CHAPTER 5

SUMMARY, FINDINGS, DISCUSSION, CONCLUSION, RECOMMENDATIONS FOR INCREASING THE AWARENESS ON DRUG ABUSE AND HIV/AIDS AND SUGGESTIONS FOR FUTURE RESEARCH

5.1. SUMMARY
Summary of the research gives an overview of the topic and the research done in order to derive conclusions for implementation.

5.1.1. Introduction

Nagaland is a state with access to international border with Myanmar and is within the golden triangle for trafficking substances that are addictive. The population being agrarian, is venturing into the field of education with vigour and school education takes primary importance in all the activities of the family.

The secondary school, run by the Government and the Private agencies are preparing the children at the crucial stage of attaining physical maturity in order to cope with life. HIV/AIDS, together with Drug abuse, has been considered a threat to the well being of the individual as well as the society. There is a need to prepare the young generation to adapt to the ways of preventing the spread of HIV/AIDS and drug abuse to be leading a healthy life. The research on the awareness level of secondary school children on HIV/AIDS and drug abuse in Nagaland is taken up in order to identify the ways to prevent the spread of the infection.

5.1.2. Need and Significance of the Study

Unplanned programmes conducted by individual schools with the purpose of spreading awareness on HIV/AIDS and drug abuse often cause confusion among
children. The teachers and parents have often been at wits end to guide them in the right way.

The social concern to prevent the spread of infection trusts the teachers and parents to be knowledgeable enough to make the resources available to disseminate information on the issues of drug abuse and HIV/AIDS. the study on the awareness level of secondary school children on HIV/AI and drug abuse in Nagaland becomes significant as it accesses the knowledge of the children, parents and teachers to propose a method to prevent the same.

5.1.3. Statement of the Problem

The secondary school children are at their most important time of physical development. In order to cope with the changes and to enable them to have correct choices to ensure their physical as well as mental health the secondary school children require to know of the health hazards prevalent at the stage of their growth. Drug abuse especially injecting drug users pose a potential medium of transmission of HIV/AIDS. Similarly the stigma the people infected with HIV experience and the sense of solidarity the people in the society require in order to be build a healthy life together, call for greater knowledge on the ways to prevent the same. The concerted efforts of the parents, teachers, heads of the institutions and the children if decided knowledgeably can make a world free from the threat of Drug abuse and HIV/HIDS. The problem of the study is
stated as “Awareness level of Secondary School Children in Nagaland on Drug Abuse and HIV/AIDS”.

5.1.4. Objectives of the Study

The study on the awareness level of the secondary school children on Drug Abuse and HIV/AIDS in Nagaland was done with the following objectives: a). To analyse the present awareness level of the children of classes IX and X in Nagaland about drug abuse and HIV/AIDS. b) To analyse the role of the school management, the teachers and the parents in order to create awareness on Drug abuse and HIV/AIDS. c). To identify the existing materials and programmes to create awareness on drug abuse and HIV/AIDS in schools. d). To identify causes of Drug Abuse and infection of HIV/AIDS among children. E). To suggest ways to create awareness on HIV and drug abuse.

5.1.5. Definitions of the Terms Used

The terms used in the research are definite in their meaning and they are used purely within the scope of education. They are:

a) Secondary school Children

The term secondary school children used in this research denoted the children who are studying in classes nine and ten of a school. They are generally of the age group of 14 to 16 years. They are the senior most students in a high school.

b) Drug abuse
It is the use of a chemical substance beyond its purpose. It is used as a medicine but if used without serving a remedial purpose it alters the state of one’s mind and body. When a drug is used without medical governance it is called drug abuse.

c) Addiction

It is a compulsive habit caused by the repeated use of a chemical or a behavioural pattern. When a person is unable to function without great difficulty if no access to it, is called addiction. It is also called drug dependence or chemical dependence.

d) HIV

It is Human Immunodeficiency Virus. It is a virus that causes AIDS. If infected with HIV a person looses his/her immunity in the course of time and succumbs to different forms of infections and loses life in the course of time.

e) AIDS

It is Acquired Immunodeficiency Syndrome. It is called acquired because it is transmitted from one to another through a medium. It is a stage in which the immune system of a body becomes deficient. It is a syndrome because it is a sign of not only one infection but it can be also of many infections.
f) **Awareness**

It is the term that refers to the knowledge of something of someone. It also implies the knowledge of something as existing and significant. In this study this term is used to refer to the level of knowledge of the children on HIV/AIDS and drug abuse.

5.1.6. **Delimitation of the Study**

The researcher limited his study on the awareness level of the secondary school children on HIV/AIDS and Drug Abuse in Nagaland to the sample from 65 schools from eleven districts of Nagaland. The sample consisted of teachers, heads of institutions and parents.

5.1.7. **Nature and Design of the Study**

The nature of the study is largely descriptive. The study attempts to quantitatively describe and analyse the data collected through questionnaires and methodology underlined below.

5.1.7.1. **Method Used**
In order to achieve the objective of the present study it is designed in line with the
descriptive method of research. In this study the assessment method of descriptive
quantitative type is used.

**5.1.7.2. Population of the Study**

The population of the study consisted of all the secondary school children,
teachers, heads of institutions and parents in Nagaland. It included both the government
schools as well as the private schools.

**5.1.7.3. Sample of the Study**

Random sampling method was used in the study. The researcher had three
thousand one hundred and forty children from sixty five schools, five hundred and eighty
eight parents and four hundred and thirty three teachers and twenty one heads of
institutions who formed the sample of the research. It also included the heads of Non
Governmental organizations, People living with HIV/AIDS, Drug users and recovering
drug dependents.

**5.1.7.4. Tools**

The tools used by the researcher are mainly questionnaire and interview schedule.
One set of questionnaire with eighty one statements was prepared for the children. It
addressed thirteen aspects of the topic. Another set of questionnaire with eighty five
questions each was prepared for all the teachers and parents together. It addressed five
aspects of the topic. The interview schedule was prepared for the heads of the institutions. There were twenty interventions.

