

Substance Abuses among the Students of Higher Secondary Schools: A Case Study

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Abstract: *The present investigator aims to study the contribution of the areas related to the Substance Abuses among the Adolescence Students of Higher Secondary Schools. This paper attempts to make a thorough, comprehensive and analytical study by exploring the causes of becoming an individual substance abuse in relation to psychological factor, peer group pressure, joyfulness, tension remover, rebelliousness, intercultural influences, curiosity, climatic condition, easy availability, future insecurity and modernization. From the result of the research the administrator, teachers and parents may help children through early education about psychoactive substances, open communications, good role modeling, and early recognition if problems are developing. No single measure would be effective to prevent the use of drugs until and unless home, school and society all the three collectively and cooperatively tackle the problems of substances abuse from different angles.*

Keywords: *Adolescence, students, substance, abuses, substance abuses, Manipur.*

I. Introduction

Adolescence, the age of experimentation, adventure and expiration, is known to be vulnerable to varied forms of risk taking behaviours such as psychoactive substance abuse, premarital sexual activity and anti social behaviours. In recent years more and more adolescents use addictive and psychoactive substances. The reason being disintegration of the old joint family system, lack of parental love, care and safety. The modern families where both parents are working, decline of old religious and moral values, being in conflict with peer group and the need for acting opposite to social rules makes the adolescent vulnerable to anti social behaviours.

Substance abuse is mostly observed during the period of adolescence. They may be involved with legal or illegal drugs in various ways. Experimentation with drugs during adolescence is common. Adolescence is a times for trying new things. Unfortunately, teenagers often do not see the link between their actions today and the consequences tomorrow. They also have a tendency to feel indestructible and immune to the problems that other experience. So they try new things or substances that are harmful to them and altered their mood. Some of the substance that can be abused for their mood altering effects that are not at all – inhalant and solvents, alcohol, marijuana, hallucinogens, amphetamines, barbiturates, narcotics etc. Use of these drugs may lead to criminal penalty in addition to possible physical, social, and psychological harm. These teenagers use drugs of psychological factor, peer groups, rebelliousness, intercultural influences, curiosity, to reduce stress, future insecurity, physiological reasons, climatic condition, easy availability of drugs, to grown up or to fit in. But using such drugs makes our nervous system effects which produce changes in mood, level of awareness or perception and sensations.

From Zarda Pan, Khaini and Cigarettes to Ganja and Alcohols such as Beers, Whisky, local brews, from cough syrups such as Phenshydyl, Corex, Epidex, Sericodine and bondex to pain killer tablets like Proxyvon, Parvon Spas, Spasmo Proxyvon, Relipen, prozep and tranquilizers such as Diazepam, Valium, Nitrogen 10(N10); from psychoactive substances such as Morphine, Poldrom, Mandrake, Hypogen to in infamous Heroin Number 4, drug abuse manace has almost succeeded in its attempted destruction of young physique and mindset of Manipuris. Nowadays, beginner abusers of Manipur are switching on to cheap and easily available substances such as Dendrite and correction fluids (Kores Eraz –Ex) to enjoy self-satisfaction. The changing trend calls for urgent attention of parents for saving the young siblings from destruction of mindset.

Drug or substance abuse is an immoral behaviour of the youths. The degrading and all round system failure affecting every aspect of the society arising out of mis-governance etc. also aggravate this menace in Manipur. Young people take drugs or abuse substances for many reasons. May be they do so in order to cope with the frustration in life-amusement or for satisfying company of friends. Many youths indulge in unwanted activities to gain acceptance and popularity among the peers. Due to their gregarious nature, young people seek the company of their own age group. This leads to their exposure to various unwanted behavior of their age group. The question is, since it would be impractical to expect them to dissociate from their herds, how they can be protected from being negatively influenced by the group behaviour.

