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Assess the psychosocial problems among adult substance user

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Abstract

Background: Substance use disorders are on a raise, widely spreading to fairer sex due to various technological advancement, competition and industrialization. This change may give rise to stress, anxiety and depression. The easiest method of resorting to these problems is getting addicted.

Objectives: The researcher felt the need to assess the psychological problem and to associate findings with selected demographic variable.

Methods and Materials: A quantitative approach was adopted of the design was descriptive study. The population was substance users. The sample was substance users from selected de-addiction / rehabilitation centres of Pune city. Sample was selected by non probability purposive sampling technique. The size was 200. The tools used were demographic profile and psychosocial problem. It was a self - structured questionnaire.

Findings: 32.5% of the sample belonged to 28-38 years of age. In educational qualification 36 % of samples were graduate and 40% were doing service as occupation. Maximum sample were in the income range of 5001-15000 Rs per month with 27.5%. Most of the sample were Hindu; and the main substance used was alcohol by 81.5%. In the psychosocial problems, maximum percentage was seen in social competence with 74% and minimum in peer relations and work adjustment with 18%.

Keywords: Substance use disorders, psychosocial problems, De-addiction and rehabilitation centres

Introduction

Substance use is known to human kind since its origin as per Garg.M^[1]. Cannabis products, often called Charas, Bhang or Ganja are abused throughout the country because it has attained some amount of religious sanctity^[2]. Srivastava A. concludes that human beings have always had a desire to eat or drink substance that make them feel relaxed, stimulated or Euphoria^[3]. Psychoactive substance or drug is one which alters the mental functioning of the person who consumes them^[4]. Mental and addictive disorders are the most burdensome disease in the world, which is estimated to increase the coming decades. The percentage regarding this condition is 12% at present which is likely to increase to 15% by 2020. This is more often seen among 15-44 years of age^[5].

Need of the study

With increase in industrialization and more competitive world, people are over worked leading to burden or stress. There may be many more factors which leads a person to addiction.

In 2016 Mrs. Anju Pondel conducted a study on psychosocial problems among individual with substance use disorders in rehabilitation centres of Nepal. The study was quantitative and descriptive survey design with the sample size 204. The main psychosocial problems observed was behavioural pattern with 64.53 and 24.44 as mean and SD respectively^[6].

During our clinical posting we found the factors leading to substance use disorder has a very broad spectrum. This led us to find the psychosocial factors in our settings.

Objectives of the study

1. To assess the psychosocial problems among adult substance users in selected de-addiction/ rehabilitation centres of Pune city.
2. To associate the research findings with selected demographic variables.

Methodology

The approach to this study was quantitative and design was non-experimental descriptive

research design. The population was substance users and the sample was substance users from selected de-addiction or rehabilitations of Pune city. The sample size was 200 who were selected by non-probability purposive sampling technique.

The sampling criteria included – adults who are above 18 and 21years of age of female and male respectively. The exclusion criteria were adults not willing to participate in this study and with chronic co-morbid disease condition like (Schizophrenia, Chronic renal failure, Myocardial Infarction).

Description of tool

The tool consists of 2 sections

Section I

In this section consist of 9 questions included demographic data like age, gender, education, religion, family income, type of family, occupation, marital status and substance they use.

Section II

A modified structured questionnaire was developed to assess the psychosocial problems among substance users based on DUSI-R tool. This tool consists of 60 questions which were categorized into behavioural pattern (16), peer relation (10), family relation (9), work adjustment (7), social competence (5) and psychiatric problems (13).

Results

Table 1: Distribution of sample’s demographic characteristics. n=200

S. Nos.	Demographic characteristics	Frequency (f)	Percentage (%)
1	Age in years		
1.1	18-28	43	21.5
1.2	28-38	65	32.5
1.3	38-48	59	29.5
1.4	48-58	26	13
1.5	>58	7	3.5
2	Gender		
2.1	Male	166	83
2.2	Female	34	17
	Transgender	0	0
3	Educational status		
3.1	1-7Std.	12	6
3.2	8-10 Std	41	20.5
3.3	10+2	53	26.5
3.4	Graduation	72	36
3.5	Post-graduation	20	10
3.6	Other	2	1
4	Occupation		
4.1	Unemployed	27	13.5
4.2	Agriculture	30	15
4.3	Service	80	40
4.4	Business	56	28
4.5	Others	7	3.5
5	Marital status		
5.1	Unmarried	66	33
5.2	married	114	57
5.3	Separated	10	5
5.4	Divorcee	6	3
5.5	Widow/ Widower	4	2
6	Family type		
6.1	Nuclear	100	50
6.2	Joint	91	45.5
6.3	Extended	9	4.5
7	Income in rupees/ month.		
7.1	Less than 5000	23	11.5
7.2	5001 – 15000	55	27.5
7.3	15001 – 25000	49	24.5
7.4	25001 – 35000	32	16
7.5	35001 – 45000	15	7.5
7.6	More than 45001	26	13

Table 1 shows that distribution of selected demographic characteristics as frequency and percentage such as age in years, gender and educational status of substance users. Majority of substance users (32.5%) belonged to the age

group of 28-38 years. Most of the substance users are Male (83%) than Females. In selected sample more, substance users had graduated (36%).

