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Descriptive Study to Assess the Knowledge and Attitude on Ill Effects of Alcohol among Nursing Students in a Selected College at Karad

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Abstract:

Introduction: Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth is a major public health problem. The substance abuse is one of the rapidly growing problems among adolescents due to lack of knowledge regarding its ill effects. Methodology: The descriptive design research design was used in this study. 100 adolescent boys and girls, in the age group of 19-22 years, who are studying in selected nursing college at Karad, were selected by simple random sampling technique. Adolescents available at the time of the data collection and those willing to participate in the study were included. The researcher obtained prior permission from the concerned authority. Results: Maximum students are at the age of 18 (63%), staying with parents (53%), completed 12th standard study (97%) and belongs to average socio economic groups (86%). Mean knowledge score was 25 and standard deviation (2.645) among the respondents. 63% of students are having adequate knowledge, 92 % of student's shows unfavorable attitude towards alcohol use. Conclusion: Students are aware about the ill effect of alcohol and having negative attitude towards alcohol.

Keywords: Knowledge, Attitude, Alcohol, students.

1. Introduction

Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth is a major public health problem. The substance abuse is one of the rapidly growing problems among adolescents due to lack of knowledge regarding its ill effects. Between 15 and 20 per cent of Indian people consume alcohol and, over the past twenty years, the number of drinkers has increased from one in 300 to one in 20. Alcohol problems are associated with life style and socio-economic conditions of people. These are becoming more – prevalent in adolescents – both boys and girls mainly because of their risk taking behaviour and more over the emotional control of family; the moral control of school and the social control of community are declining. The World Health Organization's European Charter on Alcohol states that "all children and adolescents have the right to grow up in an environment protected from the negative consequences of alcohol consumption and, to the extent possible, from the promotion of alcoholic beverages".¹Alcohol consumption has been steadily increasing in developing countries like India and decreasing in developed countries since the 1980s.

Alcohol abuse can cause a number of physical symptoms, including cirrhosis of the liver, pancreatitis, epilepsy, poly neuropathy, alcoholic dementia, heart disease, nutritional deficiencies, and sexual dysfunction, and can eventually be fatal. Damage to the central nervous system and peripheral nervous system can occur from sustained alcohol consumption. These all effect will ultimately cause poor academic performance and in terms effect complete future of an adult. Long term complications include brain, heart, and liver damage and an increased risk of cancer. Further alcohol is an important etiologic factor in suicide, automobile and other accidents, and injuries and death due to violence. Family breakdown, financial problems, legal problems and psychological troubles all result from alcoholism. Loss of employment, drunk driving or public disorders, tortuous behavior, marital conflicts, divorce or domestic violence are some forms of social effects seen among the adolescence lives.

In India, the prevalence of drug abuse, which is generally low in early adolescence, aged 12 & 13 rises – steeply in the late teenage and is highest during the early 20's.² Campus atmosphere and peer pressure is forcing and influencing the adolescent students to indulge in alcoholism mainly due to lack of adequate knowledge about the consequences of its use or falsely perceived knowledge and attitude towards alcoholism as the students use alcohol for “company, festivity or curiosity”³.

Adolescence is a very sensitive period because of biological, hormonal and psychological changes, super added with increased responsibility. Lack of information and ignorance make the adolescents more vulnerable to alcoholism along with peer pressure and identity problem. Alcohol use is a major problem affecting school and college students, with the influence of the globalizing economies and changing cultural norms, more and more young people are experimenting with alcohol at a very early age in India. The Global Youth Tobacco Survey (GYTS) carried out among 16,932 students in 8, 9 and 10 standards of 6350 schools of India found that 13.1% students used alcohol⁴. Alcohol problems are associated with life style and socio-economic conditions of people. These are becoming more – prevalent in adolescents – both boys and girls mainly because of their risk taking behavior and more over the emotional control of family; the moral control of school and the social control of community are declining. Alcohol prevalence is growing in alarming rate, which accounts one of the major causes of mortality and morbidity. It is time to understand adolescence knowledge and carry out effective intervention to create awareness about alcoholism and its ill effects. If college students are provided with knowledge on ill effects of alcohol, this might help the students to change their behavior and influence others. Creating an awareness regarding the alcoholism and its adverse effect will reduce the morbidity and mortality related to alcoholism and save more lives, and families. It is important for every child, adolescent, and adult in our society to learn about alcoholism so that they can avoid the damaging and debilitating consequences of this devastating disease. Thus adolescents can be prevented from alcohol consumption with timely and proper motivation.

1.1. Objectives of the Study

The objectives of the study are to:

1. Asses the knowledge and attitude on ill effect of alcohol among nursing students.
2. Find the association between knowledge and attitude scores with selected demographic variables.

