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PATTERN AND SOCIO-DEMOGRAPHIC DETAILS OF SUBSTANCE ABUSE AMONG ADOLESCENTS OF URBAN PRIVATE COUNSELING CENTERS IN KERALA

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Background: Drug abuse can be defined as usage of any psychoactive substance including licit and illicit drug. Drug abuse is a very complex phenomenon, which effect physical, psychological, economical, biological, social, cultural, geographical, and historical aspects. According to the recent reports from police and other government authorities, In Kerala substance abuse among adolescents is alarming. It may lead to school dropout, social misbehavior, low academic performance, and continuation of drug use in adulthood.

Objective: The aim of the study was to find out the socio-demographic details and estimate the prevalence of adolescent substance abusers and possible causes from urban private counseling centers in Kerala.

Materials and Methods: This was a descriptive urban private counseling centers based cross-sectional study conducted among adolescents (12-19 years). Pre-tested, self-administered semi-structured questionnaire was used for data collection. Multi stage, Simple random sampling methodology was adopted. A sample of 120 students both from urban private counseling centers was selected. SPSS Version 20 is used for Statistical analysis.

Results: The total population of this study is 120 (N=120). The age of the participants varied from 12 to 19. The mean age was Mean=15.55, SD=2.445. In the total 120 population, 107 are male and 13 are female. The mean age of first experience was 14 years. Peer group, friends, family members, parenting style, staying away from homes, were the factors associated with substance abuse.

Conclusion: The study has found that high prevalence substance abuse among the adolescents. They need proper treatment services and regular follow-up for reducing the substance abuse.

Key words: Substance abuse, adolescents.

INTRODUCTION

Substance abuse is a common phenomenon, which have biological, social, economic, psychological and physical aspects. All over the world, it is very common in all kind of society regardless age, gender, caste, religion, ethnicity, and class.

Drug is a sweet, which covered in a colorful cover with smell of death. It destroys life of individuals like men, children, adolescents and all. It destroy teenager's academic and career, leads them to crime like rape murder and robbery, gradually lead to different kind of substance abuse in adulthood. Substance abuse leads to mental disorder, physical disorders, suicidality, lead to crime, financial problem, family problem, and accidents. Substance abuse may describe in one sentence as this the killer of humankind and it is a social evil.

Substance abuse especially illicit drugs are the one of the largest business in the world. According to UNDCP in 1995, the worldwide sale of illicit drugs is more than \$400 billion. It is approximately 8 % of the international trade. it is the most highest percentage of International Trade compared to iron 2.8% , motor vehicle 2.3 % and textiles 7.5%.very powerful peoples and wide network are working behind them so whitewashing of the substance abuse in the world is impossible however we can try to fight with them.

According to the world report by United Nations office of drugs and crime 2021, 257 millions of people are using drugs in the world and 36 millions of people had substance use disorders.

REVIEW OF LITERATURE

In the worldwide substance abuse is one of the main issues affected by adolescence. According to Areej Hassan et al 2009, more research, and survey regarding substance abuse occurring in developed countries. Therefore, projections of substance abuse in those countries are very high but developing and undeveloped countries, proper survey analysis and studies are very few. However, substance abuse in a worldwide is a big issue.

A cross-sectional study was conducted in sub rural area of New Delhi (Daniel, 2017) to identify the prevalence and pattern of drug abuse among male adolescents. This study conducted among 110 participants. According to the study around half of the participants are used one or two kind of drug at least once in a lifetime. The important finding of the study was half of the patients are use substance like solvents. It includes petrol, nail polish, kores, and dendrite.

20% to 38% is the prevalence of alcohol in the Kerala. Kerala is the one of the top alcohol consumption state in India. Last year police tells High court that drug abuse among students on rice in Kerala. As part of Nisha mukt Bharat project, in India 272 district are identified in the in the usage of drug use. It is identified in the basis of comprehensive National survey and the report from narcotic control bureau. 6 district out of 14 in Kerala in the list.