Pre-testing of the questionnaire was done in St Joseph’s High School Chumukedima. Besides, the supervisor the questionnaire was also scrutinized and validated by Dr Joyce Angami, an expert in the field of HIV/AIDS and drug abuse. Items were revised according to the feedback received before it was ready for final administration.

5.1.7.5. Data Collection

The data collection was done by the researcher by visiting the schools and requesting the head of the institution for permission to involve the children and the staff in the survey. All the children and the teachers could complete the questionnaire within one hour. The questionnaire carried one page letter of introduction by the Supervisor and a letter seeking help by the researcher and the Bio-data of the respondent and the statements with three choices such as yes/no/do not know. The secondary children were very co-operative in this effort. The heads of the institution and the parents and staff too co operated well.

5.1.7.6. Statistical Analysis of the Data
The statistical analysis is done by finding the percentages and by way of comparison and interpretation in the light of the objectives as well as the theories of mental health and hygiene.

5.2. FINDINGS

The analysis of the data collected brings out the findings for the discussion. The findings are given in points according to the category of respondents.

5.2.1. Parents

The response from the parents have been analysed in total as well as according to the location. The following are the findings from the response of the parents as per the theme and objective.

5.2.1.1. Problem

The problems of HIV/AIDS and drug abuse hamper the educational process both for the individual as well as in the institution. But remedy can be found by way of building up the capacity of the parents in order to have a clear view of education and health in a holistic manner that all the parents will sensitive to create a hygienic atmosphere for the children at home, in the society and in the school. Thus in the long run the eradication of the problem of HIV and substance abuse will be possible.

The main findings are the following:
a) Data from the parents in rural areas showed that the majority of the parents are not aware of the dangers that the drug abuse and HIV/AIDS to the education of their children in the school. Though the existence of the problem is acknowledged by many, the impact it causes is not understood by them.

b) The parents from the semi urban area are conscious of problem of Drug abuse and HIV/AIDS. There is a need to involve the parents in the planning of academic activities so that they too can be equal partners in the character formation of the children.

c) The Urban parents are in need of greater awareness on impact of the problem of Drug abuse and HIV.

d) Parents in total are conscious and efficient but are not able to contribute positively in the educational formation of the children. Therefore, the task of the educator is to create an atmosphere of collaborative education by an atmosphere of healthy living.

5.2.1.2. Prevention

Regarding the prevention of Drug abuse and HIV/AIDS the parents hold that the role of the educator is to intervene in the process of identifying needs of the children and to facilitate the most appropriate programme in order to mould their behaviour.
a) The intervention of the educator is directed towards making the parents know what
the teachers can do in order to help them in the formation of the children.

b) The parents are aware of the dangers of drug abuse as V/AIDS.

c) They are free of stigma as they reveal their status to the teacher for the good of the
children.

d) Parents are in need of being enabled to monitor the behaviour of their n in
order to prevent deviance as well as to guide them for achievement in life.

The role of the educator is to make the parents to be conscious of their role to be involved
in the educational formation of the children.

5.2.1.3. Resources

The resources available and were identified and suggested through the study are the
following:

a) The Non Governmental organizations have proximity to the people living with
HIV and are at their service.

b) There is a need to establish a system of interaction with the rural parents in order
to have informal interactions as a means of educating them.

c) There is a need to keep the parents updated on the subject matter through different
programmes for creating awareness through the intervention of the educator.
d) There is a need to identify the elements of the strategy they need to achieve the total prevention of drug abuse and HIV/AIDS.

e) When the parents in the rural areas say that only 14% of them are aware that the newspapers and periodicals are made available to the children in the school, it follows that the parents are not conscious enough to intervene in the matters of the educational progress of the children in the school for their all round development especially to address the matter of drugs and HIV/AIDS. If done it will make the parents and the teachers equal partners in the educational progress of the children and the social relevance of the school.

The analysis of the response of the parents in the three locations on the resources available in the school for creating awareness on HIV/ AIDS and Drug abuse showed that the parents are greatly in need of being conscious of the urgency to create awareness on HIV/AIDS and Drug abuse.

5.2.1.4 Causes

Regarding causes the parents held clear views on certain parameters. The role of the parents in parenting the children was not emphasized so that the educator could receive more cooperation from the parents in the schools for various programmes for the
growth of the children. Ignorance of parents in parenting caused deviance. Parental involvement was required for the initiatives of the school for creating awareness among the children through the organized programmes like Red Ribbon Clubs more efficiently.

The intervention of the educator was directed towards the involvement of the parents in guiding their own children as the vast majority considered that the parents are the best role models for the children. The educators’ in general was to identify the needs of the children in their relationship with their parents so that they could remedy the relationship obstructions. High determination from the part of the parents for need for counseling and guidance at the secondary school level, parental role as the models for the children and the efficacy of the parent teacher relationship for the sake of the good behaviour of the children were revealed by the parents. At the same time only 12% parents were able to say of the Red Ribbon clubs as effective agencies for creating awareness.

Thus it was identified that the role of the educator is to help synchronize the programmes in the school for creating awareness among children, parents and in the society at large on the effects of HIV/AIDS and drug abuse so that the children will be the greatest beneficiaries of the school programmes and the parents will have greater interaction with the teachers for the good of the children.

5.2.2. Teachers
The response of the teachers was analysed according to the school type at the same time keeping the theme and the objective of the research.

**5.2.2.1. Problem**

Of the government school teachers’ response figures showed that they were highly aware of the problems faced by them because of abuse of drugs and HIV/AIDS in the school. Teachers were fully conscious of the significance and need for mental health to be preserved by the children in order to form good habits for ideal behaviour. The private school teachers were well aware of the problem of Drug Abuse and HIV/AIDS as it caused problems of discipline in the school.

