



## A STUDY TO ASSESS THE KNOWLEDGE REGARDING ALCOHOL USE DISORDER AMONG STUDENTS OF SELECTED GOVERNMENT SCHOOLS IN PUNJAB

DR. HARPREET KAUR<sup>1</sup>, DR. ABDUL LATIF<sup>2</sup>, DR. RAMSWAROOP SHARMA<sup>3</sup>

**Research Scholar:** Harpreet Kaur (JJTU, Rajasthan)<sup>1</sup>, **Guide:** Dr Abdul Latif, Principal KGN College of Nursing Sikar (PhD Nursing)<sup>2</sup>, **Co- Guide:** Dr. Ramswaroop Sharma, Principal Meera Medical Institute of Nursing and Hospital, Abohar (PhD Nursing)<sup>3</sup>

**Corresponding Email:** profharpreetmaan@gmail.com

**Background:** Adolescence is a time of fast physical, emotional, and sexual development. Some severe diseases that manifest as adults have adolescent origins. Due to their low biological tolerance and degrees of intoxication, teenagers are more susceptible to the effects of alcohol. For young people, alcohol is the drug of choice. The effects of excessive drinking at a young age are being felt by many young people. Thus, heavy drinking is a major public health issue in this nation. Alcohol use disorder is a behavior of drinking that includes issues with self-control, obsession with alcohol, or using alcohol even when it creates issues. Other signs of this illness include needing more alcohol to achieve the same impact or experiencing withdrawal when drinking is abruptly reduced or stopped. A quantity of drinking that is frequently referred to as alcoholism is a component of alcohol use disorder.

**Aim of the study:** A study to assess the knowledge regarding alcohol use disorder among students of selected government schools in Punjab.

**Material and method:** The current study was carried out in a few government schools in Punjab, India, where 30 adolescents were chosen for it based on inclusion and exclusion criteria using a convenient sampling technique. Self-structured questionnaire was used as the data gathering tool.

**Results:** On the basis of the result of data analysis the following conclusion were found average knowledge 28(93.3%), poor knowledge in 2(6.7%), and none has good knowledge regarding alcohol use disorder among students.

**Keywords:** Knowledge, alcohol use disorder, students,

### INTRODUCTION

The phase of growth and development between the childhood and the adulthood is known as adolescence. Any person between the ages of 10 and 19 is considered an adolescent by World Health Organization (WHO). The transparent liquid known as alcohol has a distinct flavour of burning. Alcohol is absorbed into the bloodstream at a faster rate than it is eliminated. A blood alcohol content of 80–100 mg/100 ml is considered to be intoxicating. Alcohol is a substance that develops spontaneously when sugar is fermented with yeast spores. An alcoholic is someone who has the disease of alcoholism. Because their brain is developing a dependence on alcohol to work, people experience withdrawal symptoms when they don't drink. Alcoholics are unable to manage their preoccupation, including how much and when they drink. Meanwhile, both at home and at work, this can result in health difficulties and issues. The majority of lifelong drinkers are alone and in bad health. Many individuals do not

think of drinking as a disease. They, on the other hand, think that drinking is a personal choice. Non-alcoholics, on the other hand, have the option to stop drinking whenever they wish. Abuse is a term that refers to a maladaptive habit of substance use that has a negative impact on one's health. Dependence is defined as a set of physiological and psychological symptoms brought on by the frequent use of a substance or drug. It is defined as a group of cognitive, behavioural, and physiological phenomena that appear after heavy alcohol use and frequently include strong urges to drink, difficulty controlling oneself, persistence despite negative effects, prioritising drinking over other responsibilities and activities, risen tolerance, as well as, in certain instances, a biological withdrawal state.

