

Teenage Drug Abuse: A Cross-Sectional Study among Students in Sialkot

Teenage Drug Abuse among Students

Hamza Tanveer, Imran Javid, Rana Mozammil Shamsheer Khan and Maria Butt

ABSTRACT

Objective: The objective of the current study was to investigate drug abuse among teenage students in Sialkot

Study Design: Cross-sectional study.

Place and Duration of Study: This study was conducted at the Department of Psychiatry & Behavioural Sciences, Government Khawaja Muhammad Safdar Medical College, Sialkot in October 2018.

Materials and Methods: 427 Adult teenagers studying in 13th and 14th class and abusing drugs were included by non-probability convenience sampling technique. Exclusion criteria were students with severe medical illness. Questionnaire contained demographic details and substance being abused by the students. Students from Arts, General Science, Medical and computer & IT were included. Data was analyzed by SPSS v 23.

Results: 306 (71.66%) students were male. Family background of 246 (57.62 %) students was urban and 289 (67.68%) were day scholars. Monthly income of majority 228 (53.39%) were between 25000-50000. 243 (56.90%) had family history of substance abuse. Medical students were 106 (24.83%), General science 109 (25.53%), Arts 105 (24.59%) and computer & IT 107 (25.05%). The most common substance of abuse was cigarette smoking 105 (24.59 %). The second most common were students with poly substance abuse 97 (22.72 %). The third most common was abuse of sleeping pills in 58 (13.58 %) students.

Conclusion: The most common substance of abuse was cigarette smoking 105 (24.59 %) followed by poly substance abuse 97 (22.72 %) and sleeping pills in 58 (13.58 %) students.

Key Words: Teenage, Students, Drug abuse, addiction

Citation of articles: Tanveer H, Javid I, Khan RMS, Butt M. Teenage Drug Abuse: A Cross-Sectional Study among Students in Sialkot. Med Forum 2019;30(4):57-60.

INTRODUCTION

Substance with sedative affects is being used therapeutically. Excess of things beyond its therapeutic range adversely affect the persons' life and we call it substance abuse. Substance abuse is the major concern of our society. Many families lost their soul earners, increased criminal activities, affecting relationships to divorced and even inheritance of drug abuse activities among their offspring. A study conducted in Iran revealed that, one of the common dilemma in this world is substance abuse, that has affected the society to much extent.^{1,2} Multiple grave issues have arisen from substance abuse including cognitive, psychological and behavioral.³

Department of Psychiatry & Behavioural Sciences, Government Khawaja Muhammad Safdar Medical College, Sialkot.

Correspondence: Dr. Rana Mozammil Shamsheer Khan, Assistant Professor, Department of Psychiatry & Behavioural Sciences, Government Khawaja Muhammad Safdar Medical College, Sialkot.

Contact No: 0333-8607078

Email: ranamozi@yahoo.com

Received: January, 2019

Accepted: February, 2019

Printed: April, 2019

A report published by WHO in 2005 depicts that opiate addicts are about 200 million all around the world. It is also found in studies, that alcohol and cigarette consumption are more common in young people.⁴ The age in which most commonly drug use has started is in early 20s. A study conducted in Iran which describes that even the law and religion refrain from it and culturally it is not acceptable in their families.⁵ According to the study 0.3-0.9% of drug addicts are pupils and cigarette, opium, cannabis and alcohol are the leading drugs which are being abused.⁶ Among many risk factors for substance abuse inclination is, being male and presence of a cigarette smoker in the family. Men and women have equal chances (11.2%) to become a smoker in life, according to a detailed study. Alcohol consumption has found to be more in men (22.4) than to be prevalent in women (19.3)⁷ Amphetamine like methylphenidate are very common among college and university students and it is known as a "study drug". These drugs are being used to increased concentration level and maintain the conscious level throughout the day especially at the end of the day and during examination days. It is estimated that amphetamines are being used about 35.3% among students.^{8,9}

To the best of our knowledge no study has been conducted on the topic of drug abuse among students in Sialkot. The objective of the current study was to investigate drug abuse among teenage students in Sialkot.

MATERIALS AND METHODS

This cross sectional study was conducted at Department of Psychiatry & Behavioural Sciences, Government Khawaja Muhammad Safdar Medical College, Sialkot. The study was conducted during the month of October 2018. Ethical approval was taken from institutional ethical review committee. Guidelines in the Declaration of Helsinki were followed. Non-probability convenience sampling technique was used. 434 students of class thirteen and fourteen were approached. Title along with purpose of the study were explained to students. 427 students were included in the final analysis. Sample size was calculated by open pie method. Written informed consent was taken. 7 students refused to give written informed consent. They were excluded from the study. The demographics of these 7 students were not different from rest of the students.