Teachers in general were aware of the problems especially of low academic performance faced by the institution on account of the drug abuse and HIV/AIDS. The atmosphere of the school was adversely affected by drug abuse and the performance of the school in various aspects and public good will for the school declined due to deviant behaviour of the children. Parents approached the teachers seeking their intervention in the life of their children. It was an opportunity for the institution to strengthen the institutional climate of the school in order to make the children experience an atmosphere conducive for the appropriate mental hygiene and health.

**5.2.2.2. Prevention**

Regarding the prevention of HIV/AIDS and drug abuse the Teachers held different views and the findings are enumerated. There was scarcity of fund for preventive
measures. They called for revamping the planning and budgeting of the expenditure of the institution with greater participation. The schools did not have enough reading materials for the children to know more of HIV/AIDS and Drug Abuse. 54% the teachers said that the parents monitor the behaviour of the children. Absence of parental correction to the children was considered the most crucial cause leading to the abuse of drugs and behaviours leading to HIV/AIDS.

The parents very rarely revealed their health status to the teachers whereby they prevented the care to be given to their children for educational growth. Therefore the intervention of the educator is called for in order to educate the parents as well as the teachers to find significance in their role to build up the future of the children as well as to intervene in the budget preparation of the institution for the academic year in order to ensure allotment of optimum fund for the programmes for creating awareness on HIV/AIDS and Drug Abuse.

5.2.2.3. Resources

The resources identified in the school by the teachers are the following

a) The teachers were generally aware of the facilities available for the children in the school and in the neighbourhood for creating awareness on HIV/AIDS and drug abuse.
b) Though Red Ribbon clubs are helpful in the process of awareness of the subject matter of HIV/AIDS and drug abuse only 12% schools have availed themselves of this opportunity.

c) Teachers were found to be confident to clear the doubts of children on HIV/AIDS and drug abuse.

d) There were only 34% of the schools with the availability of News Papers for the children to read from.

5.2.2.4. Causes

The causes of children taking to drugs and to behaviours leading to HIV/AIDS infection as identified by the teachers are elaborated as the absence of proper guidance for the children at the secondary level caused deviation. The Red Ribbon clubs considered to be universal in the schools was not known to parents. There was little communication between parents and teachers on the matters of behaviour as well as education of the children. Over population in some schools make the secondary education non attractive and less effective.

The analysis of the data given by the teachers on the of HIV/AIDS and drug abuse among the secondary school children indicated that the universal causes were applicable to the location. Peer pressure leading to drug abuse, teen sex, absence of counseling and guidance, conflict in families and the of the general programmes etc were the immediate causes that lead to IDS and Drug abuse. When the Government school teachers were for effective methods of involvements like
counseling for the children and the parent teacher com vate school teachers were unanimous about the need of counselling for the children. The need of the hour is to devise a strategy to organize counselling for the secondary school children as well as to activate Red Ribbon clubs in the schools.

5.2.3. Secondary School Children

The responses of the children is analysed according to the themes as well as the school type, gender and location. The findings are giv follows.

5.2.3.1. Problem

The responses to the statements on the general concepts of Drug abuse and HIV/AIDS denoted that the children were in need of better knowledge on the subject matter especially on the methods of prevention of HIV. It called for more learning by the children on the way injecting drugs can cause the transmission of HIV.

5.2.3.2. Resources

It is evident from the data that the government sponsored programmes were not understood well by the children. There was a need to increase the knowledge capacity of the children to have correct perspective on HIV and substance abuse through programmes available. There was a need for making the reading materials available for the children in the schools. The children were largely not exposed to the opportunities to learn more of the HIV and Drug Abuse.
5.2.3.3. Causes

The causes identified by the secondary school children are as follows:

Sex was considered as the commonest route of HIV by the children of Government schools (88%) and the Private Schools (93%) also considered it as the main transmission route. Therefore the education of the children in the discipline of adolescence education to cope with life is required to prevent children from such behaviours.

The ignorance of children on the methods to prevent it and how the injecting drug use transmits HIV are the causes identified by them. Absence of facilities in the institutions for creating awareness for the children on HIV and Drug Abuse especially in the libraries or reading rooms with books and periodicals on the subject. The trend in the data indicated that the children were greatly in need of knowing more of the basic facts on HIV and Drug Abuse with special reference to their causes.

5.2.3.4. Prevention

Secondary school children identified the following regarding prevention of HIV/AIDS.

The children in general wished that no one got infected with HIV. They considered abstinence from sex as a means to prevent the transmission of HIV. Abstinence from injecting drugs too was considered by 72% of the children in the urban
area as a way to prevent HIV/AIDS. They are aware that all doctors can help prevent transmission of HIV/AIDS. They hold that no physical exercise can prevent from getting infected with HIV.

5.2.4. Gender

The analysis of the data according to the gender made comparison between the awareness level of the female children and the male children in view of the general awareness level. It gave the following findings:

The data showed that 94% of the children were aware of HIV. While 91% were aware of AIDS. 81% of them stated that substance Abuse was addictive. These indicated that majority of the children were aware of the problem of addiction though there were many who are not aware of HIV and AIDS. 33% could say that counseling was a method of treating the addicts. 22% of the male and 38% of the female were aware of it. 81% of the children did not wish to be addicts. 37% of the children said that a happy life is a must for having good habits. It included 41% male and 34% female.

