

A Descriptive study to assess the level of knowledge on ill-effects of substance abuse (Marijuana) among young adults students in selected educational institution at Dehradun, Uttarakhand

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Abstract: A Descriptive study was conducted to assess the level of knowledge on ill-effects of substance abuse (Marijuana) among young adult students. The study involved a sample of 60 students from Shri Guru Ram Rai College of Paramedical Sciences, Dehradun. The data collected through the self-structured knowledge questionnaires. The research employed a descriptive research design, utilizing non-probability convenient sampling technique. The conceptual framework was based on the human system model by Sister Callista Roy. Results revealed that 50% of students had adequate knowledge about substance abuse (marijuana), 28% students had average knowledge about substance abuse (Marijuana), and 22% students had excellent knowledge about substance abuse (Marijuana). The conclusion of the study was the significantly association was present between the knowledge of ill-effects of substance abuse with, age & previous knowledge. Verbal explanation regarding ill-effects of substance abuse (Marijuana) was given to the students & they were completely satisfied with the explanation.

Key words: Assess, Knowledge, Substance Abuse.

1. INTRODUCTION:

Marijuana, also known by various slang terms such as weed, pot, grass, bud, ganja, and others, is a greenish-gray blend of dried cannabis sativa flowers. It is one of the most widely used illegal psychoactive substances, both in India and globally. Current trends show an increasing number of marijuana users and marijuana-related hospitalizations, particularly among young adults. This rise in usage is further supported by the growing trend of marijuana legalization in several countries. It is crucial to develop preventive measures, especially for the youth, who make up a large portion of the population in India and southeast Asia. If not addressed, marijuana use may spread among all segments of society, affecting the young, rich and poor, urban and rural, and men and women alike.

2. LITERATURE REVIEW:

Jordan Bechtold, Dustin Pardini, et al. (2015) was conducted longitudinal cohort study to investigate the long-term physical and mental health consequences associated with chronic adolescent marijuana use in young adult men. The research methodology was the Pittsburgh youth study followed a cohort of boys from adolescence into young adulthood. Marijuana use was assessed during adolescence, and health outcomes were evaluated in young adulthood. Result analysis showed that chronic adolescent marijuana users did not differ significantly from non-users in terms of physical health, anxiety, or depression in young adulthood. However, they were more likely to develop a cannabis use disorder (odds ratio [or], 2.33; 95% ci, 1.29–4.21). Conclusion of the study was chronic marijuana use during adolescence may not be associated with adverse physical or mental health outcomes in young adulthood but increases the risk of developing a cannabis use disorder.

Gabriella Gobbi, MD, PhD; Michael Atkin,; et al. (2019) was conducted systematic review and meta-analysis study the aim of the study was to examine the association between cannabis use during adolescence and the risk of developing depression, anxiety, and suicidality in young adulthood. A comprehensive literature search identified longitudinal and prospective studies assessing cannabis use in individuals younger than 18 years and subsequent mental health outcomes. Data were pooled using random-effects models. Result showed that the meta-analysis included 11 studies with a total of 23,317 individuals. Adolescent cannabis use was associated with increased risk of depression (odds ratio [or], 1.37; 95% ci, 1.16–1.62) and suicidal behaviour (or, 1.50; 95% ci, 1.11–2.03) in young adulthood no significant association was found for anxiety. The conclusion of the study was cannabis use during adolescence is linked to a higher risk of developing depression and engaging in suicidal behaviour in young adulthood these findings underscore the importance of preventive strategies targeting cannabis use among adolescents.

Leah m. Lessard,; Jennifer P. Read,;et.al (2023), was conducted longitudinal cohort study to investigate the patterns of cannabis use and associated consequences in high-risk young adults over time .the study followed a cohort of high-risk young adults, assessing their cannabis use and related consequences over multiple time points. Result showed that high-risk young adults exhibited patterns of escalating cannabis use over time, leading to increased negative consequences, including academic and vocational impairments. The conclusion of the study was cannabis use in high-risk young adults may interfere with psychosocial development, such as academic and vocational achievements, highlighting the need for targeted interventions.

Joanna Jacobus, Susan F. Tapert, (2018) was conducted a review article to review neuro imaging studies examining the impact of adolescent marijuana use on brain structure and function. A comprehensive review of neuroimaging studies focusing on adolescent marijuana use and its effects on brain development. Result showed that neuroimaging studies indicate that adolescent marijuana use is associated with alterations in brain structure and function, particularly in areas related to memory, attention, and executive functioning. Conclusion of the study revealed that adolescent marijuana use may lead to neurodevelopment changes, emphasizing the need for prevention and intervention strategies targeting this population.

