

## ASSESS THE PATTERN OF SUBSTANCE ABUSE AMONG SUBSTANCE ABUSERS ADMITTED IN A SELECTED DRUG REHABILITATION CENTER AT LUCKNOW, UTTAR PRADESH

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### Abstract

Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social damage. Substance abuse is a non-adaptive model of drug use, which results in adverse problems and consequences and includes a set of cognitive, behavioral and psychological symptoms. The objective of the study was to assess the socio-demographic profile of substance users and the pattern of substance use among substance users. The study adopted a descriptive cross-sectional design, comprised of 30 substance users admitted in a selected Drug Rehabilitation Institute of Lucknow, Uttar Pradesh. A purposive sampling technique was used to select the samples. A structured questionnaire was used. The study revealed that majority of substance users i.e. (43.3%) were in 16 to 25 years of age group, 73.3% were unmarried, 36.6% were higher secondary passed, 43.3% were unemployed, there were equal percentage i.e. (46.6%) who belonged to nuclear and joint family, 70% were from middle class, 56.6% were from urban area, 63.3% did not have any family history of substance use, 90% were living with family, 86.6% substance users had peers who used substances. Regarding the pattern of substance use. the age of initiation, 70% was in the age group of 16 – 25 years, duration of substance use were less than and equals to 10 years i.e. (53.3%) in majority of participants, 63.33% used cannabis followed by alcohol (53.3%) and opioids (50%), 73% were non injecting drug users, 53.3% only used one substance at a time, 66.6% received substances from friends, 93.3% of substance users used substances daily.

**Keyword:** Assess, pattern, substance use

### INTRODUCTION

World Health Organization (WHO) defines Substance Abuse as, “Persistent or sporadic use of a drug inconsistent with or unrelated to acceptable medical practice”.

Substance abuse may lead to social, physical, emotional, and job-related problem. The etiology of the pattern of substance abuse are peer pressure, unemployment, stress, low socio-economic status, sense of inferiority, pleasure seeking behavior, low self-esteem, easy availability, social and family pressure etc. While there is no guaranteed way to prevent someone from abusing drugs, there are things that everyone can do to prevent substance abuse.

Here are some ways to prevent substance abuse- understanding how substance abuse develop, avoid temptation and peer pressure, seek help for mental illness, examine the risk factors, keep a well-balanced life. Several therapies that exist for treating substance use disorder are detoxification, medication assisted therapies, behavioral therapies.

## NEED OF THE STUDY

According to National Drug Dependence Treatment Centre (NDDTC), All India Institutes of Medical Science (AIIMS) report: At the national level, about 14.6% of people (among 10–75-year-old) are current users of alcohol, i.e., about 16 Crore people. Prevalence is 17 times higher among men than women. Among people consuming alcohol in India, Country liquor ('desi') (about 30%) and spirits (IMFL – Indian Made Foreign Liquor) (about 30%) are the predominantly consumed beverages. States with the high prevalence of alcohol use are Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa. States with high prevalence (more than 10%) of alcohol use disorders are: Tripura, Andhra Pradesh, Punjab, Chhattisgarh, and Arunachal Pradesh.

Regarding Cannabis: About 2.8% of Indians (3.1 Crore individuals) report having used any cannabis product within past 12 months (Bhang – 2% or 2.2 crore people; Ganja/Charas – 1.2% or 1.3 Crore people). States with the higher than national prevalence of cannabis use are Uttar Pradesh, Punjab, Sikkim, Chhattisgarh and Delhi.

With respect to Opioids, at the national level, the most common opioid used is Heroin, (current use 1.14%) followed by pharmaceutical opioids (current use 0.96%) and then Opium (current use 0.52%). Of the total estimated approximately 60 lakh people with opioid use disorders (harmful or dependent pattern) in the country, more than half are contributed by just a few states: Uttar Pradesh, Punjab, Haryana, Delhi, Maharashtra, Rajasthan, Andhra Pradesh and Gujarat.

Regarding Sedatives and Inhalants: About 1.08% of 10–75-year-old Indians (approximately 1.18 crore people) are current users of sedatives (non-medical, non-prescription use). States with the highest prevalence of current Sedative use are Sikkim, Nagaland, Manipur and Mizoram. Inhalants are the only category of substances for which the prevalence of current use among children and adolescents is higher (1.17%) than adults (0.58%). In terms of absolute numbers, states with high population of children needing help for inhalant use are: Uttar Pradesh, Madhya Pradesh, Maharashtra, Delhi and Haryana.

Regarding Cocaine (0.10%) Amphetamine Type Stimulants (0.18%) and Hallucinogens (0.12%) are the categories with lowest prevalence of current use in India.

A cross sectional study was conducted by Absar Ahmad, Manoj Alagarjan on prevalence and pattern of substance abuse among sandstone mine workers in Rajasthan, India. The study included individuals over the age of 15 years, 218 mine workers and 203 non-mine workers used for comparison purpose. 10 villages were selected using probability proportional to size sampling technique. Results showed that mine-workers were at higher risk of substance use than non-mine workers. Prevalence of consumption of khaini, bidi, alcohol and gutkha was higher among mineworkers while the use of hookah smoking was high among non-mine workers.

## STATEMENT OF THE PROBLEM

A study to assess the pattern of substance use among substance users admitted in a selected Drug Rehabilitation Centre at Lucknow, Uttar Pradesh.

## OBJECTIVES OF THE STUDY

The objectives of the study were to:

- Assess the socio- demographic profile of substance users.
- Assess the pattern of substance use among substance users.

