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REASON FOR DROPOUT OF ADOLESCENT SUBSTANCE USERS FROM URBAN PRIVATE COUNSELING CENTERS IN KERALA

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ABSTRACT

Background: Substance abuse defined as use of any licit drugs, illicit drugs or psychoactive substance. Substance abuse is threat of overall health, well being and quality of life. It affects individual, family, society, community and nation. Substance abuses among adolescence are increasing and it is alarming. The consequences of substance abuse during adolescence period are a multi faced. It leads poor academic performance, unsafe sexual activities, rape, robbery, gang clash and. Suicidality. Adolescent Substance user's treatment dropout is a common barrier all over the world.

Objectives: the aim of the study was find out the possible reason for drop out of adolescence substance users from private counseling centers. The objective of the study was to find out the social demographic profile of adolescence substance users dropout from private counseling centres and find out the major reason for drop out from the private counseling centres.

Methodology: This research design was descriptive Research design and quantitative analysis was implemented. The sampling method is series purposive sampling method the data collected from different private counseling centers in in Calicut. SPSS used for data analysis.

Result: The total population of this study was (N=60). The age of the participants varied from 12 to 19. The mean age was Mean=15.48, SD=1.69 in the total 60 population, 57 are male and 3 are female. Peer group, friends, family members and parenting style are the factors associated with substance abuse. Reason for dropout is stigma, not recovered, not interested in treatment and no hope in treatment.

Conclusion: substance abuse among adolescents are shocking and then need proper treatment services and but dropout from the treatment is a common barrier. Stigma is the one of the main to reduce or recover from substance abuse, the family teaches society should support them.

KeyWords: Adolescents, substance abuse, treatment dropout

INTRODUCTION

Substance abuse defined as use of any licit drugs, illicit drugs or psychoactive substance. Substance abuse is threat of overall health, well being and quality of life. It affects individual, family, society, community and nation. Substance abuses among adolescence are increasing and it is alarming. The consequences of substance abuse during adolescence period are a multi faced. It leads poor academic performance, unsafe sexual activities, rape, robbery, gang clash and. Suicidality.

In the world, millions of people are leading miserable life due to substance use disorders. 36 million people are seeking treatment for substance use disorders in the world. In India also facing substance abuse issues the number of drug uses especially adolescent substance uses are increasing day by day.

In India, government providing so many treatments services especially for adolescence substance users. However, lack of infrastructure facilities and human resources the treatment services not reaching to everyone. Lack of knowledge, due to the stigma and lack of awareness among adolescence and their parents, adolescent substance users are not availing proper treatment and services.

Evidence-based treatment and interventions are providing for substance users. It is included cognitive behavioral therapy, motivational interviewing, contingency management, and brief intervention therapy. Because of this interventions, the substance use may decrease or stop the the usage of substances.

REVIEW OF LITERATURE

So many research studies identified that substance abuse among adolescence especially school going for college-going students is increasing day by day. Research study conducted in India by (S Gupta 2013) in the topic of adolescence substance abuse. According to the study, around 53% of adolescents are using drugs in the age between 19-21. Most of them are law students and art students. Alcohol and cigarette are the most commonly used drugs.

The usage of alcohol is very high in Kerala. In Kerala usage of alcohol and other drugs are increasing day by day. The age of first usage of substance abuse is around 13 (R Bal 2011).It is a shocking figure .according to (Daniel 2017), substance abuse among adolescent male is 56%.

Treatment dropout is a common barrier in mental Health treatment .It may vary from 30 % to 60 %. In the case of adolescent substance use disorder, the treatment drop out is one of the the significant issue. In study reported that the dropout rate is 60 % in adolescence substance abuse in India. In this, study the researcher identifying the possible reason for dropout of adolescent substance users in the treatment.

RESEARCH METHODOLOGY

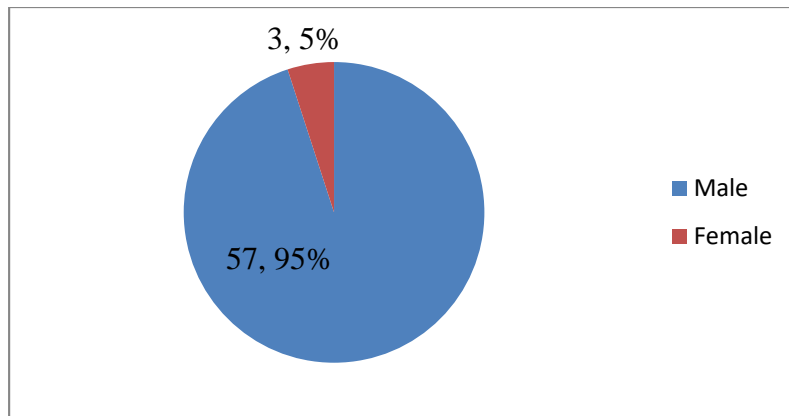
The shortage in the infrastructure facilities and human resources are one of the treatment gab in India. However, some nongovernmental organization and private counseling centers are providing cheap, good quality treatment services for adolescent substance users.