2. Methodology

The descriptive design research design was used in this study. 100 students, both boys and girls, in the age group of 19-22 years, who are studying in selected nursing college at Karad, were selected by simple random sampling technique. Students available at the time of the data collection and those willing to participate in the study were included. The researcher obtained prior permission from the concerned authority. The purpose of the study explained to all the students and informed consent was obtained from them. Structured knowledge questionnaire was administered to determine the knowledge and attitude level among the adolescents. Collected data was analysed by using descriptive and inferential statistics. Description of the subjects with respect to demographic variables was presented using frequency and percentages. A chi-square test was used to find out the association between the variables.

3. Results

N=100

Demographic characteristics	Value	Percentages
Age		
17	26	26
18	63	63
19	5	5
>20	6	6
Area of residence		
Rural	79	79
Urban	21	21
Locality of Staying		
Hostel	45	45
With Friends	1	1
With Relatives	1	1
With Parents	53	53
Education		
12th	97	97
12th+Graduates	3	3
Socioeconomic Status		
Good	4	4
Average	86	86
Poor	10	10

Table 1: Distribution of frequency and percentage of nursing students according to socio-demographic variables.

N=100

Level of knowledge	Frequency	Percentage
Adequate knowledge	63	63
Moderately adequate knowledge	29	29
Inadequate knowledge	8	8

Table 2: Frequency and percentage distribution of knowledge level regarding ill effect of alcoholism among adolescents.

N=100

Level of attitude	frequency	Percentage
Unfavorable attitude	92	92
Favorable attitude	7	7
Most favorable attitude	1	1

Table 3: Frequency and percentage distribution of attitude level regarding alcohol use among adolescents

Maximum students are at the age of 18 (63%), belongs to rural area (78%), staying with parents (53%), completed 12th standard education (97%) and belongs to average socio economic groups (86%). Mean knowledge score was 50 and standard deviation (2.645) among the respondents. 63% of students are having adequate knowledge, 29% of students are having moderately adequate and only 9% students are inadequate knowledge on ill effect of alcohol use. This indicates that maximum students are aware of ill effect of alcohol. As per attitude is concerned 92 % of student's shows unfavorable attitude towards alcohol use. Overall research shows that young youth are having negative attitude in use of alcohol which is positive prospective for the society. There was no association found with any socio demographic variables on knowledge and attitude.

4. Discussion

Del Rio C, et al from Faculty of Medicine, University of Valladolid, Spain surveyed on 545 Spanish university students about their alcohol use, knowledge of the effects of alcohol, and attitudes towards social drinking and towards alcoholism and alcoholics. The knowledge regarding alcohol (mean scores 7.7 +/- 0.1, ranging 1-15) was associated with academic aspects: it was higher among medicine and nursing students⁵. A study was conducted to assess the knowledge and attitude of college students regarding alcoholism in selected colleges at Udipi district in 2007. It was found that 40% of the students started consuming alcohol at the age of 18 years. With regard to attitude, forty-five percent had unfavorable attitude towards alcohol use and thirty percent had average level of knowledge. After an awareness programme, the knowledge level increased to 56% compared to the 35% at the previous level⁶. A study by, Anuradha G. A in Bangalore among pre-university students on knowledge and effect related to alcoholism found the knowledge score to be more (68.8%) about general information on alcohol than the knowledge on the effects of alcohol (33.2%). The overall mean attitude was 77.7%. A significant association is found between knowledge and type of family. Although the respondent's overall attitude towards effect of alcohol is found to be favorable (77.7%)⁷. In our present study 63% of students are having adequate knowledge, 29% of students are having moderately adequate and only 9% students are inadequate knowledge on ill effect of alcohol use, 92 % of student's shows unfavorable attitude towards alcohol use with no association along with any demographic characteristics.

5. Conclusion

As the students are aware about the ill effect of alcohol (63% of students are having adequate knowledge, 29% of students are having moderately adequate knowledge) and having negative attitude towards alcohol (92 % of student's shows unfavorable attitude towards alcohol use).

6. Limitations of the Study

Health is every one's right and prevention of alcohol or drug abuse is an important aspect of social well being especially among youths. In these study adolescents from selected class of nursing college were included so it is limited to only 1st year Basic B Sc nursing course.

7. Recommendations

This study can be conducted on all college students involving other colleges like paramedical courses, medical course and non medical institution. More focus should be pointed towards young generation as they have high potential craving towards alcohol use. If proper awareness and health education given at the right time, many complications can be prevented.

8. Ethical Standards

This study was conducted after getting approval from the Institution and after obtaining written consents from all subjects. The authors did not receive any financial support from any third party related to the submitted work.

→ Conflict of interest: The authors had no relationship/condition/circumstances that present a potential conflict of interest.

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