METHODOLOGY

The aim of the research was to identify the substance use pattern and social demographic details of adolescence in urban area.

The objectives of the research were to estimate the prevalence of substance abuse among urban adolescence and social demographic details of urban adolescence in Kerala. The design of research was descriptive Research design. The universe of the study was all Kerala urban adolescence and population of the research was urban adolescence in Calicut area. The sample of the study was selected adolescents from private counseling centers in Kerala. Multistage, simple random sampling method was adopted to choose the participants of the research.

A structured questionnaire schedule was adopted to collect socio- democratic details of participants. Pre-tested semi structured interview schedule used to collect the data, patterns, and prevalence from participants. Validity and reliability of the questionnaire was ensuring from the support of expert. For the analysis of the result, SPSS was used.

RESULT AND DISCUSSION

AGE

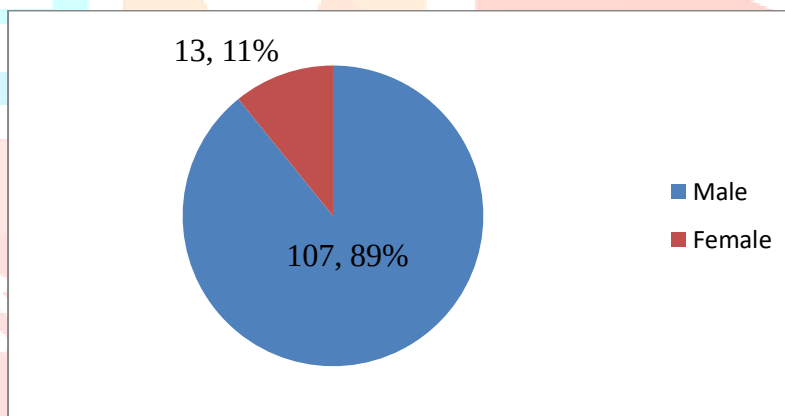
Age	Frequency	Percentage
12	11	9
13	17	13
14	24	20
15	27	22
16	19	16
17	12	10
18	8	7
19	3	3

Mean = 15.5

Standard Deviation = 2.4495

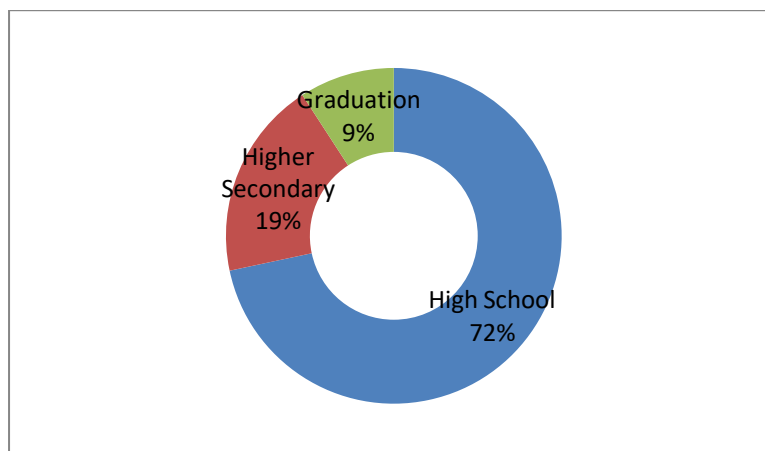
The total number of the participants was 120. This table showing that at present time the age of Adolescents substance users. The mean is 15.5 and the standard deviation is 2.4495