Of the children 18% said that addiction leads to ill health of which 20% was male and 16% female. It indicates their low awareness level of the subject. It is noted that 77% of the children denied that all drug addicts are HIV positive people. At the same time 59% of them said that the drug abusers were at high risk behaviour. When 31% of the children were aware of the World AIDS’ Day observed on 1st December, 73% of them said that needle exchange programme was for all.
On the mode of transmission 81% said that eating in a hotel does not cause contracting HIV. Whereas 91% held that it is transmitted through sex. 57% of the children said that all hospitals have facilities to treat HIV patients. It is noted that 80 % of them said that it is not preventable. 18% of them said that HIV can be prevented if one does not consume liquor. But 19% said that they want others to be protected from HIV. 81% are aware that handouts are available in the mother tongue on HIV/AIDS. But there were only 38% who were aware of the NGOs working in the field of HIV/AIDS and Drugs.

11% said that they were well informed of HIV/AIDS while 71% of them read of addiction in News Papers. There were 73% of the male and 71% of the female children who have met the HIV patients. 72% of the children in total have met HIV patients. 74% of them said that Red Ribbon club helps to know more of HIV/AIDS. But only 42 % said that the school organizes programmes on HIV/AIDS and Drug abuse.

5.2.4.1. The Gender-wise Findings Indicate the Following

The data revealed the fact that male children were not aware of the urgency of preventing HIV/AIDS. The response of female children helped the researcher to conclude that the female children were still in need of knowing more of HIV/AIDS in general. The
capacity of the children to approach the issues of health in general and to prevent HIV in particular was found to be low. Male children were less aware of HIV and AIDS with regard to the routes of transmission. Female children had less knowledge of the subject matter to live without stigma. There was a sign that children as a whole were still in need of learning more of HIV in order to make themselves free of prejudices and to remove stigma.

The data indicated the low level of awareness and the need for greater efforts to make them learn more of HIV and Drug Abuse. It was found that the children were not exposed to the facilities available in their neighbourhood to prevent deviances such as substance abuse.

The data indicated the absence of awareness on addiction in its relation to general health. The general student population was aware of the general facts of HIV and Drug abuse but there was low level of knowledge on prevention. The percentages indicated that the male population was in need of clarifying the concepts and causes of HIV and substance abuse from the perspective of general well being. The data was indicative of the need to educate the people on the concept of general well being especially in relation to substance abuse and HIV. There was scarcity of information to the general public on government sponsored programmes.

Considering the significance of the programmes and the events it was noted that the children had still low level of awareness. This called for creating awareness by
popularizing events and observances of days for a particular purpose related to HIV/AIDS and drug abuse.

From data it was evident that there was low level of awareness regarding transmission of HIV. In this it was found that the children were not aware of the absence of the transmission through social contacts and blood donation. There was a need to conscientise the children on the advantages of donating blood and to free them from the fear of mosquito bite as a mode of transmission of HIV.

The data from the respondents revealed the fact that awareness level of the male children population on the methods to prevent HIV was very low. It was important to note that 77% considered abstinence before marriage from sex as a way to prevent HIV. It was a matter of concern as the high awareness level has not enabled them to spread the awareness on the matter and the need to secure good health for all. Thus, it was found that there was a need to intervene in order to create more awareness on the subject and the personal responsibility to prevent the same. The data on resources indicated that the exposure to the material resources to the situation did not increase the ability of the children to know better of the subject and to strive to alleviate the situation.

The figures suggested that the optimum utilization of materials was yet to be done in order to prevent HIV more effectively. The children were to be made aware of the value of such materials in order to learn and to be increasing one’s own knowledge capacity. The respondents were aware of the subject and its implications but they were
not confident to utilize their knowledge in their social life. It showed that there was the urgent need to find the way to imbibe the confidence and to realize the social implications of the knowledge one possesses. It would to remove the stigma and to make the life of the society healthier.

The data on personal responsibility revealed that the children were not aware enough to spread the message of prevention with the limited knowledge they had. The data on stigma showed that the awareness level of children on HIV and Drug abuse was insufficient for the eradication of stigma and integration of the life of people with all in the society. The need is to intensify the efforts to conscientise the children on HIV/AIDS and substance abuse.

The data on the personal ability to prevent HIV/AIDS and drug abuse indicated that it was also possible to create awareness and to increase the knowledge capacity of the children in order to be able to protect oneself from the dangers of substance abuse and HIV/AIDS. The data indicated a very low level of awareness of the children in general on the methods of prevention of HIV. It was found that the awareness level of the children on methods to prevent HIV did not enable them to have responsibility to work towards prevention of HIV. The data on resources reflected the need for better co-ordination of the sensitization programmes on HIV in the educational institutions and the facilities in the school had limitations and it is in need of enhancement.

5.2.5. Findings from the Data Collected from School Type
Findings on the general concepts of Drug abuse and HIV/AIDS drew attention to the fact that the children of both Government schools and private schools had basic knowledge on HIV but the knowledge on AIDS was low. While the Government school children had generally low level of awareness of general concepts, they were more aware on the fact that HIV leads to AIDS. The Government school children were in need of being exposed to the knowledge of HIV/AIDS and substance abuse.

60% of the government school children and 55% of the private school children said that all hospitals had facility to treat HIV/AIDS. It is a low level of knowledge on the public agencies of health care. The trend indicate that the children are greatly in need of knowing more of the basic facts on HIV and Drug reference to their causes. The data showed that the government sponsored programmes were not understood well by the children.

Sex was considered rightly as the commonest route of HIV by the children of Government schools (88%) and the Private Schools (93%) respectively. The children are in need of better knowledge on the subject matter especially on the methods of prevention of HIV.

The data revealed the need to increase the knowledge capacity of the children to have a correct perspective on HIV and substance abuse. They felt the need for making the reading materials available for the children in the school as only 15% of children in Government schools and 9% in private schools said that they had enough materials to
read on HIV/AIDS and drug abuse in the school. There was a need to equip the libraries in a better way with books and periodicals on this subject as only 35% of children in Government schools and 40% in Private schools said that they have books in the library on HIV/AIDS and drug abuse.

It was found that the children were largely not exposed to the opportunities to learn more of the HIV and Drug abuse. The data showed that the institutions had limited facilities for creating awareness for the children on HIV and Drug abuse.