The aim of the study was find out the possible reason for treatment dropout of adolescence substance users from urban private counseling centre. The objective of the study was to find out the the socio- demographic profile of adolescent substance users who dropout from the treatment, to understand the functioning and structure of private counseling centers and find out the major reason for dropout from treatment services.

In this study, descriptive Research design quantitative analysis was adopted. The universe of the study was adolescent substance users in urban area and the population of the study was adolescent substance users registered in Calicut private counseling centres.The final sampling unit was dropout adolescence substance users from the treatment. The inclusion criteria of the research was registered adolescence substance users who dropout from the treatment after two consultation.

RESULT AND DISCUSSION

GENDER



In the total participants (N=60), Only 3 participants are females, it is 5 %. 57 participants are male, it is about 95 %. Many studies show that substance use among adolescent male are very high.

AGE

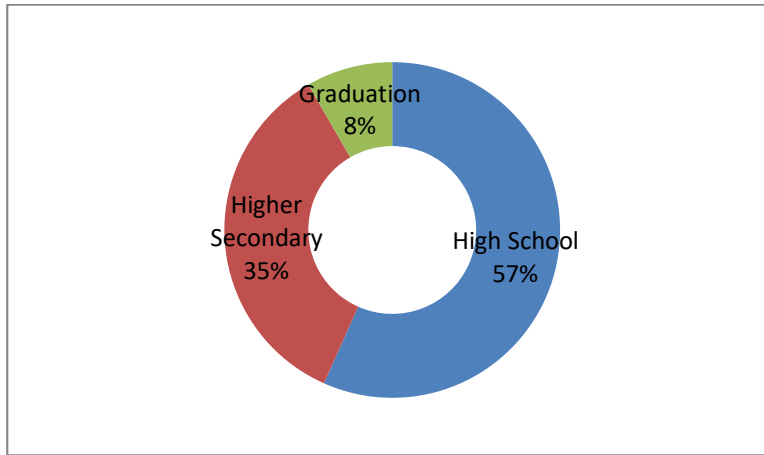
Age	Frequency	Percentage
12	2	3%
13	5	8%
14	11	18%
15	14	23%
16	9	15%
17	12	20%
18	5	8%
19	2	3%

Mean = 15.48

Standard Deviation) = 1.69

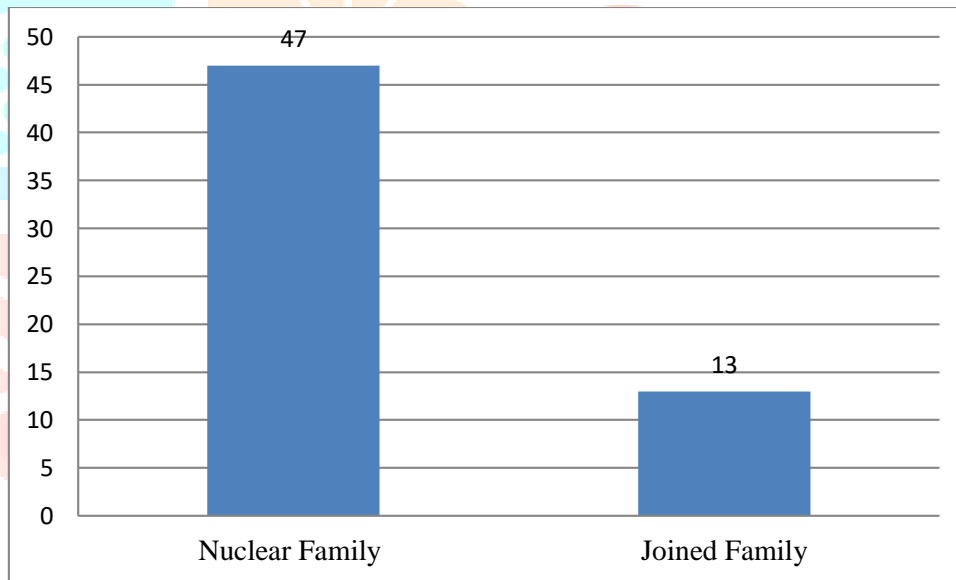
The total number of the participants was 60. This table showing that at present time the age of Adolescents substance users. The mean is 15.48 and the standard deviation is 1.69