GENDER



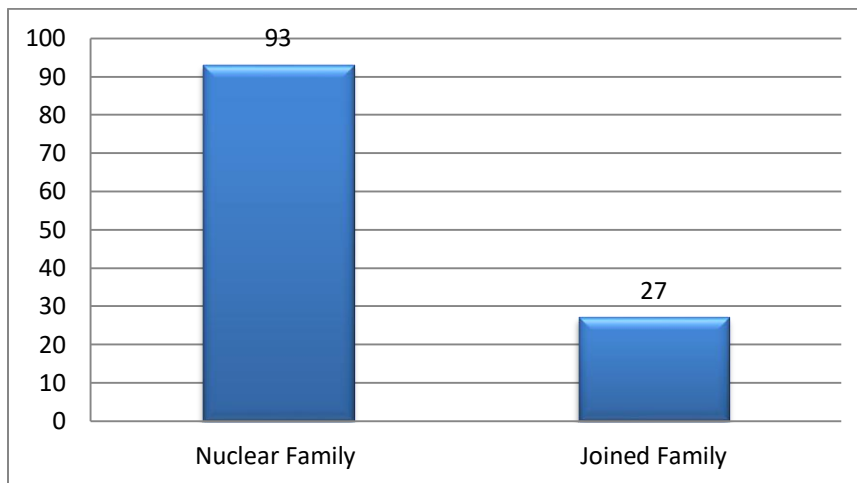
In the total participants (N=120), 13 participants are females, it is 11%. 107 participants are male, it is about 89 %. Many studies show that substance use among adolescent male are very high.

EDUCATIONAL STATUS



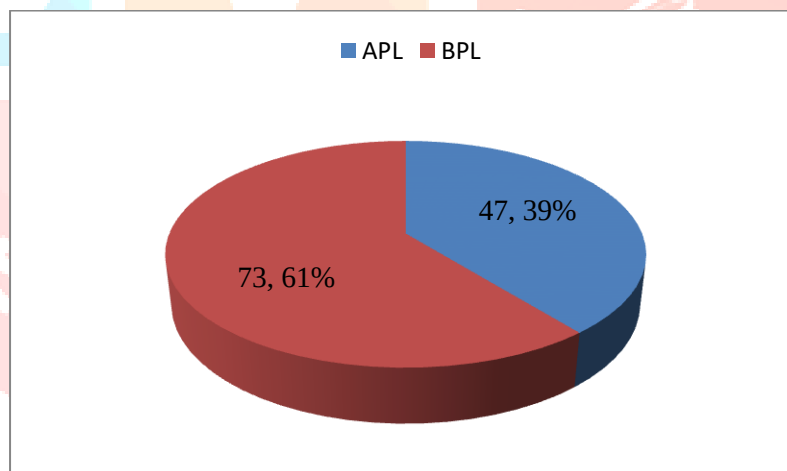
72 % of the participants are high school level, 19 % are higher secondary level and 9 % of the participants are graduate level.

Family Type

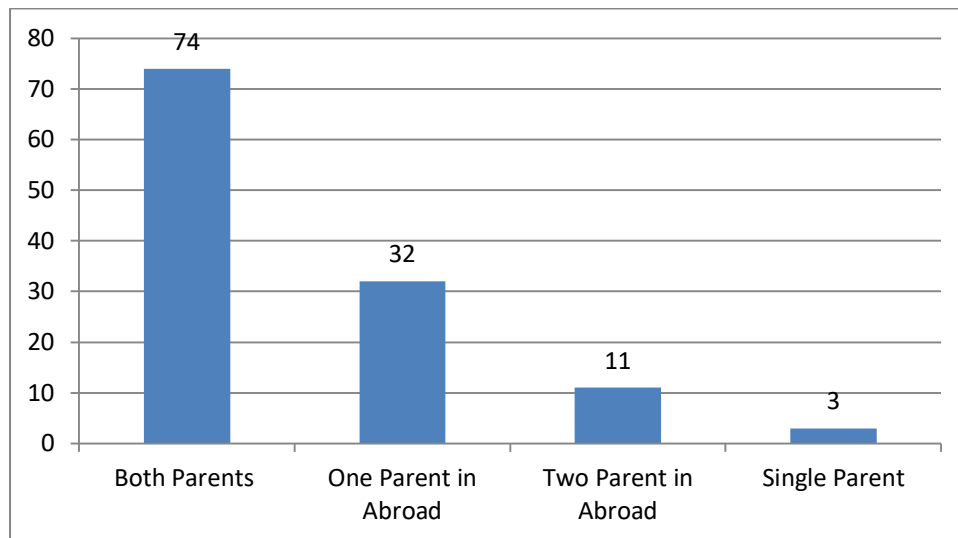


93 % of the participants are coming from nuclear family whereas 7% of the participants among joint family.