Abusing substances that are becoming dangerous to health are increasingly rapidly. Using such drugs at a young age increases the risks of using other drugs that have caused severe negative health effects. Some teens will experiment and stop, or continue to use occasionally without significant problems. Other will develop a dependency or addiction to drugs and causing significant harm to themselves and possibly others. Using such drugs has posed a great danger to the physical and mental health of adolescents and has caused a great concern in the mind of all those who are closely associated with their welfare and with the wellbeing of the society in general. Hence destructing the moral value of young generation, there is a need of study the young adolescents regarding substance abusers. Keeping all these in view the investigator chose this topic study on substance abuse among the adolescence students of Higher Secondary schools.

Objectives of the Study

1. To find out the causes of becoming an individual substance abuse in relation to psychological factor, peer group pressure, joyfulness, tension remover, curiosity, easy availability, modernization, rebelliousness, intercultural influences, climatic condition and future insecurity.
2. To suggest the remedial measure to give the value of life among the adolescence students of Higher Secondary Schools.

II. Methodology

Methodology is a style of conducting a research work which is determined by nature of the problems. The present study is conducted with the help of "Survey Method". This method has undoubtedly been the most popular and the most widely used research method in education. The investigator selected this method because it is concerned with the present and attempts to determine status of the problem under investigation.

Sample

For the present study only 160 adolescence students selected through Simple Random Sampling from eight (8) Higher Secondary schools of Imphal East and West Districts of Manipur. The sample comprised of 80 adolescence students from four (4) Government Higher Secondary schools and 80 from four (4) Private Higher Secondary schools as the true representative proportion of the population.

Tools

The tools for the study were used questionnaire which was developed by investigator himself keeping into account the various causes of becoming an individual substance abuse in relation to psychological factor, peer group pressure, joyfulness, tension remover, curiosity, easy availability, modernization, rebelliousness, intercultural influences, climatic condition and future insecurity.

Statistics

Analysis of data for the present study has been made in conformity with the objectives as formulated by the investigator. Statistical techniques like chi-square and percentage were used to analyze the data.

III. Result And Discussion

1. Students Becoming Substance Abuser Due to Psychological Factor.

Table – 1

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	39	32	1.53
Agree	65	32	34.03
Undecided	17	32	7.03
Disagree	26	32	1.13
Strongly disagree	13	32	11.28
Total	160	160	Obtained =55.90

From the table 1, it is observed that the obtained chi-square is 55.90 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 64.46 % of the students supported that students having psychological problems becomes substance abuser to overcome their stress and depression and self medication to control their mental disorders.

2. Substance Abuse Influenced by Peer Group Pressure

Table – 2

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	37	32	4.35
Agree	72	32	62.42
Undecided	16	32	35.55
Disagree	25	32	0.09
Strongly disagree	10	32	13.89
Total	160	160	Obtained =75.43

From the table 2, it is observed that the obtained chi-square is 75.43 and the table value of Chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained Chi-square is more than the table value of the chi-square, the hypothesis is rejected. 67.34 % of the students supported that peer group pressure play an important role in becoming student's substance abuser.

3. Students Become Substance Abuser as They Start Taking Psychoactive Substance to Bring Joyfulness.

Table – 3

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	41	32	2.53
Agree	66	32	36.13
Undecided	18	32	6.13
Disagree	21	32	3.78
Strongly disagree	14	32	10.13
Total	160	160	Obtained =58.70

From the table 3, it is observed that the obtained chi-square is 58.70 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 65.94% of the students supported that most of the student become substance abuser as they start taking psychoactive substances to bring joyfulness.

4. To Overcome Tensions and Remove Emotional Disturbances, Students become Substance Abuser.

Table – 4

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	36	32	0.5
Agree	54	32	15.13
Undecided	18	32	6.13
Disagree	27	32	0.78
Strongly disagree	25	32	1.53
Total	160	160	Obtained =24.07

From the table 4, it is observed that the obtained chi-square value is 24.07 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained Chi-square is more than the table value of the chi-square, the hypothesis is rejected. 56.10% of the students supported that taking of psychoactive substance to remove their tensions also influenced students becoming substance abuser.

