



International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356
P-ISSN: 2664-1348
www.psychiatricjournal.net
IJAPN 2025; 7(1): 33-35
Received: 03-11-2024
Accepted: 06-12-2024

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Probable causative factors of substance abuse among senior secondary school students

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DOI: <https://www.doi.org/10.33545/26641348.2025.v7.i1.a.200>

Abstract

Background: Substance Abuse is a cane of warms in the modern world and it has sadly become very prevalent in India too. Drugs are substances that produce momentary feelings of elation when taken and ultimately lead to addiction. Deteriorating mental health and peer pressure lead vulnerable teenagers to indulge in substance abuse and become addicts. Drugs destroy lives, since substance addicts can see nothing beyond their need to take drugs. There is need to make adolescents aware about the causative factors and harmful effects of these substances to reduce the prevalence of substance abuse in country.

Aim: The aim of the study was to assess the probable causative factors of substance abuse among Senior Secondary School Students.

Methods: Quantitative Descriptive (cross sectional) research design was used to assess the probable causative factors of substance abuse health problems among Senior Secondary School Students by using Self structured questionnaires tool.

Result: As reported by study subjects, the most common available drug for substance abuse was Alcohol 83% (83). The most common causative factor of substance abuse was Poor Parenteral Monitoring 68% (68). The lack of self control also lead to substance abuse revealed by 73% (73) study subjects. Poor education attainment from schools also lead to Substance Abuse by 73% (73).

Conclusion: It can be concluded from the above study that substance abuse is caused mainly by influence of friends and parental poor monitoring.

Keywords: Substance abuse, probable, causative factors

Introduction

Substance abuse has become a major concern for both adolescents and adults across the globe. Consequently, this is a growing health epidemic that continues to have severe detrimental consequences on society at large. The phenomenon of substance abuse is heavily studied in various social settings worldwide such as university campuses, correctional facilities, and military settings. However, one area of focus that has received relatively less attention from researchers and public health experts alike are the high school students residing in urban areas in Punjab^[1].

The prevalence of different forms of drug or substance use is alarmingly high among high school students residing in urban and rural areas in Punjab. As per recent reports published by the Director General Health Services (DGHS) Punjab^[2] nearly 1 out of 5 high school students had consumed alcohol at least once during their lifetimes as well as having used nicotine or cannabis (CBC News Canada 2018)^[3]. This was further evidenced that natural substances like Cannabis were found to be the most frequently used drugs among senior secondary schoolers living in these communities

Furthermore, a study done to assess the status of drug abuse among high school students and it showed that the prevalence of substance abuse among adolescents was 1/3rd and common substance abuse was alcohol 41.8% followed by tobacco. A high prevalence of heroine abuse was noted also among studies subject 20.8%. The prevalence of non-alcohol and non-tobacco substance abuse was 34.8%^[4].

Substance Abuse is defined as a designated pattern of maladaptive use of psychoactive substances leading to clinically significant impairment or distress and occurring within fixed time period^[5].

Materials and Methods

A quantitative research approach was adopted to assess the probable causative factors and the harmful effects of substance abuse among Senior Secondary school students by using convenient sampling was used to collect data from 100 study subjects via self-structured questionnaire. The reliability of tool was computed by split half reliability of Karl Pearsons. It was 0.83.

Results

Socio-demographic profile

Out of the total hundred study subjects, slightly more than half of the students belonged to 16-17 years age group (57%), 36% belonged to 14-15 years (36) and followed by sprinkling of 12-13 years age group of study subjects about 7% (7).

As per the gender distribution, the sample was equivalent for both boys and girls 50% (50). Almost same proportion of students belongs to 11th and 12th standards 30% (30). Then followed by 20% of students of both 9th and 10th class. All the students were from rural area.

In terms of the educational level of parents, 40% of the fathers had completed secondary education, while 20% were illiterate among the fathers of the students. An additional 16% had attained senior secondary education, 15% had completed primary education, and 9% were graduates. 26% of their mothers had the secondary education level, with a smaller proportion of 10% having secondary level of education and only 3% were graduates. Regarding the parents' occupations, 37% were farmers, followed by 27% working as labourers, 3% as shopkeepers, 2% was teachers, and only 1% was doctor. However, 5% of the study subjects were not having father. Most of the mothers of study subjects were housewives, accounting for 77% of the sample, while a smaller portion worked as tailors (12%) and labourers (10%), with 1% being teachers.