5.2.6. Findings from the Location: Urban, Semi-urban and Rural

The awareness level of the children on HIV/AIDS in the schools of urban areas showed that they stood highly in need of learning more of the subject itself as the statements on the concept of the subject showed that 6% were less aware as compared to the children from rural area where 95% of the children knew the IV. 91% children in the schools of urban area as compared the 92% from the rural area stated correctly the statements on the concept of AIDS. The data indicated that the children from the rural schools were in need of learning much more on HIV/AIDS in order to protect themselves and to be healthy.

The need for giving the children a clear idea about the basic concepts on HIV and its difference from AIDS was clearly indicated in the data on general concepts. 18% of urban children, 71% of semi urban children and 74% of children held that the people living with HIV and substance abusers were good people. It showed a high sense
of stigma especially in urban area which stood in need of correction through intervention of the educator.

70% of the urban children, 79% of the semi-urban children and 78% of the rural children said that by abstinence from sex one could prevent transmission of HIV/AIDS. It showed that the semi urban children had greater knowledge on the mode of transmission. 20% of the urban children, 53% of the semi urban children and rural children said that all drug users are HIV patients. This is indicative of the need to know more of the HIV and Drug abuse and their relationship. The awareness level of the general concept on the modes of transmission of HIV is low in the urban area in comparison with the other two areas.

78% of the urban children, 85% semi urban children and 86% of rural children said that substance abuse is addictive. It is indicative of the low awareness level on HIV/AIDS among the urban children compared with the children from rural and semi urban areas.

It was noted that when 70% of the children in Urban areas said that one can prevent transmission of HIV by abstinence from sex before marriage, there higher percentages 79% in semi urban and 78% in rural areas who said so. It is indicative of the fact that the semi urban children were more aware of sex as route of transmission of HIV.

On the other hand it was found that 80% of the urban children wanted that others be protected from HIV while only 14% in the rural areas and 20% in the semi urban areas
said so. It is indicative of the greater sense of personal responsibility on the part of the students to prevent the spread of HIV among the urban children.

Handouts are available in the mother tongue in the rural areas (81%), in the semi urban area (82%) and in the urban area (20%). It is indicative of the material resources being not available for the urban public in their mother tongue as much as in other areas. 82% of the urban children, 30% of semi urban children and 18% of rural areas said that they could help others learn more of HIV/AIDS. It showed the confidence of the children in the urban areas to share the knowledge as more than that of the children from the semi urban and rural areas.

77% of the urban children said that they were well informed of the dangers of drug use while it was only 12% in semi urban area and 10% in rural areas. 22% of urban children, 71% of semi urban children and 73% of rural children said that they had met HIV/AIDS patients. It showed that the rural and semi urban children were more exposed to the real problem of HIV/AIDS. Only 13% each of urban and rural children and 12% of semi urban children said ‘yes’ to the statement that they had enough materials to read on HIV. It indicated that there was a great shortage of materials on HIV/AIDS for the children to read in all the three areas such as urban, rural and semi urban.

5.3. DISCUSSION

5.3.1. Introduction

The discussion of the findings will enable the researcher to recommend ways to adopt in order to increase the awareness level of the school children on drug
abuse and HIV/AIDS. The discussion of the findings is done thematically as well as sample wise. There are also recommendations for improving the awareness level of the children on drug abuse and HIV/AIDS.

5.3.2. Themes

Thematic discussion is done based on the basic themes aspects depicted in the research questionnaires. They are as enlisted below.

a) Problem

b) Prevention

c) Resources

d) Causes

a) Problem

The problem of drug abuse and HIV/AIDS adversely affects every strata of the society. It has its own socio-economic and educational impact everywhere. The general awareness on the problem of Drug Abuse and HIV/AIDS is high. This results in the ability of the community or society to positively on the measures to prevent the spread of the same. Teachers, Parents, heads of institutions and the children can become mutual stakeholders in the efforts for eradication of drug abuse and HIV/AIDS.

b) Prevention
The prevention of drug abuse and HIV/AIDS was desired by all the students. Parents and teachers have the desire to prevent the same. But they do not know how to do it as their knowledge on the matter is limited. Though some parents impart knowledge on the matter to the children they are not able to lead them. Their influence is great as the children consider them as role models. So the parents can play a major role. The children do not wish that anyone to be using drugs or being infected with HIV/AIDS. So the peer pressure can be positively used in order the same.

c) Resources

The government sponsored programmes are many like the World AIDS day, World No Tobacco day etc. They are not popularly known to the parents, children and the teachers too. The extent of the effect of such observances and celebrations are limited. The availability of daily news materials like news papers and other periodicals will help them know more of the subject. The resources are available through various means in the schools for the children to create awareness on HIV/AIDS and Drug abuse. But the optimum utilization of the same is not possible for the children as they are not conscious of the significance of such materials. Besides, the low level of awareness on the methods of prevention of HIV/AIDS, the personal responsibility to prevent its spread too is low as they are complimentary factors.

d) Causes
Regarding the causes of drug abuse the parents and the teachers consider them as the result of parenting and peer pressure. Though many a parents are educated they may not be aware of the implications of being ignorant about the growth needs of their children. Similarly the general practice of being away regularly from the families by either of the parent for employment purposes or business affects the behaviour of the children. So there is the need to have a close relationship within the families and constant communication between the members of the family.