5. Students Becoming Substance Abuser on Account of Their Curiosity.

Table – 5

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	35	32	0.28
Agree	72	32	50.00
Undecided	15	32	9.03
Disagree	21	32	3.78
Strongly disagree	17	32	7.03
Total	160	160	Obtained =70.12

From the table 6, it is observed that the obtained chi-square value is 70.12 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 66.95% of the students supported that students become substance abuser on account of their curiosity towards psychoactive substance.

6. Students Becoming Substance Abuser Because of the Easy Availability.

Table – 6 N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	28	32	0.25
Agree	72	32	50.00
Undecided	16	32	8.00
Disagree	15	32	9.03
Strongly disagree	29	32	0.28
Total	160	160	Obtained =67.56

From the table 6, it is observed that the obtained chi-square value is 67.56 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 62.50% of the students supported that students become substance abuser because of the easy availability of the psychoactive substance.

7. Students Become Substance Abuser Due to Modernisation

Table – 7

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	31	32	0.03
Agree	69	32	42.78
Undecided	20	32	4.50
Disagree	27	32	0.78
Strongly disagree	13	32	11.28
Total	160	160	Obtained = 59.37

From the table 7, it is observed that the obtained chi-square value is 59.37 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 61.43% of the students supported that students become substance abuser because they think that substance abuse is a sign of modernisation, it is the imitation of western society.

8. Students Becoming Substance Abuser Due to Rebelliousness.

Table – 8

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	42	32	3.13
Agree	49	32	9.03
Undecided	31	32	0.03
Disagree	29	32	0.28
Strongly disagree	9	32	16.53
Total	160	160	Obtained = 29.00

From the table 8, it is observed that the obtained chi-square value is 29.00 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 56.35% of the students supported that students become substance abuser to show their disagreement towards parents and fellow mates.

9. Students Becoming Substance Abuser Due to Intercultural Influences

Table – 9

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	26	32	1.13
Agree	56	32	18.00
Undecided	19	32	5.28
Disagree	38	32	1.13
Strongly disagree	21	32	3.78
Total	160	160	Obtained = 29.32

From the table 9, it is observed that the obtained chi-square value is 29.32 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 50.63% of the students supported that our society is composed of diverge communities and its intercultural norms also play an important role in becoming students substance abuser.

10. Students Becoming Substance Abuser Due to Climatic Conditions.

Table – 10

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	29	32	0.28
Agree	61	32	26.28
Undecided	15	32	9.03
Disagree	32	32	0
Strongly disagree	23	32	2.53
Total	160	160	Obtained = 38.12

From the table 10, it is observed that the obtained chi-square value is 38.12 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 55.56% of the students supported that students become substance abuser due to climatic conditions.

11. Students Becoming Substance Abuser Due to the Feeling of Insecurity of Their Future.

Table – 11

N= 160

Categories	Observed frequency	Chi-Square frequency	Chi-square
Strongly agree	34	32	0.13
Agree	65	32	34.03
Undecided	13	32	9.03
Disagree	23	32	2.53
Strongly disagree	25	32	1.53
Total	160	160	Obtained = 47.25

From the table 11, it is observed that the obtained chi-square value is 47.25 and the table value of chi-square at 4 df and 0.05 level of significance is 9.488 and 0.01 level of significance is 13.277. Because the obtained chi-square is more than the table value of the chi-square, the hypothesis is rejected. 61.17% of the students supported that failing to achieve their aims or fear of not getting proper job also influenced their mind of taking psychoactive substance and become substance abuser.

IV. Conclusions

Peer group pressure created the highest number of adolescents associated with substance abused. Peer groups influenced them to use illicit substances either by imitation, admiration, changes or conflicts between them. Most of the adolescents had been introduced to psychoactive substances by their peer groups during festivals/concerts/ musical nites or any other entertainment programmes. Thus, it can be concluded that peer group pressure play a vital role in becoming substance abuser.

The second reason for adolescents to become substance abuser is the curiosity towards psychoactive substance. Adolescents wanted to experience new feelings, curious to test mind altering substances and become substances abuser. Thus, it can be concluded that the feeling of curiosity influenced the adolescents become substance abuser.

