

A Study to Assess the Effectiveness of Self-Instructional Module on Knowledge Regarding Health Hazards of Substance Abuse among Students in Selected College, Bangalore

Rama Subbamma V.

Lecturer, Koshys Institute of Health Sciences, Bangalore, Karnataka, India

Abstract: Background: Substance abuse is a major societal problem which refers to the harmful and hazardous use of psychoactive substances that damages individuals and communities psychologically, physically, socially and economically. Aim: To assess the effectiveness of Self-Instructional Module on knowledge regarding health hazards of substance abuse among students in selected college in Bangalore. Methods: A total of 60 college students were selected by purposive sampling technique. A quantitative approach, pre-experimental method, one group pretest- posttest design was used. Pre-test was done by using structured questionnaire on knowledge regarding health hazards of substance abuse along with socio-demographic data collection. A Self-Instructional module was given to students while explaining content using power point presentation. The post-test was conducted after one week using the same structured knowledge questionnaire. Descriptive and inferential statistics were used for data analysis. Results: The findings revealed that the mean enhancement of the knowledge score was 5.6 and the "t" value 10.731 is greater than the table value both at 0.01 level of significance. Therefore, "t" value is found to be significant. It means there was significant improvement in post-test knowledge level of students regarding health hazards of substance abuse. Conclusion: The study concluded that self-instructional module was effective in improving the knowledge level of students regarding health hazards of substance abuse.

Keywords: Substance abuse, Health hazards of substance abuse, Alcohol abuse, Tobacco abuse, illicit substances and college students

1. Introduction

Since time immemorial, man has used several substances for their psychoactive properties. The psychoactive properties include, relief from pain and tension, attainment of pleasurable effects and expansion of the mind's perceptual horizons¹. According to World Health Organization (WHO), substance abuse refers to harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. One of the key impacts of illicit drug use on society is the negative health consequences experienced by its members. Drug use also puts a heavy burden on individuals, families and society². Adolescence is described as teenager between the years 13 to 19 and can be considered the transitional stage from childhood to adulthood. During this time, peer group, mass media like television, internet and external appearance tend to increase in importance.³ Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Tobacco use remains a serious public health problem as it is a major cause of preventable diseases and death. The raising use of cannabis products has become a global concern. According to the WHO, cannabis has become more closely linked to youth culture, with the age of initiation being usually lower than for other drugs. Injection drug use places youth at risk for HIV, and drug use broadly places youth at risk of overdose⁴. Inhalants are easily bought or found in the home or work place such as gasoline, spray paints, markers, glues, whitener and cleaning fluids. In addition to possible physical, social, and psychological harm, the use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction drugs most often associated with this term include: Alcohol, Amphetamines, Barbiturates,

Benzodiazepines, Cannabis, and Cocaine, Hallucinogens, Methaqualone and opioids⁵.

2. Need for the Study

Substance misuse has become increasingly common in the 21st century, especially among students enrolled in colleges and universities.⁶ Substance abuse creates a huge hindrance for survival, protection, growth and development of healthy children, which is fundamental for improving quality of life. Protecting children from substance abuse has to be considered the most essential and urgent need for creating a 'World fit for Children' and for a meaningful achievement of the 'Millennium Development Goals'⁷. As per Press Information Bureau, Govt. of India, released data on 29 March 2023; Magnitude of drug abuse in the country is given as follows:

- Alcohol users- children and adolescents (10-17 years) - 30,00,000; Adults (18- 75 years)- 15,10,00,000.
- Cannabis users- children and adolescents-20,00,000; Adults-2,90,00,000.
- Opioid users- children and adolescents- 40,00,000; Adults- 1,90,00,000.
- Sedative users- children and adolescents- 20,00,000; Adults- 1,10,00,000.
- Inhalant users- children and adolescents- 30,00,000; Adults- 60,00,000.
- Cocaine users- children and adolescents- 2,00,000; Adults- 10,00,000.
- Amphetamine like substances- children and adolescents- 4,00,000; Adults- 20,00,000.
- Hallucinogen users- children and adolescents- 2,00,000; Adults- 20,00,000.⁸

The high incidence of alcohol use is linked to higher rates of domestic violence, and subsequently, mental health issues. There were over 10 lakh mental health consultations in public health institutions in Karnataka in 2018-2019. Protecting children from widespread prevalence of substance abuse is one of the biggest policy challenges being faced India. The Ministry of Social Justice and Empowerment is implementing National Action Plan for Drug Demand Reduction (NAPDDR). Under the NAPDDR, Nasha Mukta Bharat Abhiyaan (NMBA) was launched on 15.08.2020 in 272 vulnerable districts. The aim of NMBA is to create awareness about ill effects of substance abuse among the youth, with special focus on higher education institutes, university campuses, schools and reaching out into the community and garnering community involvement and ownership of the Abhiyaan⁹. There is urgent need to educate the college students about the health hazards of substance abuse to prevent them from initiating and continuing its use.