5.3.3. Sample

In this research the sample included a) Parents, b) Teachers, c) Children, d) Heads of Institutions, e) Non Governmental Organisations, f) People Living with HIV, g) Drug Users, h) Recovering addicts

a) Parents

Parents in general are aware of their role to create awareness on Drug abuse and HIV/AIDS among their children. In relation to the school they are not involved in planning for the programmes for the creation of awareness among the children on such matters. There is less communication between the parents and the teachers on the educational needs of the children in the school whether private or Government. More involvement of the parents in the education of the children in the school will build the school as a community institution resulting in the prevention of all forms of deviance.
Parents are the greatest resources as they are the first role models for the growing children.

b) Teachers

The problem of Drug abuse and HIV/AIDS affect the efficiency of the teacher in the class room as there are affected children and also affected colleagues or they themselves are affected. The teachers on the other hand play a major role in order to prevent the spread of Drug abuse and HIV/AIDS. They are in constant rapport with the children and so they could identify any behavioural change in the child and guide him/her out of the crisis. The initiatives of the teachers in the school make it a place of joy and in turn the school will be a place of attraction for the children. And thus, learning becomes a joyful experience. It will prevent deviance. At the same time the school management needs to allot funds for the activities wherein the teachers can freely initiate teaching innovations in order to keep the children focused to learning.

c) Secondary School Children

The discussion on the findings of the survey done on the topic Awareness level of Secondary school Children on HIV/AIDS drug abuse with reference to the children is based on the category of response such as gender, school type and location.
i. Male

The male children generally were aware of the general concepts of HIV and AIDS. They considered sex as the chief route of transmission and were less aware of the other routes of transmission. It is important that children know it because prevention is possible only with the knowledge of the routes of transmission. They need to be free of prejudices and stigma to be freely involved in the well-being of the society. A high awareness level has not lead to the efforts to create awareness among more people on the subject. The male students as a whole have low awareness level of the fact that infection of HIV leads to ill health. It indicates a fact that the children do not consider the urgency of preventing its spread as it does not affect them. Therefore, there is the need to increase the sense of urgency to ensure general health.

ii. Female

The data revealed that female children are less aware the ways to prevent the spread of HIV/AIDS and drug abuse. It could be enhanced as they were in need of knowing more of HIV/AIDS in general by building their to approach the issues of health in general and to prevent HIV in particular had less knowledge of the subject matter to live without stigma which is a sign that they as a whole were still in need of learning more of HIV in order to make themselves approach freely.

From data it was evident that there was low level of a s regarding transmission of HIV through social contact and through donation of blood. They are in
need of being conscious of the advantages of donating and to free them from the fear of mosquito bite as a mode of transmission of HIV. Above all the female children were confident to say that they could abstain from sex before marriage. It could be the best way to spread the message of disciplined behaviour and mutual respect in the society.

b) Schools

The findings from the children in both Government and schools indicate that they have low awareness level on AIDS though they are aware of the HIV. It leads to the fact that they have more of hearsay knowledge than imparted knowledge on HIV/AIDS. A definite programme is the need of the hour in order to conscientise the children on HIV/AIDS.

i. Private Schools

Most of the private school children consider the absence of reading materials as the greatest obstacle in acquiring knowledge on the subject. The social exposure is low as the children mostly state that the treatment for HIV/AIDS and drug abuse patients is available in the in primary health centres. There is limited facility for creating awareness on HIV/AIDS in the schools. It is caused by the absence of materials, trained staff and the lack of initiatives from the management.

ii. Government Schools
Creating opportunities to increase the knowledge capacity of the children will enable the government school children to make efforts HIV/AIDS and Drug abuse. There are books in the libraries of Government schools on HIV/AIDS and substance abuse. It is a great resource. Popularizing them for reading will make the children learn more. Increase in the reading habits of the children will indirectly cause the increase of awareness of the children on HIV/AIDS.

**c) Location**

Whether the children are from the rural or semi urban areas it was found that they stood in need of increasing the awareness on the issue of drug abuse and HIV/AIDS. The precise knowledge of the terms used in the subject when imparted to the children will benefit the increase in their awareness level and thus they will be able to face the responsibility of preventing the spread of HIV/AIDS and the abuse of drugs.

**i. Urban School Children**

Contrary to general expectation the children in urban areas were found to be less aware of the general concepts related to HIV/AIDS and drug abuse. The relationship between drug abuse and HIV/AIDS too is to be identified and imparted to the children for the purpose of removing prejudices and generalization. It is required because the shallow knowledge of the children on the subject cause them to maintain prejudices and thus in effect alienation of the affected and infected especially in the urban area.
ii. Semi-Urban School Children

The children from the semi urban area showed a high level of awareness on the mode of transmission of HIV/AIDS. It is because of the social transition of the places as well as the educational and social opportunities they have in order to increase their awareness on HIV/AIDS and drug abuse. Every semi urban area is under the speedy process of social change. It is significant that the children, parents and teachers are taken together in order to impart knowledge on such social and educational issues like HIV/AIDS and drug abuse.

iii. Rural School Children

The difficulty with the rural children helping in the process of prevention of HIV is that they do not know the dangers of drug abuse and HIV/AIDS. Their awareness level remains very low as a result of absence of exposure to knowledge that is evidently related to HIV/AIDS and Drug abuse. It is also noted that the rural children are not confident to help others to learn of HIV/AIDS or drug abuse. At the same time they state that they met persons infected with HIV/AIDS. It gives them an exposure to the reality of HIV/AIDS.

5.3.6. Heads of Institution

Head of institution in fact leads in establishing the climate conducive for the growth of everyone associated with the school. Their leadership abilities and educational innovations will enable the people to find the right path the growth of
pupil entrusted to the school. They consider reinforcement to be the best method to prevent deviant behaviour. The confident staff, disciplined management or head together with parental guidance etc will create a school free of deviance the children will have the capacity to resist the pressure of drug abuse and behaviours leading to the infection of HIV/AIDS.

5.3.7. Non Governmental Organizations

The non Governmental organisations in Nagaland are mass based and faith based. They are able to deliver services efficiently and with commitment to the social causes. The concentration of NGOs in the townships like Kohima and Dimapur appears to be hampering the implementation of the projects but they all have operating areas and field staff to carry out their services. The problems they face are the absence of mass involvement for the implementation of the projects as well as the long procedures to be met for obtaining grant or fund for the services from the Governments or from the sponsoring agencies.