In the third reason for adolescents to become substance abuser as they start taking psychoactive substances to bring joyfulness. They use such substances as a means of passing their leisure time, to celebrate their joyous moment, to overcome the problems with opposite sexes. Thus, it can be concluded that thirst of joyfulness made most of the adolescents become substance abuser.

Another important reason for adolescents to become substance abuser is the psychological problems to overcome their depression and self medication to control their mental disorders. Thus, it can be concluded that the stress and associated distress or depression induced adolescents the initiations of smoking and those adolescents who have conduct disorder or attention deficit hyperactivity become dependent on such psychoactive substances to avoid the discontent of not using such substances.

Easy availability of such substances also influenced adolescents becoming substance abuser. Thus, it can be concluded that facilitating substances in the religious ceremonies, selling of beverages in cold regions, commercial used things like dendrites, correction fluids, paints, etc. play great roles in inducing the adolescents to substance abuser.

Most of the adolescents become substance abuser as think that substance abuse is the symbol of modernisation. Thus, it can be concluded that imitation of western society, show up of aristocracy, giving money by the parents randomly when demanded by their adolescents, thought of increasing working efficiency influenced adolescents to abuse psychoactive substances.

Many adolescents become substances abuser due to the feeling of future insecurity. Thus, it can be concluded that hardship of life, poverty, choosing of wrong trait, over responsibility of family burden, failure to achieve small objectives and in examination induced young adolescents mind to take such psychoactive substances and become substance abuser.

Adolescents become substance abuser to rebel against adults' constraints, due to societal rejection, negligence by the family member, lack of parental care and to show strong disagreement against the use of drugs by their partners. Thus, it can be concluded that rebelliousness nature of adolescents made them substance abuser. Most of the adolescents become substances abuser due to family tensions, to remove anxiety and tiredness due to examinations, to build up self confidence and failure of love affairs. Thus, it can be concluded that psychoactive substances used for tension remover influenced adolescents to become substance abuser.

Seasonal change or climatic conditions also influenced adolescents to become substance abuser. Thus, it can be concluded that chewing of pan or drinking alcohols to warm up body during winter, using cold coffee during summer, using inhalants due to sickness influenced adolescents to substance abuser. Intercultural influences also play important role in making adolescents substance abuser. Thus, it can be concluded that celebration of religious festivals, local profession of making beverages, adjustments to new environment add more colour to adolescents in becoming substance abuser.

Suggestions

1. Parents and teachers should keep good relations with the adolescents and know the company of the adolescents because peer group or friend circle could lead innocent child to become a substance abuser.
2. Parents and teachers should provide proper counseling for the adolescents to minimize the frustration, anxiety and fear in the life of adolescents. The good habits and moral values developed in early infancy leave permanent impressions on the behavior of adolescents.
3. Parents and teachers must know the psychology of the adolescents i.e. their interest, motives, aptitude, attitudes, potentials etc. and should lead the child in a desirable way.
4. The Government and the school administrators should not allow to sell any psychoactive substances inside the school campus and also in the surrounding of the schools. In the medical store, psychoactive substances should not be easily sell without the doctor's prescription to the adolescents.
5. The concept of the psychoactive substance and its bad effects should be included in the curriculum. There should be inclusion of moral education in the school subjects' upto secondary stages to develop a good character among the adolescents. The school should cater to the physical, psychological and social needs of adolescents through different co-curricular activities.
6. Parents – teacher association should be strengthen so that the problems of individual students may be discussed and remedial measures can be suggested. The teachers should report the behaviour of the student if he/she finds it unwanted.
7. The advertisement of alcohol and tobacco products either through mass media or through hoardings should be banned. Awareness about drug is to be created among the people through the media of posters, T.V., news papers, Journals, street plays, drama and cinema.
8. There should be inclusion of the classroom presentation in the forms of single or sessions for the information of substance abuse. Schools can provide public awareness by conducting lectures and other related speched on the dangers of substance abuse. And the power of the head of the administration should be strengthen to look after the happening around the school.

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