Objectives:

- 1) To assess the pre-test knowledge scores of students regarding hazards of substance abuse.
- 2) To assess the post-test knowledge scores of students regarding hazards of substance abuse.
- 3) To determine the effectiveness of a self- instructional module on hazards of substance abuse among students.
- 4) To find the association of pre-test knowledge score of students regarding hazards of substance abuse with their selected socio – demographic variables.

Hypothesis:

- H1- There will be a significant difference in pre and post-test knowledge scores of students regarding hazards of substance abuse before and after administration of self-instructional module.
- H2- There will be significant association between the pre-test knowledge scores of students regarding hazards of substance abuse with their selected socio-demographic variables.

3. Methodology

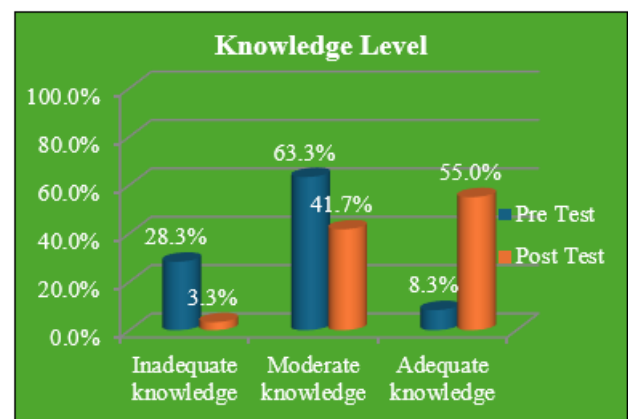
A total of 60 college students were selected by purposive sampling technique. A quantitative approach, pre-experimental method, one group pretest- post test design was used. Pre-test was done by using structured questionnaire on knowledge regarding health hazards of substance abuse along with socio-demographic data collection. A Self-Instructional module was given to students while explaining content using power point presentation. The post-test was conducted after one week using the same structured knowledge questionnaire. Descriptive and inferential statistics were used for data analysis.

4. Results

- Findings based on the first objective revealed that pre-test knowledge scores show 17 (28.3%) students had inadequate knowledge, 38 (63.3%) had moderate knowledge and only 5 (8.3%) had adequate knowledge regarding health hazards of substance abuse.
- Findings based on second objective revealed that post-test knowledge scores show only 2 (3.3%) students had

inadequate knowledge, 25 (41.7%) had moderate knowledge and 33 (55.0%) had adequate knowledge regarding health hazards of substance abuse.

- The pre-test mean scores were found to be 16.9 (56.33%) with the standard deviation of 4.087 and the mean post-test knowledge scores were 22.58 (75.26%) with standard deviation of 3.976.
- The findings of the third objective reveal, it is evident that the mean enhancement of the knowledge score was 5.6 and the “t” value 10.731 is greater than the table value both at 0.01 level of significance.
- This clearly indicates that after administering the self-instructional module, there was significant improvement in the knowledge level of students regarding health hazards of substance abuse.
- The finding based on fourth objective revealed that the demographic variables such as age, family income, living status and habit of substance use were significantly associated with pre-test knowledge score of students at 0.05 level of significance. By using chi-square (X^2), it was evident that calculated X^2 value was more than the tabulated X^2 value. Hence, hypothesis (H_2) was accepted.



5. Discussion

The present study shows that the mean post-test knowledge scores of students regarding health hazards of substance abuse will be significantly higher than the mean pre-test knowledge scores after administering self-instructional module. Limitations of the study was samples were limited only to specific area, small number of subjects (60) limited the generalization of the study, participants were selected through non-probability purposive sampling techniques limited the generalization of the study.

6. Conclusion

It was concluded that the self-instructional module was effective in improving the knowledge level of college students regarding health hazards of substance abuse. The intervention self-instructional module can be used with timely update among the institutions in order to improve the Knowledge of adolescents in the school/ college level.

Findings of the study can be used by the future nurse/ healthcare researcher as baseline in order to conduct further interventional research on large population to strongly prove

the effectiveness of self -instructional module on knowledge regarding health hazards of substance abuse.

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