The faith based organizations are more effective as they are accountable to the sponsoring churches of the organisation that sponsor them. At the same time they are mostly addressing the linguistic groups especially in their vulnerable situations. It has its own advantages of better co-ordination and communication. However, there is a need to have more of public accountability in the services they render to make every service socially relevant.
5.3.8. People Living with HIV

The people living with HIV are no more in the dark nor remain behind the scenes. They gather together and discuss common issues and have formed the network function from different locations. It is evident that they are no more under the fear of rejection or exclusion. They dare to be one with another in their effort to promote their life. It is commendable to note that they have formed themselves into an NGO to focus on the cause of their concerns. They generally feel welcome in the presence of others and feel good in doing their duties in spite of the fact that medical facilities are limited and their affordability remain low.

5.3.9. Drug Users

Drug dependents were a hidden flock in the society. But presently the human concerns and the awareness of the need to accept them in the society to heal them brought a lot of change and gave them confidence to declare their life situation and to seek help. Fear has been overcome with care and confidence. Together with many drop in centers for needle and syringe exchange programmes and other institutions the Prodigal home and Shalom serve their need to be sober.

5.3.10. Recovering Addicts

It is a turning point in the life of the individual to face reality and to be conscious of the dangers of addiction. It is the deep sense of human dignity and the affirmation of
the people around that sustain their good will to persevere in the community for a normal living depending on their own abilities and credits. What they need is opportunity to grow fulfilling their dreams.

5.3.11. Difficulties in Secondary Education in Nagaland

Secondary education in Nagaland is facing the challenge of having enough qualified staff to educate the children. Besides this distance for the schools from the villages demand that the children stay away from the parents in the hostels or in rented rooms with practically no guidance available for them for most of school hours. It causes irregularity, truancy and deviant behaviours.

Besides, this the curricula often suited for children from the cosmopolitan cities, are not adopted enough to suite the learning space of children in different places of the state. The enrollment ratio in private and government schools is a matter of concern. The private schools are often over crowded whereas the government schools often lack sufficient numbers.

In the sphere of creating awareness on HIV/AIDS and drug abuse it is found that the Government schools with better qualified and more efficient than the private schools with less qualified, less salaried staff and less in number. The teachers who attend the programmes on HIV/AIDS and drug abuse from the government schools are more in number than from the private schools. But hardly few government schools have functioning red ribbon clubs. The study of the
awareness of the secondary school children on HIV/AIDS and Drug Abuse in Nagaland sheds light on the way a school functions as a resource in the reality of the situation.

**5.3.12. Problems in creating awareness**

There are problems or difficulties in creating awareness on HIV/AIDS and drug abuse in the school are manifold. The basic problem in creating awareness among the children is the absence of a system with creative methods to communicate the subject matter to the children. The availability of the literature on the subject in their mother tongue is an asset but there is the scarcity of teachers who are trained to explain to the children the same in order to make them understand.

There are more national and international programmes sponsored by the government and they are occasions for the children to something new. But often such programmes or days are neither observed in the schools nor given due significance by the management as a result the children learn little from events. Therefore the management of the schools is invited to be better moti to optimize the utility of the programmes. There is a need to have an efficient monitoring mechanism for the effective implementation of the programmes.

**5.4. CONCLUSION**

This section is about the conclusions drawn from the findings of the research on awareness level of secondary school children on HIV AIDS and Drug Abuse. They are
given thematically. There are also recommendations for improving the awareness level of the children on drug abuse and HIV/AIDS.

5.4.1. General Concept

The awareness level on general concept of the drug abuse and HIV/AIDS had been found low especially for the children in the urban areas. When the private schools have more material resources with regard to HIV/AIDS and Drug Abuse, the human resources in the form of trained staff stands as the strength of the Government schools. The need for having basic knowledge on the problem of IV/AIDS and drug abuse is indicated clearly for the children of both the types of schools. The head of the institutions suggest that there could be awareness programmes in order to make the children conscious of the matter.

5.4.2. Causes

The children in general consider peer pressure as the greatest player in this area. There are also the heads of the institutions who consider the family background such as single parents, unwed mothers and illiteracy of the parents etc as causes of deviance. The absence of people being health conscious is another factor. There is the wrong concept of health that makes it possible for people to take to behaviours that are prone to make the children be infected with as well as affected from HIV/AIDS and drug abuse.

5.4.3. Stigma
The fear of the children to be associated with the HIV/AIDS patients causes them to be away from them. There are PLHIVs living happily without any experience of stigma in their families or in the society. At the same time the parents and the teachers experience reluctance to be in association with them. The heads of the institutions hold that the children with HIV are never refused admission for education. They are accepted as others are. Children are aware that PLHIVs require and acceptance but they are undecided on whether they are able to volunteer to help them.

5.4.4. Transmission

The children in general consider sex as the most sign route of transmission of HIV/AIDS. It is noted that the teachers and the parents too rarely monitor the behaviour of the children. There is a great sign of children considering the parents as role model. This is a resource for the educator because the parents can be educated easily with the proactive role to guide the children in the family.

5.4.5. Resources

There is a general sense of urgency to create awareness on the matter among the parents and teachers. The children hold that drug abuse and HIV/AIDS are preventable. There are training programmes organized for the teachers by the Governmental and the Non Governmental agencies. Parents and the teachers have greatly attended them too. But only few are able to clear the doubts of the children on the matters of concern. The schools organize programmes but are in need of more reading materials on Drug abuse and HIV/AIDS.
5.4.6. Prevention

The children in general do not want anyone to be affected with HIV/AIDS nor to be a drug user. They are in general conscious of the way to prevent them. The parents wish that the spread of problem of HIV/AIDS is contained. Teachers are confident to help the children in the process of preventing HIV/AIDS and Drug Abuse. The Heads of the institutions consider that the duty of the teachers is to prevent any form of such behaviour that will lead the children to be infected by HIV/AIDS or take to the habit of Drug Abuse. The handout available in the mother tongue is an effective means for creating awareness for prevention. The work of Non Governmental organizations is effective in creating awareness to prevent it.