**ASSUMPTIONS**

Substance use is more common among early age group, more common in males.

**MATERIALS & METHODS**

The investigators had adopted a descriptive cross sectional research design by using purposive sampling. In this study 30 substance users participated and data was collected using structured questionnaire.

**RESULT**

Data was analyzed using descriptive statistics.

**Regarding the Demographic Profile of Substance Users:** The study revealed that majority of substance users i.e. (43.3%) were in 16 to 25 years of age group, 73.3% were unmarried, 36.6% were higher secondary passed, 43.3% were unemployed, there were equal percentage i.e. (46.6%) who belonged to nuclear and joint family, 70% were from middle class, 56.6% were from urban area, 63.3% did not have any family history of substance use, 90% were living with family, 86.6% substance users had peers who used substances.

**Table 1.** Frequency and percentage distribution of demographic variables of substance users.

S.N.	Demographic Variable	Frequency (f)	Percentage (%)
<b>1.</b>	<b>Age in year</b>		
1.1	16-25	13	43.3%
1.2	26-35	9	30%
1.3	36-45	6	20%
1.4	46-55	2	6.6%
<b>2.</b>	<b>Marital Status</b>		
2.1	Unmarried	22	73.3%
2.2	Married	5	16.6%
2.3	Separated	2	6.6%
2.4	Divorced	1	3.3%
2.5	Widow	0	0%
<b>3.</b>	<b>Educational Qualification</b>		
3.1	Illiterate	2	6.6%
3.2	Primary	2	6.6%
3.3	Secondary	7	23.3%
3.4	Higher Secondary	11	36.6%
3.5	Graduation	3	10%
3.6	Post-Graduation	4	13.3%
3.7	Above Master's Degree	1	3.3%
<b>4.</b>	<b>Occupation</b>		
4.1	Employed	5	16.6%
4.2	Self Employed	4	13.3%
4.3	Unemployed	13	43.3%
4.4	Student	8	26.6%
<b>5.</b>	<b>Type Of Family</b>		
5.1	Nuclear	14	46.6%
5.2	Joint	14	46.6%
5.3	Extended	2	6.6%

6.	Social Economic Status		
6.1	Higher class	3	10%
6.2	Upper Middle class	5	16.6%
6.3	Middle class	21	16.6%
6.4	Lower class	21	70%
7.	Domicile		
7.1	Urban	17	56.6%
7.2	Rural	13	43.3%
8.	Family history of substance use		
8.1	Yes	11	36.6%
8.2	No	19	63.3%
9.	Living status of respondents		
9.1	Living with family	27	90%
9.2	Living with friends	1	3.3%
9.3	Living Alone	2	6.6%
10.	Substance use by peers		
10.1	Yes	26	86.6%
10.2	No	4	13.3%

### PATTERN OF SUBSTANCE USE

Regarding the pattern of substance use, the age of initiation, 70% was in the age group of 16 – 25 years, duration of substance use was less than and equals to 10 years i.e. (53.3%), 63.33% used cannabis followed by alcohol (53.3%) and opioids (50%), 73% were non injecting drug users, 53.3% only used one substance at a time, 66.6% received substances from friends and 93.3% of substance users used substances daily.

**Table 2.** Frequency and percentage distribution of pattern of substance use among substance users.

S.NO	Pattern of substance use	Frequency(f)	Percentage (%)
1.	Age of initiation		
1.1	11 – 15	05	16.6%
1.2	16 – 25	21	70%
1.3	26 – 35	03	10%
1.4	36 – 45	01	3.3%
1.5	46 – 55	00	00%
2.	Duration of substance use		
2.1	<= 10 years	16	53.3%
2.2	11- 20 years	12	36.66%
2.3	20-30 years	02	6.6%
2.4	30-40 years	00	00%
2.5	Above 40 years	00	00%
3.	Types of substance used		
3.1	Alcohol	16	53.3%
3.2	Cannabis	19	63.33%
3.3	Opioids	15	50%
3.4	Sedatives/hypnotics	3	10%
3.5	Inhalants(thinner/petrol)	3	10%

3.6	Cocaine(crack/coke/chalice/snow)	4	13.33%
3.7	Amphetamines	1	3.33%
3.8	Hallucinogens (LSD)	3	10%
<b>4.</b>	<b>Injecting drug users</b>		
4.1	Yes	08	26.6%
4.2	No	22	73.3%
<b>5.</b>	<b>Substance use pattern</b>		
5.1	Use one substance	16	53.3%
5.2	Use more than one substance	14	46.6%
<b>6.</b>	<b>Sources of substance use</b>		
6.1	Dealers	11	36.6%
6.2	Friends	20	66.6%
6.3	Family	02	6.6%
6.4	Pharmacy or shop	06	20%
<b>7.</b>	<b>Frequency of substance use</b>		
7.1	Daily	28	93.3%
7.2	Less than weakly	02	6.6%
7.3	Weekly	00	00%

## CONCLUSION

The present study aims to assess the sociodemographic profile and pattern of substance users of a selected Drug Rehabilitation Centre of Lucknow, Uttar Pradesh. For those with mild to moderate substance disorders, treatment through general health care system maybe sufficient, while those with severe symptoms of substance used disorder may requires specialty treatment. A service or a set of service that may include medication, evidenced based medication, behavioral therapy, counseling and other supportive services designed to enable and address associated physical and mental health problems and restore the patient to maximum function ability. A continuum of care may include prevention, early intervention, treatment, continuing care and recovery.

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