Exclusion criteria were the students who were not abusing any substance, unconscious, with severe medical or surgical illness or any severe psychiatric illness. Inclusion criteria were students giving written informed consent and abusing any substance. A questionnaire was designed, it contained demographic details of the students and it also noted the substance being abused by the students. Students were assured of confidentiality. Some students were hesitant but they were assured that their data will remain confidential. Students from Arts, General Science, Medical and computer & IT were included. Four groups were included in this study. After obtaining the demographic details and details of substance being abused, data was analyzed by SPSS v 23.

RESULTS

Of the 427 students 121 (28.34 %) were female and 306 (71.66%) were male. Mean age of the male students was 20.11 ± 2.17 years with range from 18-22 years. Mean age of female students was 19.86 ± 1.97 with range from 18-21 years. There was preponderance of male students. Family background of 246 (57.62 %) students was urban while 181 (42.38%) students were from rural back ground. 138 (32.32%) were living in hostels while 289 (67.68%) were day scholars. Monthly income of 67 (15.70%) participants were below 25000, 228 (53.39%) were between 25000-50000 and 132 (39.91%) were above 50000. Out of total 427 participants 243 (56.90%) had positive family history of substance abuse while, 184 (43.10%) had no history of substance of abuse. There were four study subjects. Medical students were 106 (24.83%), General science 109 (25.53%), Arts 105 (24.59%) and computer & IT 107 (25.05%). (Table 1)

The most common substance of abuse among students was cigarette smoking 105 (24.59 %). 23 (21.90 %) of

arts students, 24 (22.02 %) of general science, 31 (29.24 %) of medical and 27 (25.23 %) were smokers.

Table No.1: Demographic of the teenagers N=427

Variable	Number (n)	%age
Gender		
Female	121	28.34 %
Male	306	71.66 %
Family Background		
Rural	181	42.38%
Urban	246	57.62%
Residence		
Hostel	138	32.32%
Day scholar	289	67.68%
Family monthly income		
Below 25000	67	15.70%
Between 25000-50000	228	53.39%
Above 50000	132	39.91%
Other family members using substance of abuse		
Yes	243	56.90%
No	184	43.10%
Study subjects		
Medical	106	24.83%
General Science	109	25.53%
Arts	105	24.59%
Computer & IT	107	25.05%

The second most common were students with poly substance abuse 97 (22.72 %). 27 (25.71%) of arts students, 25 (22.93 %) of general science, 22 (20.75 %) of medical and 23 (21.49 %) students of computer and information technology were poly substance abusers. The third most common was abuse of sleeping pills in 58 (13.58 %) students. 15 (14.28 %) students of arts, 23 (21.10 %) of general science, 17 (16.04%) of medical students and 15 (14.02%) of students from computer and information technology were abusing sleeping pills. Betel nuts and leaves were abused by 50 (11.71 %) students. 14 (3.28 %) students of arts, 14 (3.28%) students of general science, 9 (2.11 %) students of medical and 13 (3.04%) students of computer and IT were abusing betel nuts and leaves. Cocaine and heroin were abused by 11 (2.58%) students. 4 (0.94%) students of arts, 3 (0.70%) students of general science, 2 (0.47%) students of medical and 2 (0.47%) students of computer & IT were abusing cocaine and heroin. Alcohol was abused by 7 (1.64%) students. 3 (2.86%) students of arts, 2 (1.83%) students of general science, 1 (0.94%) student of medical and 1 (0.93%) student of computer & information and technology were abusing alcohol. Cannabis was abused by 22 (5.15%) students. 4 (3.81%) students of arts, 3 (2.75%) students of general science, 8 (7.55%) students of medical and 7 (6.54%) students of computer & information technology were abusing cannabis. Sheesha was abused by 31 (7.26%) students. 3(2.86%) students of arts, 5 (4.59%) students

of general science, 11(10.34%) students of medical and 12(11.21%) students of computer & information technology were abusing sheesha. Gutka was abused by 33(7.73%) students. 12(11.43%) students of arts,

10(9.17%) students of general science, 5(4.72%) students of medical and 6(5.61%) students of computer & information technology were abusing gutka(Table 2).