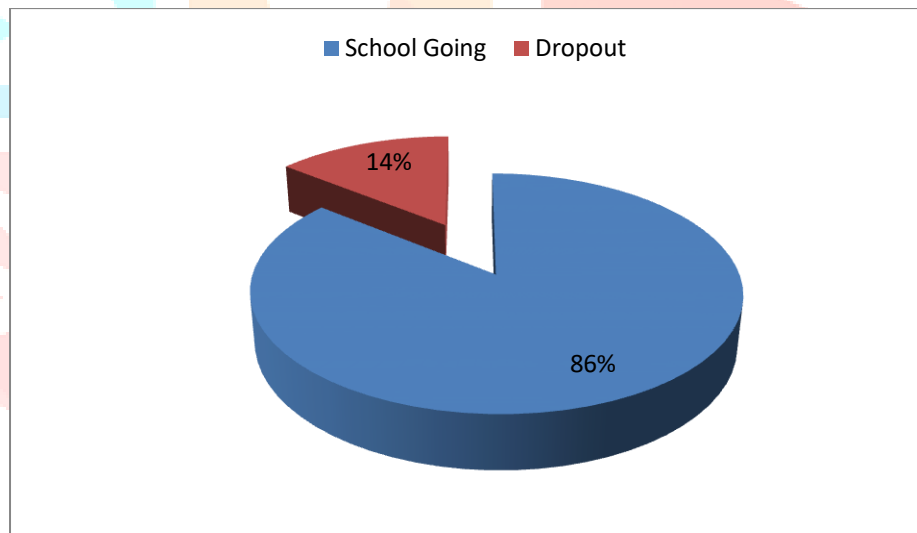
ECONOMIC STATUS



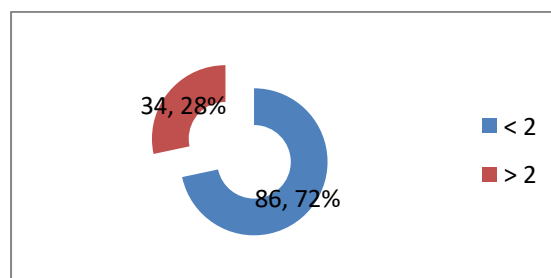
In the total participants 73 participants are below poverty line it is about 61 % and 47 participants are are above poverty line it is about 39%.

PARENTING STYLE

In the total participants (N=120), 74 participants are living with both parents. 32 participants are living with one parent because their father or mother at abroad. 11 participants' both parents are at abroad and 3 participants have only single parent.

SCHOOL GOING STATUS

14 % of the participants are currently drop out while 86 % of the participants are regular school going students

NUMBER OF SIBLINGS

72 % of the participants have less than two siblings while 28 % of the participants have more than 2 siblings.

