SUMMARY AND CONCLUSION
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The study was designed to investigate the prevalence of alcohol and other drug use in college students stationed at Ambala City. It was considered a unique homogeneous and appropriate sample for the present study because college students are more vulnerable for alcohol and other drug use during their periods of study at college. The role of locus of control (personality), worry, anxiety, depression (negative emotions), family environment and life events in the development of alcohol and other drug abuse behaviour have been investigated systematically. Besides this, effect of alcohol and other drug abuse on self-efficacy has also been examined. All this was considered behaviour as well as prevention of drug addiction in student community.

Following were the specific aims of the study:
AIMS OF THE PRESENT STUDY

1. To determine the prevalence and pattern of alcohol and other drug abuse in college students in Haryana during one academic session.

2. To study the role of personality, worry, anxiety and depression in students who abuse drugs.

3. To examine the importance of family environment and life events in this group of students.

4. To explore the effect of drug addictive behaviour in self-efficacy of students.
HYPOTHESES

1. Alcohol and tobacco may be the common drug of abuse among the current drug users as compared to other use of drugs.

2. The drug users will be significantly high in external locus of control than non drug-users.

3. The drug users will be significantly high in worry than non drug-users.

4. The drug users will be significantly high in anxiety than non drug-users.

5. The drug users will be significantly high in depression than non drug-users.

6. The drug users will have significantly poor home environment than their non-drug user counterpart.

7. The drug users will experience significantly more life events than non-drug users in past one year.

8. The drug users will be significantly low on self efficacy than non-drug users.
RESEARCH DESIGN

The major part of this study is based on survey methodology. The remaining part of this chapter provides details regarding the selection of the samples, tools used for the data collection, procedure undertaken and statistical techniques employed. It is important to emphasize that the empirical verification of the proposed hypotheses, however depends on the reliable measurements of variables of relevance to the study as well as on the methods and procedures employed for deriving conclusions. This needs (a) selection of adequate sample (b) selection of appropriate tools that could be profitably used for reliable measures (c) administration and scoring of tests, and (d) selection of suitable statistical techniques for analyzing the data.

Thus, it seems appropriate to describe the sample, the tools used and the method and procedure employed in completing the research being reported. Now we will cover the description of the sample used for collecting reliable measures pertaining to the aims and objectives of the study, information concerning different tests, description of the procedure followed for the administration and scoring of different tests. Finally the procedure followed for analysis of data will have been described.
SAMPLING DESIGN

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Name of colleges</th>
<th>Faculty of courses</th>
<th>No. of students selected</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>D.A.V. College, Ambala City (Science, Arts and Commerce faculties)</td>
<td>1st yr.; 2nd yr. &amp; 3rd yr., science faculty, arts faculty, commerce faculty</td>
<td>* 90 90 90</td>
</tr>
<tr>
<td>2</td>
<td>G.M.N. College, Ambala City (Science, Arts and Commerce faculties)</td>
<td>1st yr.; 2nd yr. &amp; 3rd yr., science faculty, arts faculty commerce faculty</td>
<td>90 90 90</td>
</tr>
<tr>
<td>3</td>
<td>S.D. College, Ambala City (Science, Arts and Commerce faculties)</td>
<td>1st yr.; 2nd yr. &amp; 3rd yr., science faculty, arts faculty commerce faculty</td>
<td>90 90 90</td>
</tr>
<tr>
<td></td>
<td>Total students</td>
<td></td>
<td>810</td>
</tr>
</tbody>
</table>

*equal numbers of subjects (30) were selected from each year.

The survey was conducted in two stages. In the first stage, 810 students were studied through the self administered questionnaire method to assess the nature and extent to the prevalence of alcohol and other drug use among the respondents of three colleges described above. The second stage survey (intensive sample) was in depth study of 220 alcohol and drug abuse students and 100 non-user students, through interview method as well as on the basis of psychological tests.

The categories of non-users, alcohol-users and other-drug-users were based on the following criterion of frequency of alcohol and other drug use:

1. The students who have never experimented or used them once in a month or rarely have been categorized as “non-users”.

2. Those who used them “with a frequency of atleast once a month without medical prescription” were considered as “current users” (Sethi & Manchanda, 1972).

