

Available online on 25.08.2019 at <http://jddtonline.info>

# Journal of Drug Delivery and Therapeutics

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Research Article

## A Study to Assess Knowledge and Attitude among Late Adolescents towards Alcoholism in Selected Colleges at Udaipur (Rajasthan)

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### ABSTRACT

Alcohol abuse is a major health problem in India and world at large. For the past thirty to forty years alcohol consumption has increased tremendously. The transition to college involves major individual and contextual change in every domain of life; at the same time, heavy drinking and associated problems increase during this transition. For most students, heavy drinking and associated problems tend to peak during college amid the abundance of explicit and subtle expectations and opportunities to drink. In a few short years, the excessive drinking and concomitant negative consequences experienced by many students that would likely reflect diagnosable alcohol misuse at other points in the life span simply run their course and stop. The World Health Organization (WHO) estimates that about 140 million people throughout the world suffer from alcohol dependence. Most alcoholics develop alcoholism during adolescence. Non-experimental descriptive research design was adopted for this study to assess the knowledge and attitude of adolescents towards alcoholism. A data was obtained from 60 late adolescents and the sample was selected by using convenient sampling method. The tool used for the study was structured interview schedule. The data was analyzed and interpreted by using simple descriptive and inferential statistics. Findings show that among 60 adolescents, 61 percent were having moderately adequate knowledge, 31.7 percent were having inadequate knowledge and only 6.7 percent were having adequate knowledge. Out of 60 adolescents, majority of the adolescents 60 percent were having favorable attitude, 25 percent were having most favorable attitude and only 15 percent were having unfavorable attitude. Credible, evidence based educational campaigns in the mass media about the consequences of alcohol abuse have been recommended to prevent alcohol abuse amongst adolescents.

**Keywords:** Alcoholism, Adolescent, Knowledge, Attitude.

**Article Info:** Received 23 June 2019; Review Completed 16 Aug 2019; Accepted 19 Aug 2019; Available online 25 August 2019



### Cite this article as:

Rawat VS, A Study to Assess Knowledge and Attitude among Late Adolescents towards Alcoholism in Selected Colleges at Udaipur (Rajasthan), Journal of Drug Delivery and Therapeutics. 2019; 9(4-s):1141-1143  
<http://dx.doi.org/10.22270/jddt.v9i4-s.3821>

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### INTRODUCTION

Adolescence is a transitional stage of physical and psychological human development generally occurring between puberty and legal adulthood [1]. Substance use disorders are a major public health problem facing many countries among adolescents. The most common substance of abuse/dependence in patients presenting for treatment is alcohol [2,3,4]. Alcoholism is called a "dual disease" since it includes both mental and physical components. Long-term alcohol abuse can cause a number of physical symptoms, including cirrhosis of the liver, pancreatitis [5], epilepsy [6], polyneuropathy [7], alcoholic dementia [8], heart disease [9], nutritional deficiencies, peptic ulcers and sexual dysfunction, and can eventually be fatal. Alcohol abuse is associated with an increased risk of committing criminal offences, including child abuse, domestic violence, rape, burglary and assault [10,11]. Alcoholism is associated with loss of employment alcohol detoxification is carefully controlled and may involve medications such as benzodiazepines such as diazepam [12-15]. The most recent estimates of alcohol related deaths suggest that about 2.5 million deaths each year are directly

attributable to alcohol, with the highest percentage of alcohol-related deaths among people between 15 and 29 yrs old. Alcohol is responsible for nearly 1 out of 10 deaths in this age group worldwide [16]. According to economic and environmental and social statistics, it is estimated to cause more than 2 million deaths worldwide per year [17-20].

### Objectives

1. To assess the level of knowledge of late adolescents regarding alcoholism
2. To measure the attitude of late adolescents regarding alcoholism
3. To associate the knowledge of late adolescents regarding alcoholism with selected demographic variables.
4. To associate the attitude of late adolescents regarding alcoholism with selected demographic variables.
5. To correlate the knowledge and attitude of late adolescents regarding alcoholism

11

**METHODOLOGY**

Data was collected on 60 late adolescents of 16- 19 yrs of age at Udaipur college of Nursing, Udaipur. Convenient sampling

technique was employed to draw a sample. The structured interview schedule was administered and the test was conducted for 45 mts. The data gathered were analyzed by using descriptive and inferential statistics.

