alcohol is a global problem, which affects almost every country in the world, both developed and developing. Epidemiological data point to an increase of drug abuse in India, particularly among young people. This matter of deep concern and requires education programme, especially for the school population of the country. The objectives of the study were to develop an education package and conduct an education programme using education package, assess the awareness among adolescent boys regarding drug abuse and determine the difference in the awareness regarding drug abuse between pre-test and post-test among adolescents.. The population of the study consisted of 40 adolescent boys studying in class eight of two purposively selected aided schools to whom the educational package was presented to which was followed by evaluation of the programme. For evaluating the awareness, pre and post test was conducted using a self formulated questionnaire. The experimental and control groups were equitable on pre-test with no significant difference in mean knowledge scores (P=>0.05). Comparison of post-test mean Knowledge scores between two groups revealed significant difference (P=<0.05).From the above results, it is concluded that educational programmes plays a significant role in increasing awareness about drug abuse among school going adolescents. If they are aware about different preventive measures of and consequences of drug abuse, their chance of involvement in drug abuse might reduced considerably.

Keywords: Education package, Drug abuse, Adolescent boys, Education programme

1. Introduction
The abuse of drugs and alcohol is a global problem, which affects almost every Country in the world, both developed and developing. Current evidence from round the world reveals a continuing upward trend in the misuse of psychoactive drugs. It is estimated that at least 40 million people throughout the world are regular drug abusers. (United Nation Office on Drug and Crime, 2002) [1]. Each day in India, an estimated 5500 youth initiate tobacco use, contributing to predictions that by 2020, tobacco will account for 13% of all deaths in India (Bate et. al, 2009) [2] The problem of drug abuse is a significant problem among adolescents in our societies as the problem which is increasing day by day due to various factors like easy availability and rapid socioeconomic and demographic changes (WHO 1999) [3]. 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 social factors like peer influence, lack of clear identity, and self / intra-familial conflict also expose the adolescent to drug abuse (Dhital.et al 2001) [4]. Prolonged use of drugs affects almost all the systems of body leading to high morbidity and mortality. One of the major side effects of drug abuse is that it increases the risk of contracting HIV/ AIDS by sharing of the common needle and syringes. Moreover; a person under the influence of drugs is more likely to adopt risky sexual behaviour. Drug abuse is associated with other behavioural and social problems. Adolescents and young people with their penchant for experimentation and exploration of new ideas and activities are especially vulnerable to drug abuse and form the majority of drug users worldwide. In India, it is estimated that most drug users are in the age group of 16-35 years, with a bulk of them in the 18-25 group. Whereas the rate of current abusers is low in early adolescence, it rises sharply during late adolescence and remains high in early twenties. This group should therefore, be the thrust of any drug abuse control programmes.
Keeping in view the above observations, the present study was designed and conducted with the idea that understanding the current magnitude of substance abuse among students, frequency and pattern and reasons for use may contribute to the preventive and control

activities in the future as well as help in the implementation of an education programmes for this group.

Objectives of the Study

The objective of this study was to find out the awareness of the adolescents regarding signs and symptoms and consequences of drug abuse before and after educational intervention and to determine the difference in the awareness score regarding the drug abuse between the pre-test and post-test among adolescents with and without educational intervention.

Methodology

The population of the study consisted of adolescent boys who are studying in class eight of two purposively selected aided schools Kumbalanghi village, Ernakulam district. Forty students from class eight from each school were included in the study. The students from St.Peters Higher Secondary School were treated as the experimental group and students from St.Mary's Higher Secondary School were included in control group. The two schools were situated about eight kilometers apart from each other that facilitated in the prevention of contamination to the control group from experimental group.

The investigator developed a semi-structured questionnaire to measure the adolescents' awareness regarding drug abuse. The first part of the questionnaire consisted of demographic information of the subjects and second part consisted of knowledge items related to drug abuse. Level of awareness was determined by scoring the responses of the subjects to knowledge items. Questionnaire was translated into Malayalam. The content validity of the instrument was established by seeking the opinion from experts and research advisor. The reliability of the instrument was established by pre-testing it on 8 adolescents studying in Our lady of Fathima High School at Kumbalaghi. Necessary changes were made based on pilot study. Permission was obtained from the authorities of the two selected schools. The information from the subjects was collected using self-administered questionnaire both during pre-test and post-test. In the next day of pre test, the educational intervention was given to subjects of experimental group while control group did not receive any intervention. Information on drug abuse, its signs and symptoms and consequences were given by the researcher on the basis of educational package. Lecture with active group discussion method was used with the use of prepared comprehensive education package. Data were analyzed using SPSS 14.0 Windows version statistical software. Both descriptive and inferential statistics were used to analyze the data. The data was analyzed and reported in terms of frequency, percentage, mean and standard deviation. $P<0,05$ was considered significant.