3. Those who followed the same criteria as in No.2 in the past but now discontinued were considered as “Past-Users” (tried earlier but discontinued during the time of survey).
4. Those who used them several times in a week and in a month or used them daily on a regular basis and indicated that they cannot do without a substance (habitual user) were considered as alcohol or drug dependent or drug addict.

For the purpose of analysis, non-users included those who have never experimented or used them rarely. “Past-Users” were also put together in this category but 100 students as “non-users” were randomly selected from rarely. For “Alcohol-users” (Current users) the same criteria as given in No.2 was followed.

Other Drug-users (current users) were also classified in accordance with criteria No.2 provided they don’t fall in the category of “Alcohol-users”.

However students who were alcohol or drug dependent or addicted as per criteria No. 4 were also included in the categories of either “Alcohol users” or “Other-Drug-Users”.

By and large, the study adhered to the criteria as employed by the survey study carried out by other investigators in past such as Sethi and Manchanda (1972) and Ram Ahuja (1982).

Following pattern of drug use finally emerged based on the above criteria:

<table>
<thead>
<tr>
<th>Drug-usage</th>
<th>No. of students</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-users</td>
<td>496</td>
<td>61.23</td>
</tr>
<tr>
<td>Past Drug users (tried earlier but discontinued)</td>
<td>94</td>
<td>11.60</td>
</tr>
<tr>
<td>Current Drug users</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol users</td>
<td>80</td>
<td>9.87</td>
</tr>
<tr>
<td>Other drug users</td>
<td>140</td>
<td>17.28</td>
</tr>
<tr>
<td>Total current drug users*</td>
<td>220</td>
<td>27.16</td>
</tr>
</tbody>
</table>

*They also included 18 cases of drug dependence or addiction (8.18%)
Tools for Data Collection:

Each of the respondents in these three categories of sample was administered the following Battery of Psychological Tests:

9. Performa for general information
10. Rotter’s Locus of Control Test (adapted by Agarwal, 1975)
13. Shortened Beck Depression Inventory (Beck & Beck, 1972)
14. Moos Family Environment Scale (adapted by Joshi & Vyas, 1987)
15. The Presumptive Stressful Life Events (Singh & Kaur, 1981)
16. Self-efficacy Scale (Sherer et al., 1982)

Statistical Analysis

Data yielded from questionnaires, interview method and psychological tests were processed and analyzed as per the statistical procedures. Frequencies, percentages, $X^2$ and one-way ANOVA were computed.

Finding of the study:

1. As many as one quarter (27.16%) of college students were currently using alcohol and other drugs.
2. If past drug users and current users are added, the prevalence rate is enhanced to 38.76%.
3. Of the drug used, tobacco is most commonly abused drug (42.27%). Next ranks alcohol (42.27%). Other drugs including pain killers, tranquilizers, cannabis etc., which got the proportion of 21.37%. The prevalence rate of tobacco and alcohol
abuse comes to be 11.48% and 9.88% respectively for the entire sample of 810 students.

4. Mean score of locus of control of Non-users, Alcohol-users and Other Drug users are found to be 9.10, 11.73 and 11.70 respectively. Mean differences are significant at .01 level (F=4.96). It shows that alcohol and other drug users appear to tend more towards external locus of control.

5. Mean scores on Worry, anxiety and depression come to be significantly higher for alcohol and other drug abusers as compared to non users (F value for all the three measures found to be significant at .01 level). Thus it can be inferred that both the group of drug users entertain high level of worry, anxiety and depression in comparison to normals who were “Non users”.

6. Of the 10 sub-scales of Moos Family Environment Scale, significant mean differences were obtained on six sub-scales among Non-users, Alcohol-users and Other-Drug users. These six subscales included Cohesion; Conflict; Independence; Achievement Orientation; Moral Religious Emphasis and Control. These finding revealed that alcohol users and other drug users would be characterized by less cohesion, independence achievement orientation, moral religious emphasis, control and more conflict than the family environment of non users who entertained healthy perception and interaction with their family members.

However, no significant mean differences on remaining four family environment scales were observed among non-users, Alcohol-users and Other Drug users. These scales included “Expressiveness”, “Intellectual Cultural Orientation”, “Active Recreational Orientation” and Organization”. This suggests that Healthy Family Environment protects students to go for addictive behaviour whereas unhealthy type prompts alcohol and drug addictive behaviour.