5.5. Recommendations for Improvement of Awareness

In view of the findings few recommendations for creating awareness among children in the schools on drug abuse and HIV/AIDS are drawn. They are as follows:

5.5.1. On General concept

The general knowledge on the basic concepts of Drug Abuse and HIV/AIDS could be emphasized while conducting the programmes on the topic. It will generate scientific awareness on the topic. For this there could be regular reading materials made available in the schools as well as at home. There is the possibility of having the essay competitions and speech competitions at the institutional and state levels for the same purpose. It will enable the teacher to approach the subject as a science.

5.5.2. Causes
The awareness on the causes of drug use and HIV/AIDS will help the educator to prevent the same. Lack of awareness of the dangers of drug use will help many persons restrain from such behaviour that is prone to be a means for contracting HIV/AIDS. The parents and teachers through their interaction could make the climate at home as well as in the school pleasant and conducive for growth. It will help the children grow up happily coping with the demands of social adjustment and personal roles be formed for positive outlook towards life and experiences. It becomes a preventive measure to have counseling in the schools.

5.5.3. Resources

The family is the best resource. Together with the teachers the parents could enlighten the children on the problems and will strengthen their caliber. The children require a person to person contact in the school in order to make the effectiveness of education as bringing about the desirable changes in behaviour. For this the teacher pupil ratio could be maintained more effectively especially in the private schools.

5.5.4. Prevention

As in the case of creating awareness on the causes of drug addiction and HIV/AIDS the preventive methods too could be deep rooted and with broad scope. The matter of mental hygiene and the concept of general health could be insisted upon in the programmes for the children. The Governmental programmes are made available to the people and they could be popularized and optimum utilization could be achieved even with the involvement of the non Governmental organizations. School being a social
institution belonging to the community, it becomes the most effective agency for creating awareness on Drug Abuse and HIV/AIDS. For this the methods of communications especially the multimedia programmes could play a vital role.

The children with a firsthand knowledge of the situation will learn greatly. Therefore, exposure trips to HIV/AIDS homes and care centers and rehabilitation centers will enable them to learn more and to spread the news prevention. Co-curricular programmes like slogan competitions, drawings competitions or painting competitions, quiz competition etc will enable the children to find knowledge capacity on HIV/AIDS increasing.

There are individual institutions, governmental and no governmental agencies that are able to organize programmes in order to create awareness. I there is a coordinating agency in the form of a council at the state level for such preventive education programmes it will become more effective and they can be planned in a progressive way.

The institutions could give a greater share of fund for the books and periodicals for the library so that more children, teachers and even parents make use of them. The effective functioning of the patent teacher associations and the common programmes will enable a child to learn more and in turn education becomes a joyful experience.

Peer Education can be adopted as a model for the prevention of the spread of drug abuse and HIV/AIDS.

5.5.5. Strategy
It is the definite plan to achieve a goal. To reach the state of fully preventing the spread of HIV and Drug abuse is a possible goal if planned an implemented with collaboration of all.

a) Zero growth

The strategy needs to be aimed at zero transmission of HIV as well as zero drug abuse and thus the solution to the problem. It can be achieved with a co-ordinated effort directed by an agency under the State AIDS Control Society or under the department of Health or Education as a “State Council for Preventive Education”. In this the concerted efforts from the parents, teachers and the heads of the institutions together with the participation of the children will be called for. The pumping and effective guidance of the Red Ribbon clubs too can make a difference. Life education or adolescence education and peer education can be used as effective means for preventing HIV/AIDS.

b) Life orientation

Parents, children, teachers, heads of institutions and people in general could be guided to cope with the conflict between individual or personal orientation and the social orientation. So that they could inculcate social skills together with life skills. It will be possible to guide the children in the event of doubt at times of different trends in the society.

c) Introduction of a Course in Expressive Art Therapy

It could be an effective means to encourage creative expression of one’s potentialities in a positive way. The children at the primary school could be guided
basing on its principles. For this the teachers are in need of having a capacity building programme in order to be knowledgeable to guide the children. It will be fitting to introduce a one year course either as a diploma or as a degree at the post graduate level in the esteemed Nagaland University to train the personnel in order to be guides or counselors in the secondary schools as there is a dearth of qualified personnel to do so.

**d) Appointment of Counselors in Secondary Schools.**

The felt need of the hour is to have counselors in the schools to guide the children for their life choices as well as in their academic growth. The heads of the institution and the teachers are often bound by the administrative as well as curriculum transaction. There needs to be a person whom the children can confide as well as seek direction or guidance. It will enable the children to be more conscious of the present day life and choose for the future.

**5.5.6. Suggestions for Future Research**

As a result of the study the following areas are identified for future research.

a) To communicate to the children on HIV/AIDS and Drug Abuse.

b) The role of Parent-Teacher associations in order to plan and to implement school level educational programmes

c) The effect of peer pressure/education in modifying the behaviour of the children who reside in hostels.

d) The effectiveness of co-curricular programmes and agencies in the school: awareness programmes, agencies like red ribbon clubs etc
e) The effectiveness of HIV/AIDS programmes among the teachers.

f) The Role of Leader of the Institution in creating awareness on HIV/AIDS and drug abuse.

g) Awareness level on HIV/AIDS and Drug Abuse at other levels of education namely Higher Secondary and Higher Education.

h) Impact of the Red Ribbon clubs in the schools

i) Role of the NGOs in creating awareness on Drug Abuse and HIV/AIDS in the educational institutions.

j) Management of the schools for character formation.

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