Table No.2: Substances abused by the teenagers N=427

Substance being abuse	Arts students N=105		General science N=109		Medical students N=106		Computer & IT N=107		427	100%
	No.	%age	No.	%age	No.	%age	No.	%age		
Poly substance abuse	27	25.71%	25	22.93%	22	20.75%	23	21.49%	97	22.72 %
Betel nuts	9	8.57%	8	7.34 %	5	4.72%	8	7.48%	30	7.02 %
Betel leaf	5	4.76%	6	5.50%	4	3.77%	5	4.67%	20	4.68 %
Cigarette	23	21.90%	24	22.02%	31	29.24%	27	25.23%	105	24.59 %
Gutka	12	11.43%	10	9.17%	5	4.72%	6	5.61%	33	7.73%
Sheesha	3	2.86%	5	4.59%	11	10.34%	12	11.21%	31	7.26%
Cannabis	4	3.81%	3	2.75%	8	7.55%	7	6.54%	22	5.15%
Cocaine	2	1.90%	1	0.92%	1	0.94%	1	0.93%	5	1.17%
Heroin	2	1.90%	2	1.83%	1	0.94%	1	0.93%	6	1.40%
Alcohol	3	2.86%	2	1.83%	1	0.94%	1	0.93%	7	1.64%
Sleeping pills	15	14.28%	23	21.10%	17	16.04%	15	14.02%	58	13.58 %

DISCUSSION

In our study there is dominance of male 306 (71.66%), urban populated 246 (57.62%), day scholar 289 (67.68%), and general science students 109 (25.53%). Three most commonly used substances are cigarette smoking 105 (24.59%), poly substance abuse 97 (22.72%) and sleeping pills 58 (13.58%). Out of these three, medical students are dominant in smoking 27 (25.23%), arts students in poly substance abuse 27 (25.71%) and general science students are dominant in abusing sleeping pills 23 (21.10%). A study conducted in Iran showed that, alcohol and cigarette smoking were commonly used substances which is quite similar to our results in which cigarettes smokers are dominant.⁴ Study showed that 20th years of life was the age at which respondents start abusing drugs, which synchronized with our results.⁵

Another study in Iran revealed, cigarette, opium and cannabis were the three most commonly drug abused which contrast our result.⁶ A study showed that, risk of being a drug abuse was increased with positive family history of drug abuse, which is analogues to our results.⁷ Two studies revealed amphetamine was being most commonly used drug which contradict our results.⁸ The strength of our study was its easy methodology. Being cross-sectional, limited size of students and not using a standardized questionnaire are limitations of the study. In future studies with better methodology are needed.

CONCLUSION

Of the 427 students there was dominance of male 306 (71.66%), urban dwelling 246 (57.62%), day scholar 289 (67.68%), and general science students 109 (25.53%). Three most commonly used substances are cigarette smoking 105 (24.59%), poly substance abuse 97 (22.72%) and sleeping pills 58 (13.58%). Out of these three, medical students are dominant in smoking 27 (25.23%), arts students in poly substance abuse 27 (25.71%) and general science students are dominant in abusing sleeping pills 23 (21.10%).

Author's Contribution:

Concept & Design of Study: Hamza Tanveer
 Drafting: Imran Javid, Rana Mozammil Shamsheer Khan
 Data Analysis: Maria Butt
 Revisiting Critically: Hamza Tanveer, Imran Javid
 Final Approval of version: Hamza Tanveer

Conflict of Interest: The study has no conflict of interest to declare by any author.

REFERENCES

1. Poor RA, Salaman. A guide for prevention and treatment of substance abuse. P Tehran 2004;13:23-4,32,17,53,143,51-4.
2. Siam SH. Drug abuse prevalence in male students of different universities in Rashtin 2005. Tabibe Shargh 2006;8:279-84.

3. Madadi A, Nogani F. The Text Book of Addiction and Substance Abuse; Tehran: Jameanegar; 2004.p.10.
4. Abasi A, Taziki S, Moradi A. Drug abuse pattern based on demographic factors in self-introducing addicts in Gorgan province, the scientific. J Gorgan Univ Med Sci 2005;8:22-7.
5. Mohammadpoorasl A, Fakhari A, Rostami F, Vahidi R. Predicting the initiation of substance abuse in Iranian adolescents. Addict Behav 2007;32(12):3153-9.
6. Ahmadi J, Ostovan M. Substance use among Iranian male students. Int J Drug Policy 2002;13(6):511-2.
7. Simantov E, Schoen C, Klein JD. Health-compromising behaviors: Why do adolescents smoke or drink? identifying underlying risk and protective factors. Arch Pediatr Adolesc Med 2000;154:1025-33.
8. Forlini C, Racine E. Disagreements with implications: diverging discourses on the ethics of non-medical use of methylphenidate for performance enhancement. BMC Med Ethics 2009;10.
9. Bogle KE, Smith BH. Illicit methylphenidate use: a review of prevalence, availability, pharmacology, and consequences. Curr Drug Abuse Rev 2009; 2(2):157-76.