Alcohol has been used from ancient times, as evidenced by some records of abuse use and dependence. Thousands of years ago, excess use of alcohol consumption was recognized as creating issues. The negative implications of society's growth were not recognized until medically in the 18th century. Adolescents are in a phase of identity versus role confusion, according to Erikson's theory. They are still in their adolescent years, and their experiences and thoughts are immature. They are oblivious to what is good and evil and they may end up on the wrong track. Young people are always eager to try new activities without considering the long-term consequences to their health.

## **OBJECTIVES**

- To assess the knowledge regarding alcohol use disorder among students.
- To find out the association of knowledge regarding alcohol use disorder among students.

## **MATERIAL AND METHODS**

This research study used a nonexperimental descriptive design. The study was conducted at selected government schools of Sri Muktsar Sahib, Punjab. The target population of current study comprises the students age group 12 to 18 years studying in selected rural government schools at Sri Muktsar Sahib District of Punjab, India. Sample size included in the study was 30. Purposive, sampling technique was used for selection of subject. After intensive review of literature and opinions from experts' tools were prepared for data collection and having the following sections:

### **Section 1**

It includes socio-demographic variables of the study participants Age in years, Gender, Class, Religion, Educational status of father, educational status of mother, Occupation of the father, Occupation of the mother, Type of family, and Family monthly income.

### **Section 2**

It includes self-structured questionnaires and Likert's scale to assess the knowledge regarding alcohol use disorder among students of selected government schools in Punjab.

## **RESULTS**

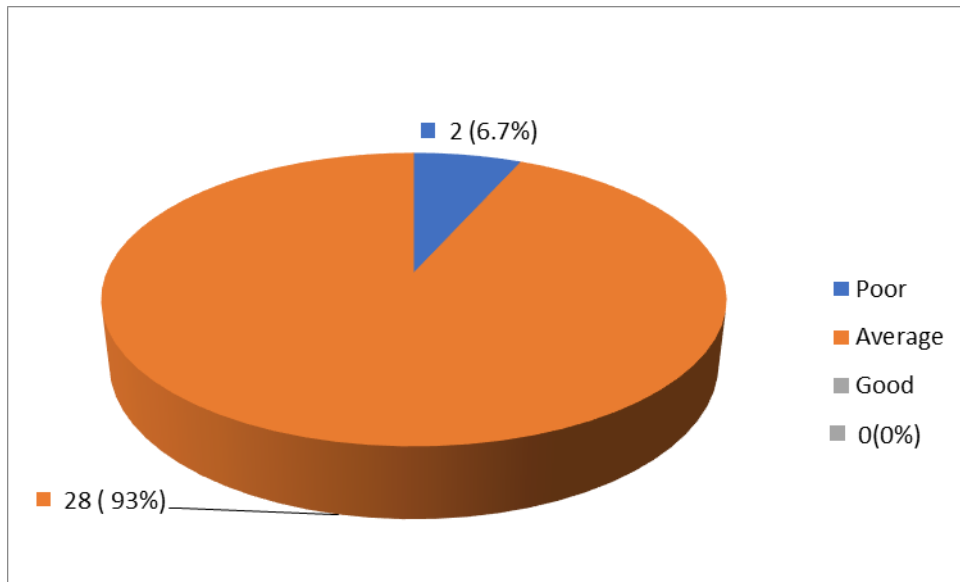
Sample characteristics majority of adolescents 15 (50%) in age 14-16 years were 15 followed by 12-14 years 10(33.3%), and minimum 16-18 years 5(16.7%). According to distribution of gender maximum 17(56.7%) female and minimum male 13(43.3%). Class wise, majority in 9<sup>th</sup> class 9(30%), and minimum in 11<sup>th</sup> 1(3.3%). Religion wise the majority of students were from Hindu family 29 (96.7.%) and minimum Sikh 1 (3.3%). The majority of the educational status of father is illiterate 14(46.7%) and minimum senior secondary 3 (10%). The majority of the educational status of mother is illiterate 13(43.3%) and minimum senior secondary 4

(13.3%). In occupation of father wise distribution majority were from farming (56.7%) and minimum in Government sector 3(10%). In occupation of mother wise distribution majority were unemployed 11(36.7%) and minimum in Government 2(6.7%). In context of type of family, majority were from nuclear family 21(70%) and minimum extended family 3(10%). The majority of the family monthly income is less than Rs10000 is 25 (83.3%) and minimum 20001-30000 is 1 (3.3%).