EDUCATIONAL STATUS



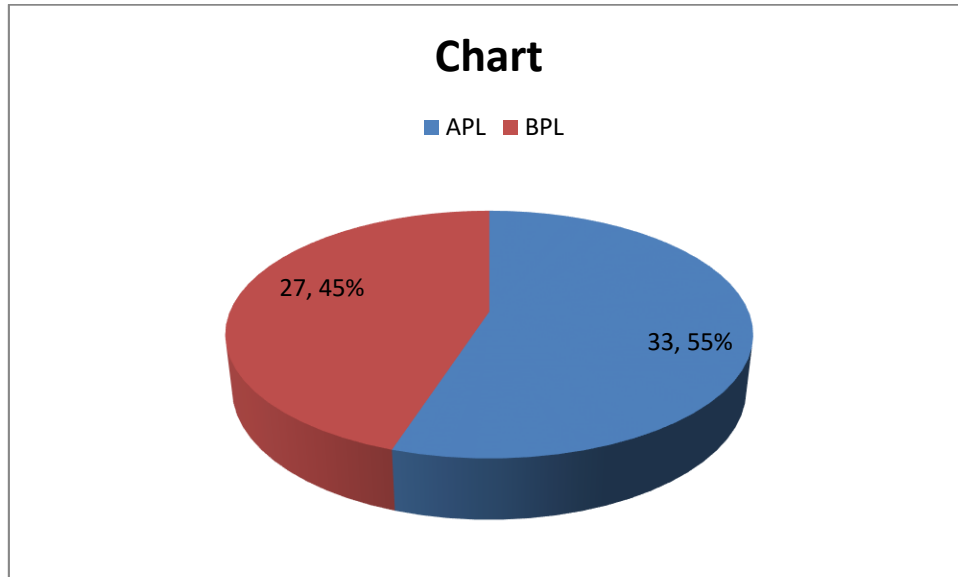
From 60 participants, 57% of the participants are high school level, 35% are higher secondary level and 8 % of the participants are graduate level.

Family Type



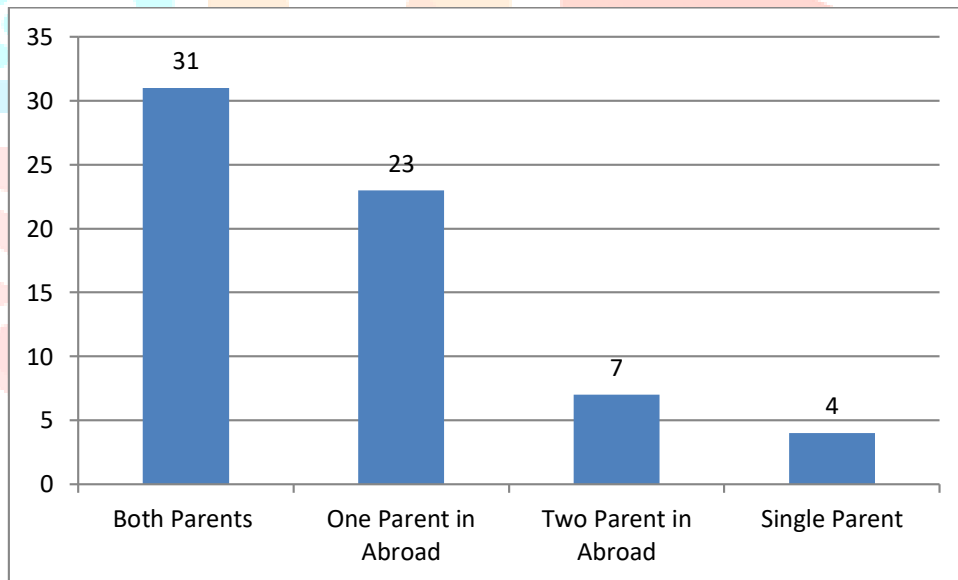
From 60 participants, 47 (78%) of the participants are coming from nuclear family whereas 13(22%) of the participants among joint family.