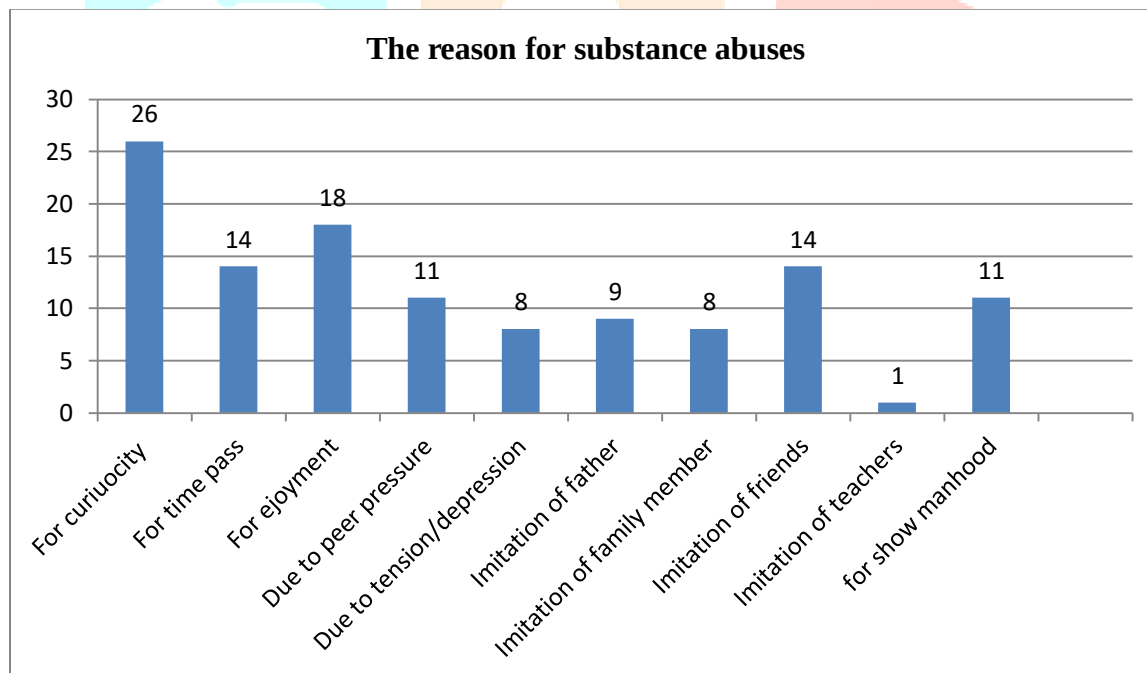
SUBSTANCE ABUSE STARTED AGE

Substance Abuse Started Age	Frequency	Percentage
10	4	3%
11	13	11%
12	18	15%
13	23	19%
14	27	23%
15	17	15%
16	12	10%
17	4	3%
18	1	1%

Mean = 14

Standard Deviation = 2.7386

The table shows that the ages of participants are started substance use. The mean age was 14 and standard deviation was 2.73



In total 120 participants, 26 participants are substance used because of curiosity, 18 for enjoyment, 14 for time pass, 14 for imitation of father, 11 for peer pressure.

Pattern of substance use	Percentage
Taken by mouth	82%
Injection	21%
Placed under tongue	61%
Inserted in the rectum	2%
Placed in the eye	4%
Spry in the nose	27%
By inhalation	71%
Applied to the skin	17%

The patterns of substance use are different. 82% of the participants are used by mouth, 71% are by inhalation, 61% are placed under the tongue, 27% spry in the nose and 21% by injection.

CONCLUSION

Substance abuse is one of the dangerous issues faced by adolescents. Both male and females are using substance abuse but it is very high in male. It is because male can assess the substance easily, they have enough pocket money, they are member of many gangs moreover male adolescence believe that substance use is a part of manhood showing so gender has an important socio- demographic factor.

The first usage of substance abuse is very because of many reasons. The reality was substance use might start at any age range 10 to 90. However, the substance abuse at early age was alarming.

Some adolescence substance users are drop out education due to substance use and its related issues. It is very common and it leads to them in vulnerable life.

Some research studies show that the substance abusers among educated peoples are very high. Most of the time educational institution was act as a meeting point of different part of the people. Therefore, the networking and availability of substance use are very easy in such institutions.

Parenting is a significant socio- demographic factor in adolescence substance abuse. Most of the cases one of the parent abroad so the participants have enough money and most of the time the mother cannot control them.

To minimize the substance abuse among adolescence we want proper mechanism and strict rules. We should provide inclusive awareness program for adolescents, their parents and school teachers. This should strengthen different type of clubs and organization to prevent substance abuse moreover proper treatment services should develop and implement for adolescent substance users.

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