Table 2: Distribution of demographic characteristics of sample (Cont...) n=200

S. Nos.	Demographic characteristics	Frequency (f)	Percentage (%)
8	Religion		
8.1	Hindu		72
8.2	Muslim		14.5
8.3	Christian		11.5
8.4	Sikhs		1.5
8.5	Others		0.5
9	Substance used		
9.1	Alcohol		81.5
9.2	Ganja		11.5
9.3	Cigarettes		7

This table shows that the maximum sample belongs to Hindu religion and maximum used alcohol as their main substance for abuse.

Objective 1: To assess the psychosocial problems among adult substance users in selected de-addiction/ rehabilitation centres of Pune city.

Table 3: Distribution based on psychosocial problems among sample. n=200

S. Nos.	Psychosocial problems	Freq (f)	Percentage (%)	Mean	Std. Dev.
1.	Behavioural pattern				
1.1	Good (0-8)	119	59.5	7.5	3.052
1.2	Bad (9-16)	81	40.5		
2.	Peer relation				
2.1	Good (0-5)	164	82	4.97	3.894
2.2	Bad (6-10)	36	18		
3.	Family relation				
3.1	Good (0-5)	156	78	4.2	1.6
3.2	Bad (6-9)	43	21.5		
4.	Work adjustment				
4.1	Good (0-4)	164	82	2.94	2.004
4.2	Bad (5-7)	36	18		
5	Social relation				
5.1	Good (0-3)	52	26	3.485	1.392
5.2	Bad (4-5)	148	74		
6	Psychiatric disorder				
6.1	Not prone (0-6)	107	53.5	6.04	2.95
6.2	Prone (7-13)	93	46.5		

Table 3 Shows the main problem with regard to psychosocial problems were in the following orders - social relation (74%), psychiatric disorder (46.5%), Behavioural pattern (40.5%),

family relationship (21.5%), work adjustment and peer relationship (18%).

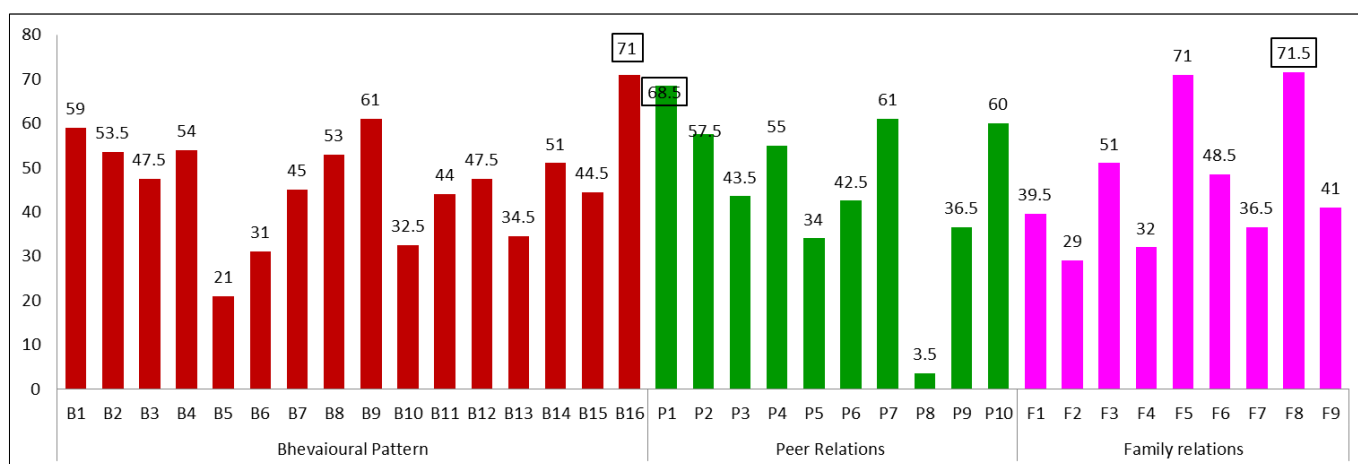


Fig 1: Item analysis of Psychosocial factors leading to substance use, n=200

The above figure shows that the maximum positive responses in these domains were to factor no B16, P1 and F8 which are- did you prefer doing things with people much older or younger than you; did you ever go to bars, house parties or

bush parties with your friends on a regular basis at least twice a week; and are your parents or spouse available always at home respectively.