ECONOMIC STATUS



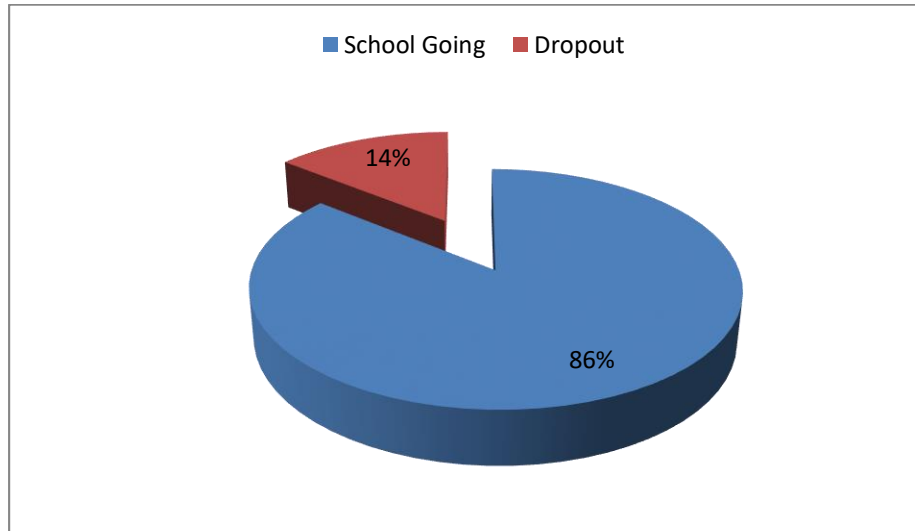
In the total 60 participants 27 participants are below poverty line it is about 45% and 33 participants are above poverty line it is about 55%.

PARENTING STYLE



In the total participants (N=60), 31 participants are living with both parents. 23 participants are living with one parent because their father or mother at abroad. 7 participants' both parents are at abroad and 4 participants have only single parent.

SCHOOL GOING STATUS



From all participants, 14 % of the participants are currently drop out while 86 % of the participants are regular school going students

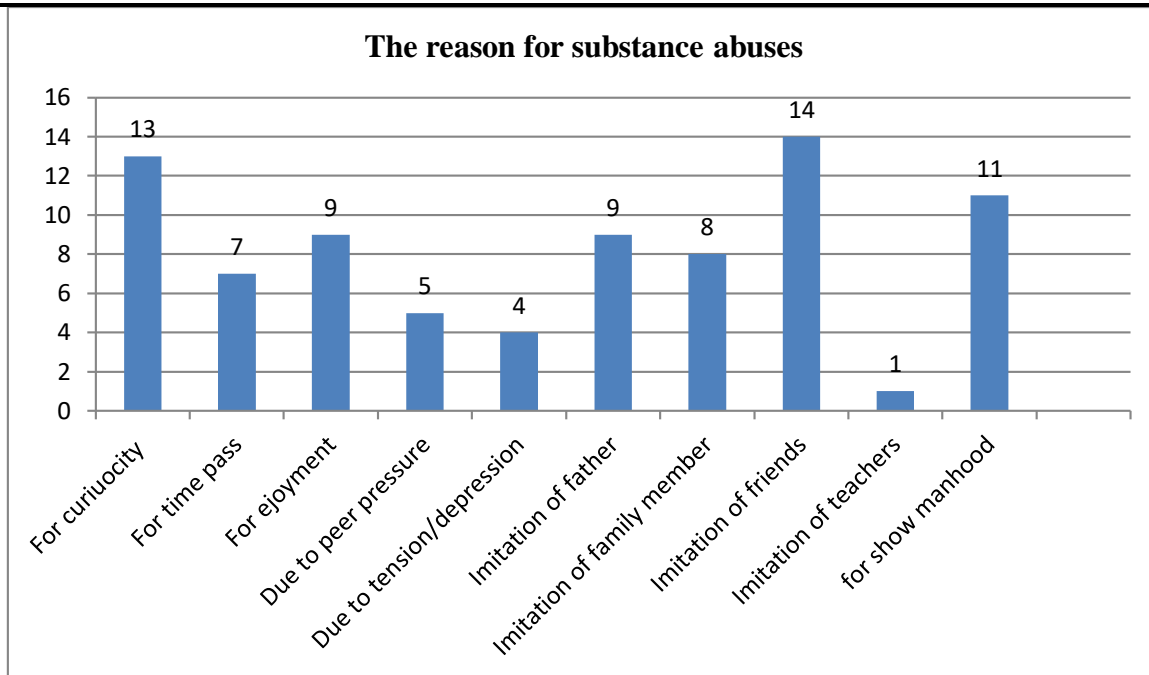
SUBSTANCE ABUSE STARTED AGE

Substance Abuse Started Age	Frequency	Percentage
10	2	3%
11	7	12%
12	6	10%
13	13	22%
14	17	28%
15	6	10%
16	4	7%
17	3	5%
18	2	3%

Mean = 13.46

Standard Deviation = 3.46

The table shows that the ages of participants are started substance use. The mean age was 13.46 and standard deviation was 3.46



In total 60 participants, 14 participants are substance used because imitation of friends, 13 for curiosity, 11 to show manhood, 9 each for enjoyment and imitation of fathers.

