

Original Research

Evaluation of prevalence and pattern of substance use among male adolescents

¹Abhinav Aditya, ²Meenakshi Rana

¹MD Psychiatry, Zonal Hospital, Dharamshala, Himachal Pradesh, India;

²SR, Department of Obstetrics and Gynaecology, Dr. RKGMC, Hamirpur, Himachal Pradesh, India

ABSTRACT:

Background: The present study was conducted for assessing the prevalence and pattern of substance use among male adolescents. **Materials & methods:** A total of 200 adolescent subjects were enrolled. Complete demographic and clinical details of all the subjects was obtained. Adolescents aged more than 11 years, able to read and write Hindi or English were included in the study. Exclusion criteria for present study included subjects who are mentally unsound and not willing to participate. A structured questionnaire for demographic variables was developed by researchers. All the results were recorded in Microsoft excel sheet and were subjected to statistical analysis using SPSS software. **Results:** Out of 200 subjects enrolled in the present study, substance abuse was seen in 56 percent of the study population. Age of initiation of substance abuse was below 15 years in majority of the subjects. Majority of the subjects had history of substance abuse once or twice a month. Major reason to use substance was to feel like adults. Tobacco was the major type of substance to be addicted by the adolescents. **Conclusion:** From the above results, the authors conclude that there exists high prevalence of substance abuse among the male adolescents in Indian society.

Key words: Adolescent, Substance use

Received: 15 January, 2022

Accepted: 19 February, 2022

Corresponding author: Meenakshi Rana, SR, Department of Obstetrics and Gynaecology, Dr. RKGMC, Hamirpur, Himachal Pradesh, India

This article may be cited as: Aditya A, Rana M. Evaluation of prevalence and pattern of substance use among male adolescents. J Adv Med Dent Scie Res 2022;10(3):120-122.

INTRODUCTION

Substance Abuse, although often regarded as a personality disorder, may also be seen as a worldwide epidemic with evolutionary genetic, physiological and environmental influences controlling this behaviour. Rapid industrialization, urbanization and changing life styles have left children struggling for their survival, forcing many to refuge in the dark world of substance abuse. Its use poses a significant threat to the health, social and economic fabric of families, communities and nations.¹⁻³

Substance Abuse among children has become an issue of concern throughout the world. Increasing substance abuse and its impact on physical and psychosocial health is a worldwide public health concern affecting the early youth and subsequently the whole life of the individuals. Rapid industrialization, urbanization and changing life styles have left children struggling for their survival, forcing many to refuge in the dark world of substance abuse. In India the epidemic of substance abuse in

children has assumed alarming dimensions. Changing cultures, increasing economic stress, dwindling supportive bonds, issues of poverty, ignorance, migration and exploitation are leading to initiation into substance abuse.⁴⁻⁶ Adolescence and late childhood being the impressionable phase of life, students often experiment with the new activities under peer pressure and parental influence. They easily fall prey to the habit of substance use, particularly tobacco and alcohol, owing to their easy availability and disposable pocket money. Early uptake of these substances increases their likelihood to adopt other risk behaviors as well at a later age, such as multiple substance use, violence, and delinquency.⁵⁻⁷ Hence; the present study was conducted for assessing the prevalence and pattern of substance use among male adolescents.

MATERIALS & METHODS

The present study was conducted for assessing the prevalence and pattern of substance use among male

adolescents. A total of 200 adolescent subjects were enrolled. Complete demographic and clinical details of all the subjects was obtained. Adolescents aged more than 11 years, able to read and write Hindi or English were included in the study. Exclusion criteria for present study included subjects who are mentally unsound and not willing to participate. A structured questionnaire for demographic variables was developed by researchers. All the results were recorded in Microsoft excel sheet and were subjected to statistical analysis using SPSS software.

RESULTS

Out of 200 subjects enrolled in the present study, substance abuse was seen in 56 percent of the study population. Age of initiation of substance abuse was below 15 years in majority of the subjects. Majority of the subjects had history of substance abuse once or twice a month. Major reason to use substance was to feel like adults. Tobacco was the major type of substance to be addicted by the adolescents.

Table 1: Prevalence of substance abuse among male adolescent

Substance abuse	Number	Percentage
Present	112	56
Absent	88	44
Total	200	100

Table 2: Pattern of substance abuse

Variable	Number	
Age of initiation of substance abuse	Below 15 years	62
	More than 15 years	50
Frequency of substance use	Every day	29
	Once or twice a month	71
	Every weekend	12
Reasons to use substance	Like the feeling	30
	To feel like adults	58
	Reduction of tension	24
Type of substance	Tobacco	83
	Alcohol	17
	Inhalants	12

DISCUSSION

Substance use is defined as, "Persistent or sporadic drug use inconsistent with or unrelated to acceptable medical practice." In recent years substance use has increased greatly throughout the world. A particularly alarming fact is that the age of initiation into substance use is progressively falling. Adolescence is the critical period when the first initiation of substance use takes place. Encouragement by peer groups, the lure of popularity, and early availability of many such substances make an adolescent an easy prey. In India, approximately 5500 adolescents practice substance use daily, some as early as when they are ten years old. The epidemic of substance abuse in young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic status and dwindling supportive bonds are leading to initiation into substance abuse. Though there is much variation in different parts of India, data indicates that there are about 3 million people indulging in substance abuse in India and 190 million people worldwide.⁷⁻¹⁰ Hence; the present study was conducted for assessing the prevalence and pattern of substance use among male adolescents.