Joshua I. Gowin, et al. (2024) was conducted a cross-sectional neuroimaging study, the aim of the study was to investigate the impact of heavy cannabis use on working memory and associated brain activity. the study utilized brain imaging technology to analyze 1,000 young adults aged 22-36, comparing heavy cannabis users to non-users during working memory tasks. result showed that approximately 63% of heavy users exhibited reduced brain activity during working memory tasks compared to non-users. conclusion of the study was heavy cannabis use may impair working memory, highlighting the importance of understanding both the benefits and risks of cannabis use for informed decision-making.

3. OBJECTIVES :

To assess the level of knowledge regarding substance abuse (marijuana) and its ill-effects among young adults.

4. RESEARCH METHOD:

The present study was conducted to assess the level of knowledge regarding ill-effects of substance abuse (Marijuana) among young adults (18-22) in selected educational institution at Dehradun.

4. RESEARCH APPROACH:

A quantitative research approach is used for this study.

RESEARCH DESIGN:

The research design selected for the study is descriptive research design.

VARIABLES

In this study the socio-demographic variables were age, gender, religion type of family, education of parents, occupation of parents, income of parents, type of institute, personal habits related to substance abuse & previous knowledge regarding substance abuse etc.

SETTING:

The study was conducted in SGRR College of Paramedical Sciences, Dehradun, approached by head principal, SGRR College of Paramedical Sciences, Dehradun is a private college located on Patel Nagar in Dehradun district Uttarakhand, India.

POPULATION:

In this study Population included young adults students of SGRR College of Paramedical Sciences, SGRRU

SAMPLE SIZE:

The total number of sample was 60 students.

SAMPLING TECHNIQUE:

In this study a non probability convenient sampling technique was used.

INCLUSION CRITERIA:

The students:

- Who all are willing to participate
- Who all are available during data collection

EXCLUSION CRITERIA:

- Students who are not willing to participate.
- Students who are not available during data collection.

DESCRIPTION OF THE TOOLS

DEVELOPMENT OF TOOLS

Tools were prepared on the basis of objective of the study .Self-structured knowledge questionnaire was prepared to assess the level of knowledge on ill-effects of substance abuse (Marijuana).

SECTION –A: SOCIO DEMOGRAPHIC VARIABLES:

This section of tool consists of items which include age, gender, religion type of family, education of parents, occupation of parents, income of parents, type of institute, personal habits related to substance abuse & previous knowledge regarding substance abuse etc.

SECTION-B: SELF STRUCTURED KNOWLEDGE QUESTIONNAIRE:

This section consists of 20 questions to evaluate the knowledge regarding substance abuse (Marijuana).

CONTENT VALIDITY OF TOOL

The blue print along with the statement of problem, objectives, scoring key and criteria checklist of self-structured knowledge questionnaires was submitted to experts from department of Mental Health Nursing & Child Health Nursing & Medical –Surgical Nursing for validation.

Based on the expert opinion some of the questions were modified .Arrangement of the option was done in a proper way according to the suggestion given by the experts & the tool was finalized by the guide.

PILOT STUDY

After obtaining permission from the authorities, the pilot study was conducted from SGRRIM& Hs College of Nursing, SGGRU, Dehradun .The study was conducted to obtain information for improving the main study and to identify feasibility of the study. The sampling technique adopted was convenient sampling technique; the total sample size was 10% nursing students. After analysis it was found that the pilot study was practicable, reliable & feasible.

REALIABILITY OF TOOL

The data was calculated by using Karl Pearson's coefficient formula. The reliability found 0.9 therefore tool was found moderately reliable.

DATA COLLECTION PROCEDURE

Data was collected by using non-probability convenient sampling technique the investigator given self introduction and explain the purpose of the study and the subject willingness to participate in the study .the subject assured anonymity and confidentiality of the information provided by them and informed consent was obtained .the researcher took 60 samples from SGRR College of Paramedical Sciences Dehradun.

Students took 15 to 20 minutes to answer the demographic data and to fill the Questionnaires.

PLAN FOR DATA ANALYSIS

Data analysis is the systemic organization and the synthesis of research data testing of research hypothesis using those data.

It was decided to use descriptive and inferential for data analysis.

DESCRIPTIVE STATISTICS

Frequency and percentage distribution values to interpret the socio demographic variables regarding of marijuana in paramedical students studying in Shri Guru Ram Rai University, College of Paramedical Sciences, Patel Nagar, Dehradun.