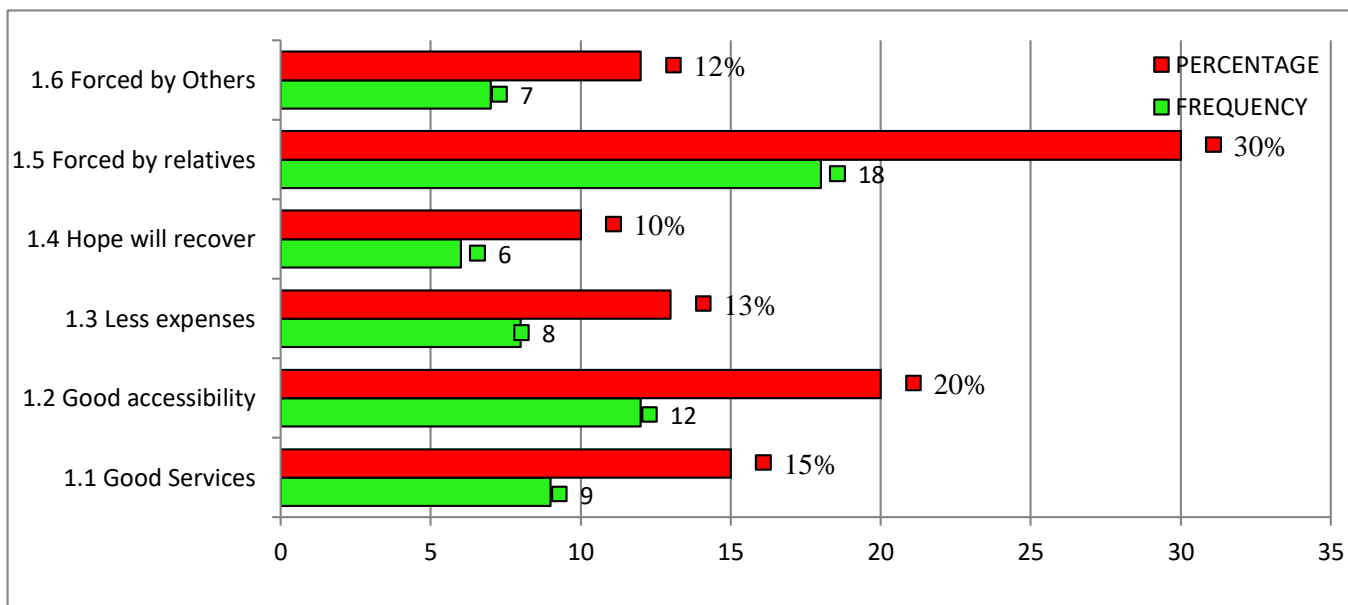
PATTERN OF SUBSTANCE ABUSE

Pattern of substance use	Percentage
Taken by mouth	77%
Injection	32%
Placed under tongue	51%
Inserted in the rectum	1%
Placed in the eye	2%
Spry in the nose	32%
By inhalation	73%
Applied to the skin	21%

The patterns of substance use are different. 77% of the participants are used by mouth, 73% are by inhalation, 51% are placed under the tongue, 32% spry in the nose and 32% by injection.