Results and discussion

Table 1 Demographic characteristics of the subjects

Particulars	Experimental group (n=40)		Control group (n=40)	
	Frequency	Percentage	Frequency	Percentage
Age (in years)				
13	9	22.5	15	37.5
14	31	77.5	25	62.5
Religion				
Hindu	8	20.0	14	35.0
Christian	27	67.5	21	52.5
Muslim	5	12.5	5	12.5
Order of birth				
1	13	32.5	11	27.5
2	19	47.5	23	57.5
3	8	20.0	6	15.0
Types of family				
Nuclear	36	90.0	39	97.5
Joint	4	10.0	1	2.5

Table 1 on respondents' characteristics reveals the age of the respondents and majority belongs to the age of 14 years. In both experimental and control group all of them were boys. Regarding religion, in both groups majority of them were Christians. Order of birth showed that nearly half of them are second born. Majority of them belongs to nuclear families in both experimental and control group.

Table 2 Distribution of respondents' parents' education, occupation and income

Particulars	Experimental group (n=40)		Control group (n=40)	
	Frequency	Percentage	Frequency	Percentage
Father's education				
Illiterate	0	0	0	0
Primary	22	55.0	24	60.0
Secondary	17	42.5	14	35.0
Above intermediate	1	2.5	2	5.0
Mother's education				
Illiterate	0	0	0	0
Primary	12	30.0	20	50.0
Secondary	25	62.5	19	47.5
Above intermediate	3	7.5	1	2.5
Father's occupation				
Skilled labour	4	10.0	4	10.0
Unskilled labour	25	62.5	34	85.0
Service	11	27.5	2	5.0
Mother's occupation				
Skilled labour	7	17.5	10	25.0
Unskilled labour	2	5.0	2	5.0
House wife	31	77.5	28	70.0
Monthly income of family				
Below Rs.5000/-	28	70.0	24	60.0
Rs.5001 – 10000/-	2	5.0	12	30.0
Rs.10001 – 30000/-	9	22.5	3	7.5
Above Rs.30000/-	1	2.5	1	2.5

Table 2 reveals that the majority respondents' fathers in experimental and control group had education at primary level (55% and 60%).Education up to secondary level was observed in 42.5 percent and 35 percent respectively in experimental and control group. Regarding respondents' mother's education, in experimental group,30 percent had primary level education and in control group, 50 percent had secondary level education.

The table further explained the occupation of fathers and mothers. In both groups majority of father's (62.5% in experimental group and 85% in control group) were unskilled labourers. Regarding the occupation of mothers majority in both groups (77.5% in experimental group and 70% in control group) were housewives.The monthly income of family was below Rs. 5000/- for 70 percent in experimental and 60 percent in control group.

Table 3 Respondents' pre-test knowledge in awareness about drug abuse

Particulars	Group	Mean	SD	Mean Difference	t-value
Perception on usage of drugs	Experimental	8.03	2.213	0.525	0.944^{ns}
	Control	7.5	2.736		
Signs and symptoms	Experimental	7.83	3.129	0.754	0.771^{ns}
	Control	6.73	2.375		
Consequences of drug abuse	Experimental	13.95	4.857	0.350	0.322^{ns}
	Control	13.60	4.856		

***** Significant at 5% level.

Respondents' awareness regarding drug abuse before the educational programme of both experimental and control group were equitable on pre-test. The mean value of responses on perception on usage of drugs was 8.03 for experimental group and 7.5 for the control group. Regarding signs and symptoms also there was not much variation. (7.83and 6.73 experimental group and control group respectively).And in the awareness on consequences the mean scores were almost same(13.95 and 13.6).The table further shows statistical analysis using 't 'test and it reveals that there is no significant difference in experimental and control group regarding perception on usage of drugs, signs and symptoms and consequences of drug abuse. Thus it can be concluded that there is no difference in the awareness of subjects in pre-test with regard to drug abuse.