1. Frequencies of stressful life events as high as 11 to 15 and above 15 during last preceding one year were experienced by significant greater number of Alcohol-abusers and Other-Drug users as compared to non-users (X²=32.11, p<.01). This
finding substantiates the hypothesis that drug abusers experience significantly more stressful events than the non-abusers.

2. Alcohol-abusers and Other Drug-abusers have significantly lesser mean self-efficacy scores as against to Non-users (54.46, 25.26 and 28.88 respectively; F=23.85; p<.01). However, no significant differences were observed on this measure between both the groups of abusers (Alcohol and other drugs). It clearly suggests that perception of self-efficacy is adversely affected in drug abusers when compared to non-users.

Conclusions

To sum up, it can be concluded that problem of alcohol and other drug abuse in college students is becoming serious day by day. At least, one fourth of college students are found to have experienced alcohol and other drug use. The commonest abused drug found to be tobacco and alcohol.

By and large, Alcohol and Other-Drug abusers tended to have external locus of control as against to Non-users who tilted towards internal locus of control. Most of the Alcohol and other drug abusers appeared to be significantly high on worry, anxiety and depression than non-users. Furthermore, these abusers were characterized with low cohesion, independence, achievement orientation, moral religious emphasis, control and high on conflict in comparison to Non-users. Finally, Alcohol and Other Drug-abusers significantly perceived their self-efficacy poorer than the Non-users. Thus drug abusers are characterized with several negative attributes.

Implication of the study:

Findings of this research study have demonstrated that drugs most commonly misused are alcohol and tobacco. Consumption of alcohol, tobacco and other drug have shown considerable rise over the last several years. Alcohol and other drug are becoming cause of several emotional problems including neurotic ailments, depression, anxiety, social violence and several physical ailments. Though drug abuse extended through all types of students but students with certain characteristics are more vulnerable to these unhealthy habits.
Students with specific personality type, negative emotions, pathological family environment, disturbing life events and negative perception of self-efficacy appear to use alcohol and other drugs than those who have healthy personality, family and emotional life and positive experience.

A growing proportion of college students are troubled by irrelevance of the education system to the issues of life which they have to face. Conditions of wide spread unemployment and under employment influence the study and work attitude of college students. They prefer more white-collar jobs and are averse to manual work. Drug abuse has been associated with poor academic achievement and dropout.

Indian youth or college students need to be understood in clearer perspective. There needs to be a stronger focus on positive youth development during the transition from youth into adulthood. Proper training in coping with relevant stresses, building life skills, developing virtue and value based quality of life, creative hobbies, training in meditation system, development of internal locus of control, adequate self-efficacy, all are needed so as to avoid experimenting with alcohol and drug abuse. We should help students so that they can feel good about themselves. Build up their self-esteem with their support, praise and love so they respect themselves and more towards realizing goals of their life. The medical and behavioural scientists attempting to develop effective prevention and treatment approaches must consider the students' attitude and expectations regarding drug abuse and its effects. Social, academic, and residential environment that support health promoting behaviours, need to be developed.

There are other implications based on the findings of this study. There is need of building awareness in college students and educating them about ill-effects of drug abuse. They need to tell that their perception of self-efficacy is adversely affected as a result of indulgence in drug abuse. The college students need to be dealt through programme of motivational counseling, treatment, follow-up and social integration of recovered addicts. Students also need to impart drug abuse prevention/rehabilitation training to volunteering students with a view to build up an educated cadre of service providers. Their parents should be taught the importance of healthy family environment in overcoming negative emotions, insecurities and addictive behaviours. We should also empower the society to deal with the problems if drug abuse.
Limitations and Suggestions:

1. The size of the sample is limited. There is need to have larger sample covering students from several colleges located in Ambala City. It is only possible by taking at large project which can be financed by several agencies.

2. The survey on drug abuse in girl college students also to be carried out so as to have wider generalizations. Similar survey is also needed for medical, engineering and law students and students of other faculties.

3. Similar studies are needed for school students and other segments of population.

4. The role of healthy personality such as “Hardiness” resilience factors, creative hobbies also need to be examined.

5. Exclusive studies on “drug addiction” and/or “drug dependence” need to be systematically carried out.