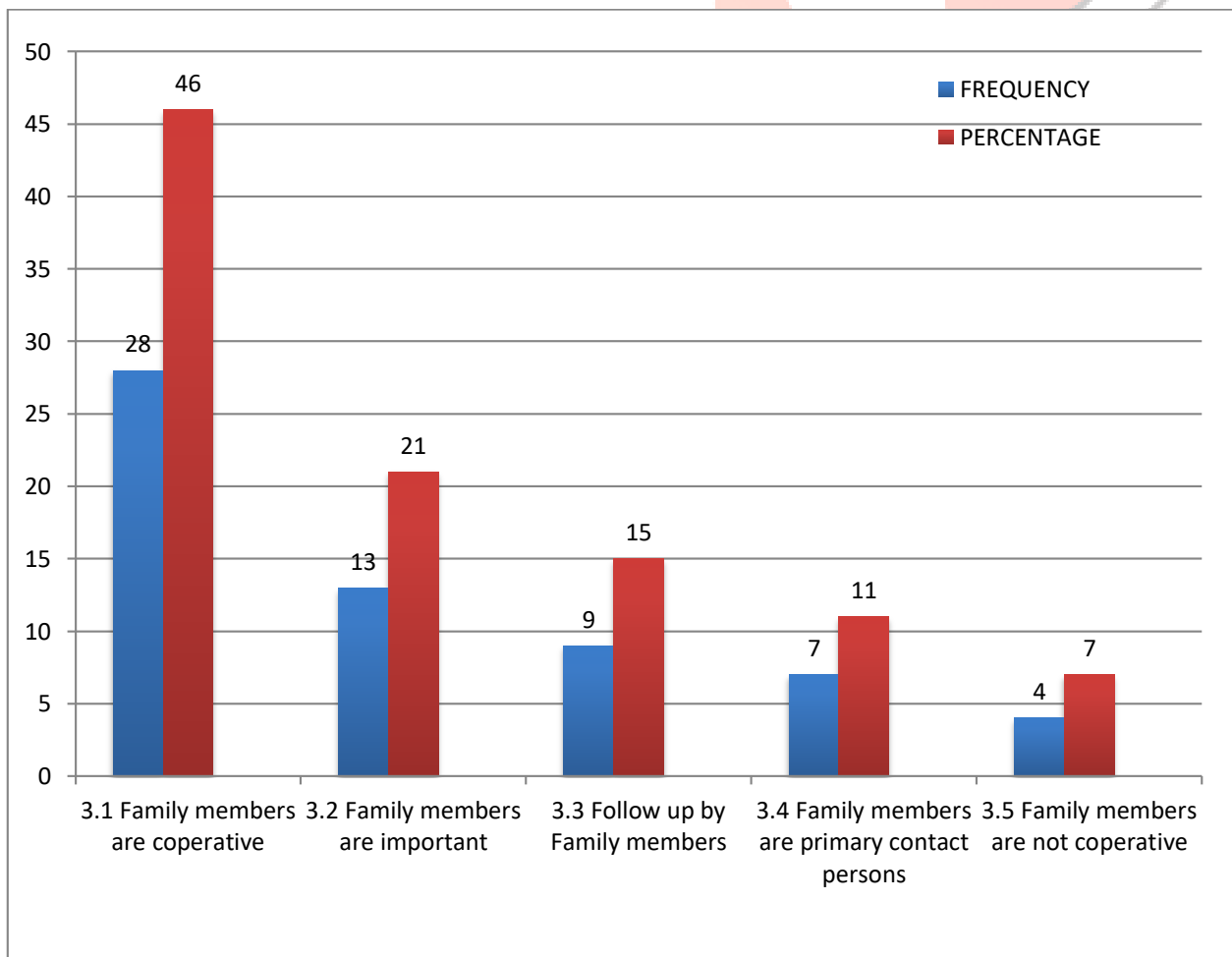
A SELF-DEMONSTRATED SEMI-STRUCTURED INTERVIEW SCHEDULE

1. What was the reason for you to receive the treatment from Private counseling centers?



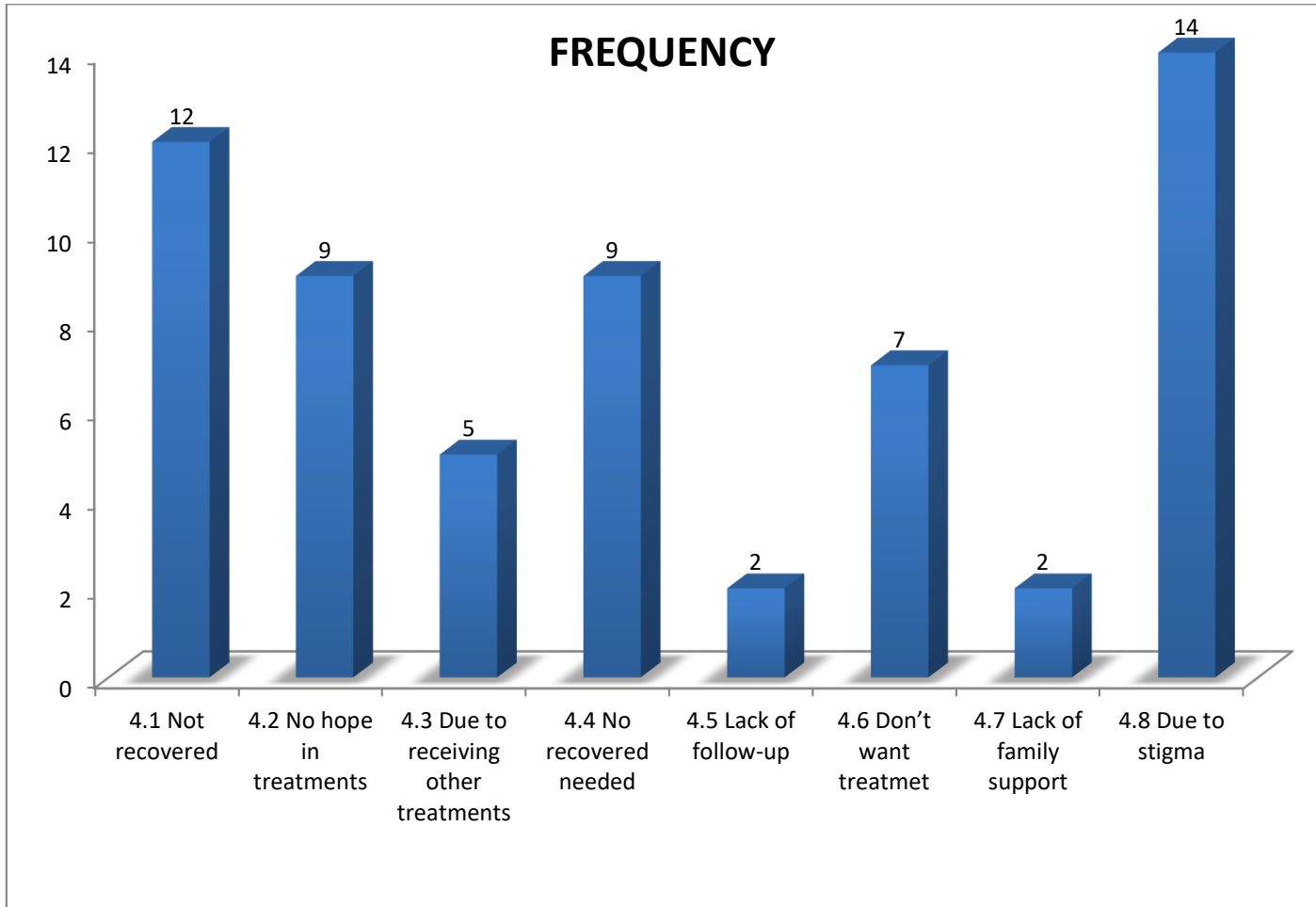
Private counselling centers are common in urban area. So adolescent substance users are receiving treatment from these centers. 18 respondents are reason for received treatments due to forced by family and relatives. It is around 30%. 