Out of 200 subjects enrolled in the present study, substance abuse was seen in 56 percent of the study population. Age of initiation of substance abuse was

below 15 years in majority of the subjects. Majority of the subjects had history of substance abuse once or twice a month. Baruah C et al determined the prevalence of substance abuse among male adolescents and study the habit pattern of substance abusers. A cross sectional study was conducted among 776 male adolescents residing in urban and rural field practice areas under the department of Community Medicine, through randomly selected house to house visit. Data regarding the current use of alcohol and tobacco was collected in a predesigned and pretested proforma by oral questionnaire method. The prevalence of substance abuse among male adolescents was found to be 22.8% and majority of them used some form of smokeless tobacco, followed by smoking tobacco. Consumption of alcohol or tobacco by adolescents is significantly associated with alcohol or tobacco consumption by their family members. Prevalence of substance abuse was high among the male adolescents and they should be motivated through IEC to give up the habit.¹¹

Major reason to use substance was to feel like adults. Tobacco was the major type of substance to be addicted by the adolescents. In another study conducted by Kokiwar PR, authors assessed the prevalence of substance use among male adolescents

in an urban slum area. A community-based, cross-sectional study was carried out among 260 randomly selected adolescents in an urban slum area, with the objective of studying the prevalence and determinants of substance use among adolescents. The adolescent age group was selected as defined by the World Health Organization (WHO) (10 - 19 years). The overall prevalence of substance use was 32.7%. About 31% initiated substance use at 13 - 15 years of age, and the reason was peer pressure in 52.9%. Education of the study subject, education of parents, and substance use by parents and by peers were significantly associated with substance use. Children and parents should be educated to prevent substance use. There was a need to change the social environment.¹²Haleem Abdurahman et al described the pattern of substance use among male secondary-school adolescents and identify sociodemographic correlates of substance use. The mean age of the respondents was 16.49 years (SD \pm 1.31). Lifetime use of any psychoactive substance was 54%. The most common substance ever used by respondents were non-amphetamine stimulants (39%) followed by alcohol (31%) while hallucinogens (1.0%) and cocaine (1.0%) were the least ever used. None of the respondents had never used an amphetamine-type stimulant. Seven of the respondents (2.9%) reported ever using a psychoactive substance through injection in the last 3 months. Their study reported a high prevalence of psychoactive substance use among male secondary-school adolescents.¹³

CONCLUSION

From the above results, the authors conclude that there exists high prevalence of substance abuse among the male adolescents in Indian society.

REFERENCES

- Ahmad A, Khaliq N, Khan Z. Analysis of substance abuse among male adolescents. *Iranian J Pediatr.* 2009;19(4):399-403.
- Naik PR, Seema S, Gokhe B, Shinde R, Nirgude AS. Street children of Mumbai: Demographic Profile and Substance Abuse. *Biomed Res.* 2011;22(4):495-8.
- Kokiwar PR, Rao G, Jogdand S. Prevalence of substance among male adolescents in an urban slum area of Karimnagar district, Andhra Pradesh. *Indian J Public Health.* 2011;55(1):42-5.
- Saranghi L, Acharya HP, Panigrahi OP. Substance abuse among adolescents in Urban slums of Sambalpur. *Indian J Community Med.* 2008;33:265-7.
- Kapil U, Goindi G, Singh V, Kaur S, Singh P. Consumption of tobacco, alcohol and betel leaf amongst school children in Delhi. *Indian J Paediatr.* 2005;72:993.
- Medhi GK, Hazarika NC, Mahanta J. Tobacco and alcohol use among the youth of the agricultural tea industry in Assam, India. *Southeast Asian J Trop Med Public Health.* 2006;37:581-6.
- Tsering D, Pal R, Dasgupta A. Substance use among adolescent high school students in India: A survey of knowledge, attitude, and opinion. *J Pharm Bioallied Sci.* 2010;2:137-40.
- Katoki K, Bhagabaty SM, Kalita M. Silhouette of substance use amongst an adolescent sample group from urban slums of Guwahati metro, North East India. *Int J Med Res Health Sci.* 2016;5:1-8.
- Deswal BS, Jindal AK, Gupta KK. Epidemiology of Alcohol Use among Residents of Remote hills of Arunachal Pradesh. *Indian J Community Med.* 2006;31(2):88-9.
- Saxena V, Saxena Y, Kishore G, Kumar P. A study on substance abuse among school going male adolescents of Doiwala block, Dehradun. *Indian J Public Health.* 2010;54(4):197-200
- Baruah C, Gupta K, Gupta SK, Mishra PK. Prevalence and pattern of substance abuse among male adolescents in urban and rural areas of Dehradun. *Int J Community Med Public Health* 2019;6:4523-7.
- Kokiwar PR, Jogdand GS. Prevalence of substance use among male adolescents in an urban slum area of Karimnagar district, Andhra Pradesh. *Indian J Public Health* 2011;55:42-5
- Haleem Abdurahman, Olurotimi Adejumo & Jibril Abdulmalik (2019) Prevalence of psychoactive substance use among male adolescents in Southwest Nigeria, *Journal of Substance Use*, 24:5, 475-480