**Table 1: Frequency and percentage of knowledge regarding alcohol use disorder among students.**

Frequency distribution table					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Poor	2	6.7	6.7	6.7
	Average	28	93.3	93.3	100.0
	Good	0	0.0	0.0	0.0
	Total	30	100.0	100.0	

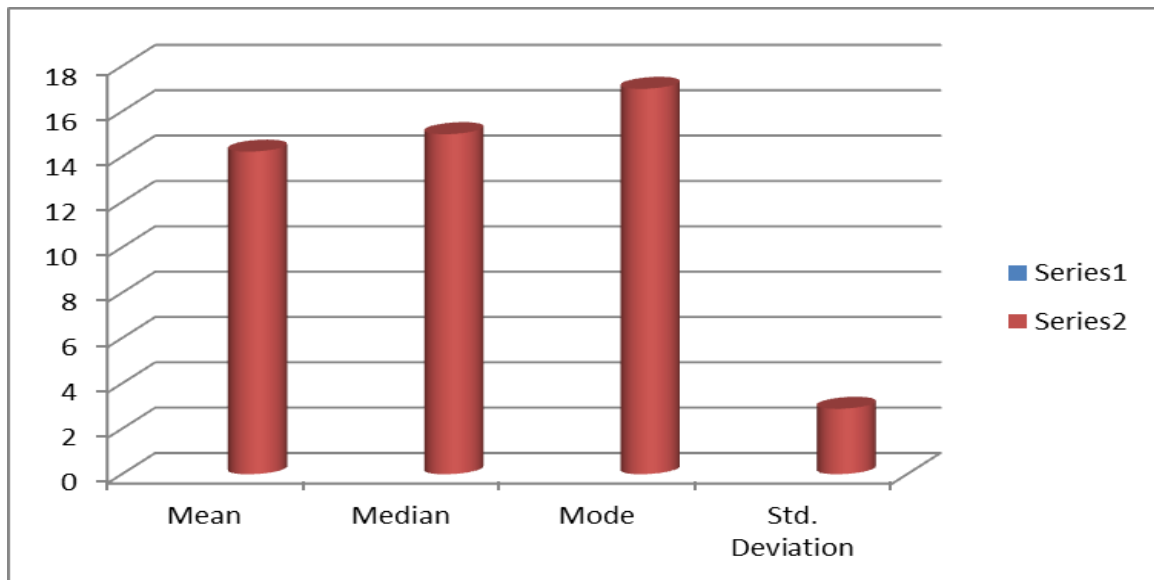
Table 1 depicts frequency distribution of students out of 30, average knowledge 28(93.3%), poor knowledge in 2(6.7%), and none has good knowledge regarding alcohol use disorder.



Pie chart depicts frequency distribution of students out of 30, average knowledge 28(93.3%), poor knowledge in 2(6.7%), and none has good knowledge regarding alcohol use disorder.

**Table 2: Mean, median, mode, and standard deviation of knowledge regarding alcohol use disorder among students**

Statistics		
TOTAL		
N	Valid	30
	Missing	0
Mean		14.23
Median		15.00
Mode		17
Std. Deviation		2.885



Bar graph depicts mean, median, mode, and standard deviation regarding alcohol use disorder among students

There is Showing statically association of knowledge scoring with family income at and it is 0.05 level of significance.

**CONCLUSION**

On the basis of the result of data analysis the following conclusion were found average knowledge 28(93.3%), poor knowledge in 2(6.7%), and none has good knowledge regarding alcohol use disorder among students.