**Table-1. Frequency and percentage distribution of knowledge level regarding alcoholism among adolescents**

N=60

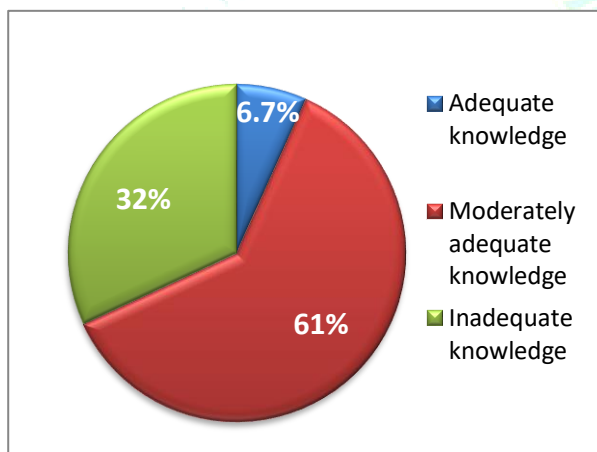
Level of knowledge	Frequency	Percentage
Adequate knowledge	4	6.7%
Moderately adequate knowledge	37	61%
Inadequate knowledge	19	31.7%

**Table-2. Frequency and percentage distribution of attitude level regarding alcoholism among adolescents**

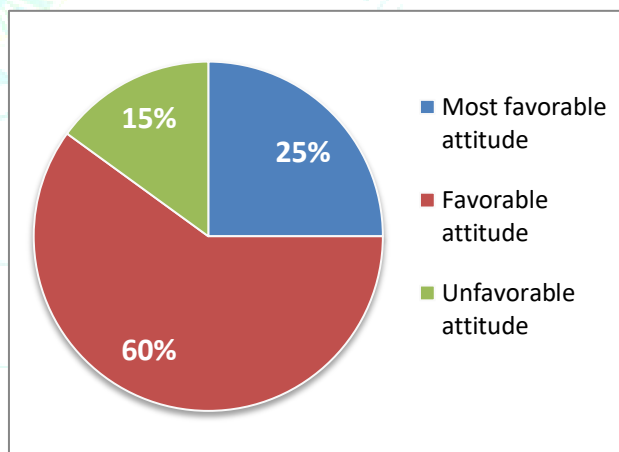
N=60

Level of attitude	frequency	Percentage
Most favorable attitude	15	25%
Favorable attitude	36	60%
Unfavorable attitude	9	15%

**Fig 1. Percentage Distribution of Knowledge Level of Respondents**



**Fig 2. Percentage Distribution of attitude Level of the Respondents**



**RESULTS AND DISCUSSION**

Regarding the demographic data, {24( 40%)} of the respondents were at the age group of 18 yrs. The highest percentage of the adolescents {36(60%)} were from the first year. Majority {41(68%)} of the respondents were belonged to Hindu religion. Most of the {27(45%)} respondents father were educated up to diploma and degree. Regarding occupational status, majority {36(60%)} of the respondents parents were private employees. Majority {29(48.33%)} of them were in the family income per month of rs.5000-10,000. Majority {31(51.66 %)} of respondents family members have consumed alcohol. Among them {17(28.33%)} of respondents were consumed alcohol for 3-6 years. Out of 60 students, {12(20%)} of respondents consumed alcohol thrice a week. A finding shows that among 60 adolescents, 61 percent were having moderately adequate knowledge, 31.7 percent were having inadequate knowledge and only 6.7 percent were having adequate

knowledge. Regarding attitude, majority 60% of the adolescents were having favorable attitude, 25% were having most favorable attitude and only 15% were having unfavorable attitude. There was a significant association observed between educational level of the father and knowledge level. There was a significant association observed between age and educational level of the student and attitude level. There was a positive correlation between knowledge and attitude (r=0.636). It implies that the higher knowledge more the favorable attitude.

**RECOMMENDATION:**

A Similar Study can be replicated on a large sample thereby to generalize the findings to a large population, an experimental study can be conducted to find out the effectiveness of planned teaching program on alcoholism among adolescents in schools and colleges, a comparative study can be done between the effect of structured teaching programme versus self-instructional module.

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