Table 4 Respondents' post test knowledge in awareness about drug abuse

Particulars	Group	Mean	SD	Mean Difference	t-value
Perception about usage of drugs	Experimental	10.5	1.703	2.600	5.696 *
	Control	7.55	2.33		
Signs and symptoms	Experimental	10.25	1.581	2.500	5.749*
	Control	7.75	2.250		
Consequences of drug abuse	Experimental	21.20	3.736	7.075	7.998*
	Control	14.13	4.164		

* Significant at 5% level

The results indicate the level of post test awareness among subjects in experimental and control group. The mean scores in all the three areas shows high variation. The statistical analysis using 't'test revealed a significant difference in experimental group regarding perception in the usage of drugs (t;5.696, P ≤0.05), signs and symptoms (t=5.749, p≤0.05) and consequences (t:7.998, P ≤0.05) of drug abuse.Thus it is clear that there is significant difference in the level of awareness between experimental group and control group on post-test. It can also be concluded that the education programme was successful in creating awareness to the subjects with regard to prevention of drug abuse. Therefore education programme that prevent adolescents from endangering themselves and others are essential.

Table 5 Comparison of pre-test score and post- test score awareness on drug abuse among the experimental and control groups

Particulars	Pair	Mean	SD	Mean Difference	t-value
Adolescents perception on usage of drugs	Pre-score	8.03	2.213	2.125	17.000*
	Post score	10.15	1.703		
Signs and symptoms	Pre-score	7.83	2.375	3.580	11.008*
	Post score	10.25	1.581		
Consequence of drug abuse	Pre-score	13.95	4.857	7.250	22.533*
	Post score	21.20	3.736		

* Significant at 5% level

The result shows the comparison of awareness between pre-test and post-test in experimental group. The mean scores in all the three areas show high variation. The statistical analysis using t test reveals that there is significant difference between experimental and control group regarding perception in the usage of drugs (t:17.000, P≤0.05), signs and symptoms of drug abuse (t:11.008, P≤0.05) and consequences (t:22.533, P≤0.05) of drug abuse. From the above findings the null hypothesis stating "there will be no significant difference in the awareness of adolescent boys after the education programme" is rejected.

By adopting the standard hypothesis testing approach to the present study, the investigator demonstrated the falsity of the null hypothesis, with the implication that the alternative hypothesis is acceptable. It may be concluded that the education programme was successful in creating awareness to adolescent boys with regard to prevention of drug abuse. The study thus goes in line with the findings of Shop et al., (1996) [5], revealed that education programs increased the knowledge among students about drug abuse.

Table 6 Evaluation of the education programme

Criteria for evaluation of tool	Good Frequency (%)	Very good Frequency (%)	Excellent Frequency (%)
Informative	-	-	40 (100)
Interesting	-	4 (10)	36 (90)
Helped to change their attitude	-		40 (100)
Relevant information	4 (10)	10 (25)	26 (65)
Important points are emphasized	-	8 (20)	32 (80)
Font size and style are legible	12 (30)	9 (22.5)	19 (47.5)
Picture facilitate better comprehension	-	38 (95)	2 (5)
Visually stimulating colour	-	32 (80)	8 (20)
Contents are organized in a logical way	-	28 (70)	12 (30)
Clarification of doubts	-		40 (100)
Way of presentation	-	5 (12.5)	35 (87.5)

The evaluation of the education programme by the subjects gives general response of the students on drug abuse after attending the programme. All the subjects under study (100%) agreed that the programme was excellent, informative, helped to change their attitude and their doubts were clarified on drug abuse. Ninety five percent were of the

opinion that the information was up-to-date and 65 percent admitted its relevance. Ninety percent opined that the programme was interesting and 87.5 percent liked the way of presentation. Eight percent opined that important points were adequately emphasized and 47.5 percent opined the font size and styles are legible. Ninety five percent were of the opinion that pictures facilitated better comprehension and 80 percent opined that colour used were visually stimulating. Seventy percent of the respondents opined that the contents are organized in a logical way. It is further observed that none of the subjects evaluated the programme poor or fair. It is understood that the information package was highly informative and comprehensive in relation to prevention of drug abuse.

Conclusion

It is concluded that educational intervention plays a significant role in increasing awareness about drug abuse among school going adolescents. If they are aware about different preventives measures and consequences of drug abuse, their chance of involvement in drug abuse might be reduced.

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