**RECOMMENDATIONS**

- The study can be replicated with major distinct.
- A comparative study can be done to assess the knowledge and attitude levels of rural and urban adolescents.

- With a high sample size, the same study can be reproduced.
- The same study can be repeated with a larger urban sample.
- A similar study may be carried out on a sizable contingent of adolescents in the community.
- A cross sectional study can be conducted on school going adolescents to provide a complete or consistent picture about alcoholism.
- A similar study can be conducted utilising different instructional techniques, such as audio-visual aids or computer-assisted learning.

## REFERENCES

- Acharya, U. R., S, V., Bhat, S., Adeli, H., & Adeli, A. (2014). Computer-aided diagnosis of alcoholism-related EEG signals. *Epilepsy & behavior: E&B*, *41*, 257–263. <https://doi.org/10.1016/j.yebeh.2014.10.001>
- Adolescent Development. Cleveland Clinic. Retrieved from <https://my.clevelandclinic.org/health/articles/7060-adolescent-development>
- Buchmann, A. F., Schmid, B., Blomeyer, D., Zimmermann, U. S., Jennen-Steinmetz, C., Schmidt, M. H., Esser, G., Banaschewski, T., Mann, K., & Laucht, M. (2010). Drinking against unpleasant emotions: possible outcome of early onset of alcohol use?. *Alcoholism, clinical and experimental research*, *34*(6), 1052–1057. <https://doi.org/10.1111/j.1530-0277.2010.01180.x>
- Dietary guidelines for Americans 2020-2025. U.S. Department of Agriculture. [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
- Hingson, R.W., Zha, W., and Weitzman, E.R. (2009). Magnitude of and Trends in Alcohol-Related Mortality and Morbidity Among U.S. College Students Ages 18-24, 1998-2005. *J Stud Alcohol Drugs Supple*, (16): 12–20. Retrieved from <https://www.collegedrinkingprevention.gov/supportingresearch/journal/journalstudiesalcoholanddrugs.asp>
- Hiremath, P., Mohite, V.R., Naregal, P., Pawar, S. & Katti, A. (2016, Apr). Descriptive study to assess the knowledge and attitude on ill effects of alcohol among nursing students in a selected college at Karad. *International journal of innovative research & development*, *5*(5): 133-36. Retrieved from file:///C:/Users/hp/Downloads/92257-173244-1-SM%20(2).pdf
- Konishi, M., & Ishii, H. (2007). Role of microsomal enzymes in development of alcoholic liver diseases. *Journal of gastroenterology and hepatology*, *22 Suppl 1*, S7–S10. <https://doi.org/10.1111/j.1440-1746.2006.04638.x>
- Polit, Hungler. B. P. *Nursing Research Principals and methods*. 6th edition, JB Lippincott, New york 1999;
- Townsend. M.C. (2003) psychiatric mental health nursing (4th ed.). Philadelphia: F.A.Davis company/ Publishers.411-412
- Vargas, D.M. (2014).Nurses’ personal knowledge and their attitudes toward alcoholism issues: A study of a sample of specialized services in Brazil. *Journal of Nursing Education and Practice Journal of Nursing Education and Practice*, *4*(2), 123-131 DOI: <https://doi.org/10.5430/jnep.v4n2p123>
- Vogel, E. A., Ramo, D. E., & Rubinstein, M. L. (2018). Prevalence and correlates of adolescents' e-cigarette use frequency and dependence. *Drug and alcohol dependence*, *188*, 109–112. <https://doi.org/10.1016/j.drugalcdep.2018.03.051>
- Zlotnick, C., Johnson, J., & Najavits, L. M. (2009). Randomized controlled pilot study of cognitive-behavioral therapy in a sample of incarcerated women with substance use disorder and PTSD. *Behavior therapy*, *40*(4), 325–336. <https://doi.org/10.1016/j.beth.2008.09.004>.