INFERENTIAL STATISTICS

Chi square to determine association between knowledge and selected demographic data

5. RESULT:

ORGANIZATION OF FINDINGS

The data analysis is presented under the following headings.

SECTION A: frequency and percentage distribution of samples according to their socio demographic variables.

SECTION B: frequency and percentage wise distribution of knowledge score among young adults students with level of knowledge regarding ill- effects of substance abuse (Marijuana).

SECTION-A

TABLE No.1:- FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE ACCORDING TO THEIR SOCIO DEMOGRAPHIC VARIABLES.

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY (f)	PERCENTAGE (%)
1	GENDER		
	<ul style="list-style-type: none"> Male Female 	29 31	48.33% 51.66%
2	AGE		
	<ul style="list-style-type: none"> 18 19 20 21 22 	3 9 17 13 18	5% 15% 28.33% 21.66% 30%
	RELIGION		
	<ul style="list-style-type: none"> Hindu Muslim Sikh Christian Others 	39 8 5 5 3	65% 13.33% 8.33% 8.33% 5%
	TYPE OF FAMILY		
	<ul style="list-style-type: none"> Joint family Nuclear family Extended Separated 	35 18 4 3	58.33% 30% 6.66% 5%
5	EDUCATION OF PARENTS		
	<ul style="list-style-type: none"> Primary level High school Graduate Post graduate 	14 21 16 09	23.33% 35% 26.66% 15%
	OCCUPATION OF PARENTS		
	<ul style="list-style-type: none"> Government Self-environment Unemployed Private job House maker/househusband 	23 14 03 17 03	38.3% 23.33% 5% 28.33% 5%
	INCOME OF PARENTS PER MONTH		
	<ul style="list-style-type: none"> <10,000 11,000-20,000 21,000-30,000 31,000-40,000 >40,000 	09 13 13 17 08	15% 21.66% 21.66% 28.33% 13.33%
8	TYPE OF INSTITUTE		
	<ul style="list-style-type: none"> Private Government Other 	60 00 00	100% 0% 0%

9	PERSONAL HABITS (RELATED TO SUBSTANCE ABUSE) <ul style="list-style-type: none"> No Yes 	52 08	86% 13.33%
10	PREVIOUS KNOWLEDGE ABOUT SUBSTANCE ABUSE <ul style="list-style-type: none"> NO YES (From Where) <ul style="list-style-type: none"> -MEDIA -SOCIETY -NEWSPAPER -BOOKS -FRIENDS 	33 06 01 02 02 16	55% 10% 1.66% 3.33% 3.33% 26.66%

Table No. 1 depicts that the percentage distribution of students according to their age indicates that the majority of young adults are female, accounting for 51.66% (31), while males make up 48.33% (29). Similarly, the percentage distribution of gender among young adults shows that the highest proportion is female at 51.66% (31), with males comprising 48.33% (29).

The percentage distribution of students by religion shows that the majority of respondents, 65% (39), are Hindu, followed by 13.33% (8) Muslim, 8.33% (5) Sikh, 8.33% (5) Christian, and 5% (3) belonging to other religions. Understanding religious backgrounds can help in designing culturally appropriate health interventions. The percentage distribution of young adult students based on family type reveals that the majority, 58.33% (35), belong to joint families, while 30% (18) come from nuclear families, 6.66% (4) belong to extended families, and the remaining 5% (3) come from separate families. Family structure plays a significant role in shaping an individual's health-seeking behaviour and access to care.

Regarding parental education, the percentage distribution indicates that 35% (21) of respondents' parents were educated up to high school, 26.66% (16) graduated, 23.33% (14) had primary-level education, and 15% (9) had postgraduate education. Parental education levels influence health literacy and attitudes toward preventive healthcare. The percentage distribution of young adult students based on parental occupation shows that the majority, 38.33% (23), have parents employed in government jobs, 28.33% (17) in private jobs, 23.33% (14) as self-employed, while 5% (3) are homemakers/househusbands, and another 5% (3) are unemployed. Employment status affects household income and access to healthcare services. The percentage distribution of young adult students according to parental income reveals that the largest group, 28.33% (17), has a household income between ₹31,000-₹40,000, while 21.66% (13) have an income of ₹21,000-₹30,000, another 21.66% (13) earn ₹11,000-₹20,000, 15% (9) earn below ₹10,000, and 13.33% (8) have an income exceeding ₹40,000. Socioeconomic status is a critical determinant of health outcomes and accessibility to medical care. The percentage distribution of young adult students based on school type indicates that the majority, 75% (45), studied in private schools, while 25% (15) attended government schools, and no students were enrolled in trust-based schools. Educational background influences health awareness and access to healthcare information. The percentage distribution of students' personal habits related to substance abuse shows that the majority, 86% (52), do not engage in substance abuse, whereas 13.33% (8) report substance use. Addressing substance abuse among young adults is a critical area for nursing interventions and health education programs.