12 respondents are received treatment due to good accessibility, it is 20%.

2. Do you find the involvement of family in treatment process?



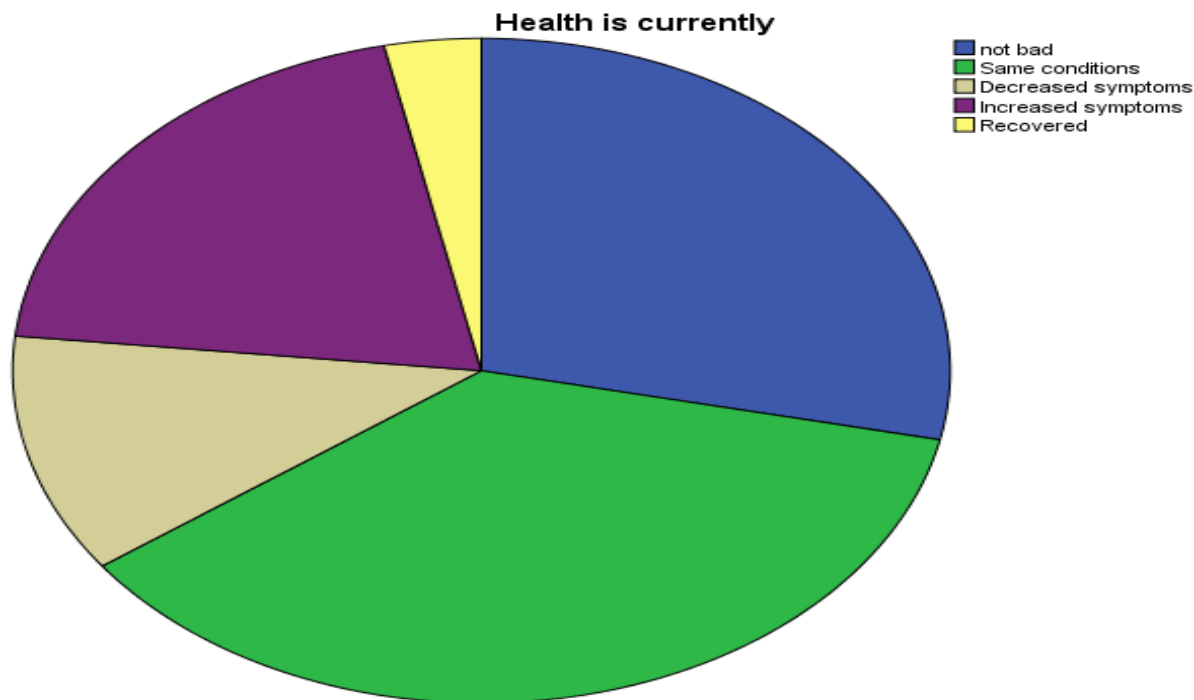
In the 60 populations, 46% are responded that the family members are very cooperative. 21% responded that family members have significant role in treatment process. While 7percentage are responded that their family members are not cooperative.