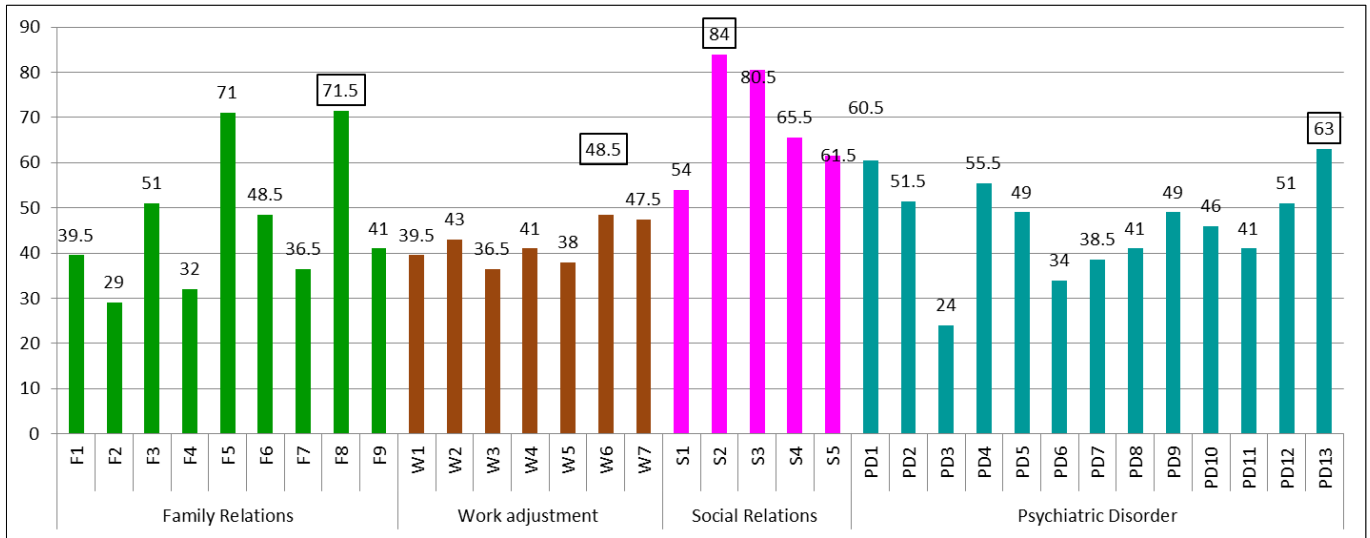


Fig 2: Item analysis of the psychosocial factors of substance use (Cont...) n= 200

In this figure it is seen that the maximum responses in family relations was factor 8 and 5 which was – Are your parents or spouse available always at home; in work adjustment it is 6 which was Did you mostly work so that you can get money to buy drugs / alcohol; in social relations it is 2 - Did people take advantage of you; and in psychiatric disorder the factors was 13 which states - Have you felt betrayed by others.

Objective 2: To associate the research findings with selected demographic variables.

Table 4: Association of psychosocial problems and demographic variables of substance users, n=200

Demographic variables	D.F	Chi square	Table value	p-value	Remark
Age	4	9.259	9.49	0.055	Associated
Gender	1	5.458	3.84	0.019	Associated

Table 4 shows that there was association of psychosocial factors only with age and gender rest of the demographic variables did not show any association.

Discussion

Demographic variables

In our study, the result shows that male substance users have more psychosocial problems than female. The association was found that gender with family relation and age, gender was associated with psychiatric disorder.

Similarly, in a study conducted at central Nepal by Bihungum Bista *et al.* in 2016 does show the males were more as compared female.

There is an association of age with family relation [20].

Psychosocial factor: In our study the main psychosocial problems was behavioural pattern with a mean value (7.5±3.05).

Even in Anju Poudel study, the main psychosocial factor was behavioural pattern with a mean value of (64.53±24.4) [8].

Conclusion

Based on the finding the factors can be prevented if the prevention is introduced from a very young age.

Limitations

1. Some Sample were reluctant in giving their frank responses.
2. The time period was a constraint.

Nursing Implications

These factors should be taken into consideration during the history collection; although it is a part of the curriculum this aspect should be stressed. While recruiting the interview should consider these factors to select the eligible candidate to avoid later problems. More studies can be done on the same topic much in details.

Recommendations

1. Similar study can be done on larger population.
2. One to three factors can be taken up for comparative study.
3. A comparative study can be conducted among adult and adolescence substance users for the prevalence of psychosocial factors.

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