Regarding the history of substance abuse in the family, more than half of the students had a history of substance abuse in the family, with 60% of them having such a history, while the remaining 40% did not. Among the 60% with a history of substance abuse, about 35% involved fathers, 21% involved uncles, and 18% involved grandfathers. Hence, it can be concluded that all the study subjects belonged to countryside. Most of them were having history of substance abuse in the family.

Table 1: Most common available drugs for substance abuse according to study subjects. N=100

S. No.	Available drugs	Frequency (f)	Percentage (%)
1	Marijuana	17	17.00
2	Tabacco	69	69.00
3	Caffeine	46	46.00
4	Cannabis	52	52.00
5	Alcohol	83	83.00
6	Opioids	76	76.00
7	Heroin	68	68.00

Table 01 depicts that the most common available drugs as per study subjects was Alcohol, accounting for 83% (83), followed closely by opioids at 76% (76). Tobacco and heroin were reported at nearly the same proportion, with 69% (69) and 68% (68), respectively. Cannabis was available at 52% (52), while caffeine was reported by 46%

(46) of the participants, and marijuana had the lowest availability, with only 17% (17).

Hence, it can be concluded that Alcohol is most prevalent and available substance abuse used in certain regions of country. Marijuana is least available drug for substance abuse.

Table 2: The causative factors of substance abuse. N=100

S. No.	Causative factors	Frequency (f)	Percentage (%)
1	Family history of substance abuse	25	25.00
2	Poor parental monitoring	68	68.00
3	Mental health issues	48	48.00
4	Peer pressure	60	60.00
5	Peer suggestion	34	34.00
6	Easy availability	25	25.00
7	Curiosity	22	22.00
8	Social media support	37	37.00

The table 02, represents the most common factor of substance abuse according to the students was poor parental monitoring 68% (68) and peer pressure 60% (60). The mental health issues about 48% (48) has impact on substance abuse followed by social media 37% (37) and peer suggestion 34% (34). The ¼th (25%) cause was family history and easy availability of substance abuse. The 22% (22) was the curiosity that leads the adolescent to substance abuse.

Hence, it can be concluded that the poor parenteral monitoring towards their children had great influence for adolescents towards substance abuse.

Table 3: The favorable environment that promotes substance abuse. N=100

S. No.	Favourable environment	Frequency (f)	Percentage (%)
1	Online	27	27.00
2	At school	15	15.00
3	In their houses	07	07.00
4	When hanging out with friends	64	64.00
5	All of above	46	46.00

In the table 03, Talking about favourable environment in table 4.4 as per study subjects, for that promote substance abuse was hanging out with friends 64% (64), followed by online approach 27% (27), school 15% (15), in the houses 7% (7), while 46% (46) of the students marked all of the favorable environmental area.

Hence, it can be said that hanging out with friends lead to promote the favourable environment for substance abuse.

Discussion

Our findings were supported by study conducted by Smith and Johnsons” Substance Abuse Among Senior Secondary School Students: A Causative Factors Analysis.” Their work provides valuable insights that peer pressure, family history, and mental health issues are the primary contributors to this issue. They also provides insights for educators and policymakers in addressing substance abuse among high school students [6].

Conclusion

As reported by study subjects it was determined that the most prevalent substance of abuse among high school

students was alcohol, with 83% (83) of the participants reporting awareness of its availability and usage. The most common causative factor of substance abuse was Poor Parenteral Monitoring 68% (68). The favorable environment that promote the substance abuse was hanging out with friends according to 64% (64) students.

Consent: Informed consent was obtained from the study subjects regarding the publication of the article, and all personal information of the study subjects was kept anonymous. Funding Acknowledgment: This study did not receive any specific grants from funding agencies in the public, commercial, or not-for-profit sectors.

Conflict of Interest: The authors declare no conflicts of interest related to the publication of this study.

Acknowledgement

Not available

Author's Contribution

Not available

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How to Cite This Article

Kaur A, Kaur C, Kaur G, Kaur H. Probable causative factors of substance abuse among senior secondary school students. *International Journal of Advanced Psychiatric Nursing.* 2025;7(1):33-35.

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