The percentage distribution of young adult students' knowledge about substance abuse and its sources shows that 55% (33) lack proper knowledge, while 45% (27) are aware of substance abuse and its effects. Among those with knowledge, 26.66% (16) gained information through friends, 10% (6) through media, 3.33% (2) from books, 3.33% (2) from newspapers, and 1.66% (1) from society.

SECTION- B

TABLE No. 2-FREQUENCY AND PERCENTAGE WISE DISTRIBUTION OF KNOWLEDGE SCORE AMONG YOUNG ADULT STUDENTS WITH LEVEL OF KNOWLEDGE REGARDING ILL –EFFECTS OF SUBSTANCE ABUSE (MARIJUANA).

CATEGORY	FREQUENCY	PERCENTAGE
POOR	0	0

AVERAGE	17	28.3%
GOOD	30	50%
EXCELLENT	13	21.6%

Table No. 2 depicts that the percentage distribution of young adult students with level of knowledge scores regarding ill-effects of substance abuse (Marijuana).

50% students were having good knowledge about substance abuse (Marijuana), 28% students were having average knowledge about substance abuse (marijuana), 21.6% students having excellent knowledge about substance about (Marijuana).

6. DISCUSSION:

MAJOR FINDING OF THE STUDY ARE AS:

OBJECTIVE 1:

The percentage distribution of young adult students with level of knowledge score regarding ill-effects of substance abuse (Marijuana).

50% students were having good knowledge about substance abuse (Marijuana), 28% students were having average knowledge about substance abuse (Marijuana), 21.6% students having excellent knowledge about substance about (Marijuana)

The percentage distribution of young adult students with level of knowledge score regarding ill-effects of substance abuse (Marijuana). 50% students were having good knowledge about substance abuse (Marijuana), 28% students were having average knowledge about substance abuse (Marijuana), 21.6% students having excellent knowledge about substance about (Marijuana)

NURSING IMPLICATIONS

The findings of the study has implicated with:

- Nursing Practice
- Nursing Education
- Nursing Administration
- Nursing Research

NURSING PRACTICE

Nurses play a vital role in health education and awareness by providing accurate information about the short-term and long-term effects of marijuana use. Educating young adults about the risks, including cognitive impairment, respiratory problems, mental health disorders, and potential addiction, can help in preventing substance abuse. School-based and community-based programs are effective in spreading awareness and promoting a healthy lifestyle.

NURSING EDUCATION

Nursing education plays a crucial role in equipping nurses with the knowledge and skills necessary to address marijuana use among young adults. **Integrating substance abuse education into nursing curriculum** ensures that future healthcare professionals understand the physiological, psychological, and social consequences of Marijuana consumption.

NURSING ADMINISTRATION

Nursing Administration plays a critical role in developing policies, programs, and strategies to prevent and manage marijuana use among young adults. Administrators are responsible for ensuring that healthcare facilities have the necessary resources and guidelines to address substance abuse effectively. This includes implementing **evidence-based protocols** for screening, early intervention, and treatment of Marijuana-related health issues.

NURSING RESEARCH

Nursing research plays a vital role in understanding the ill effects of marijuana use among young adults and developing effective interventions to address this growing concern. Marijuana use has been linked to various physical and mental health issues, including respiratory problems, cognitive impairment, anxiety, depression, and even psychosis. Nurse-led awareness programs, school-based interventions, and community outreach initiatives can help educate young individuals about the risks associated with substance abuse.

7. CONCLUSION:

The conclusion of the study was the significantly association was present between the knowledge of ill-effects of substance abuse with, age & previous knowledge. Verbal explanation regarding ill –effects of substance abuse (Marijuana) was given to the students & they were completely satisfied with the explanation.

8. LIMITATIONS:

1. The study was conducted only among paramedical students
2. The research was conducted over a short period
3. A limited number of students participated.

9. RECOMMENDATIONS:

- 1) the study may be conducted at different settings
- 2) a similar study may be conducted on a larger sample for wider generalization
- 3) different colleges students should be used as a sample for effective study
- 4) an experimental study can be conducted

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