3. What were the reasons for you to stop receiving treatment from private counseling centers?



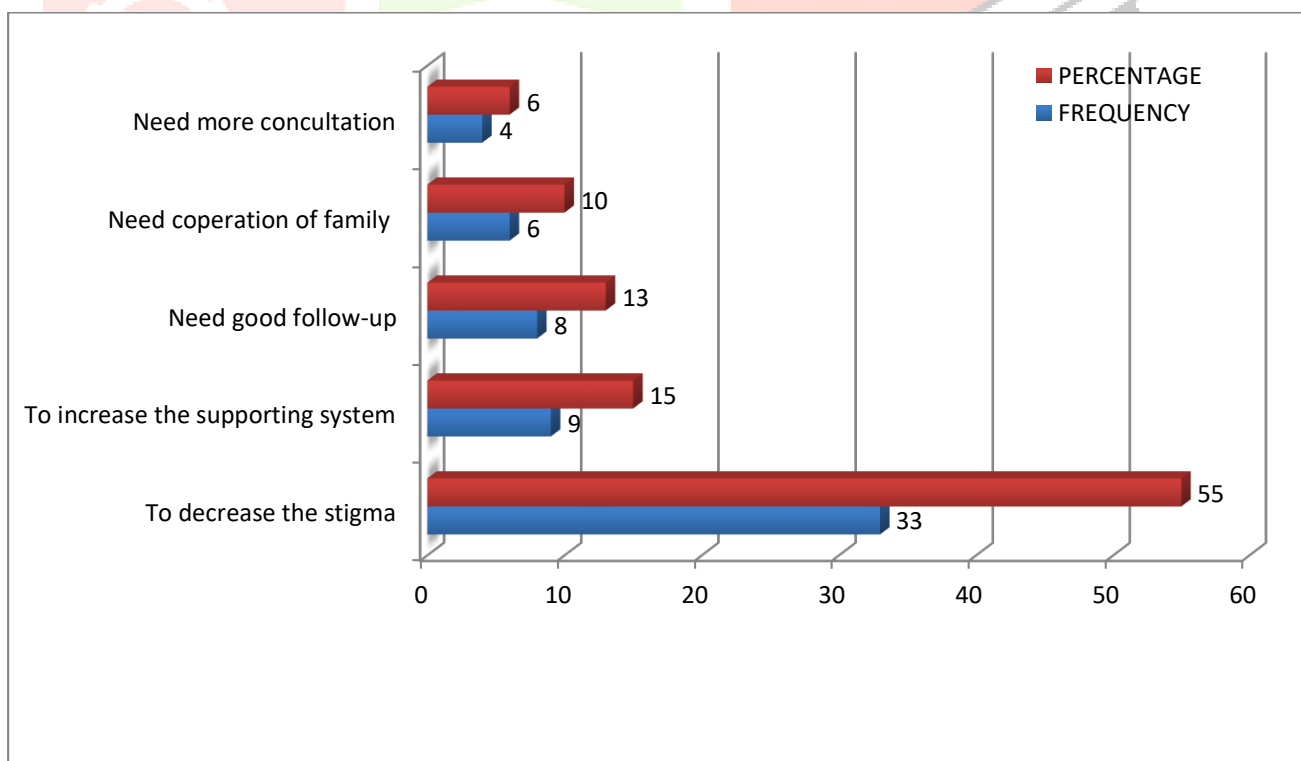
Dropout in mental health treatment is complex one. In 60 populations, 14 responded that they are dropping out from the treatment due to stigma. 12 participants due to not recovery from substance use disorder. 9 respondents do not have any hope in the treatment and 7 participants, they don't want the treatment.

4. How is your health (substance use disorder) currently?



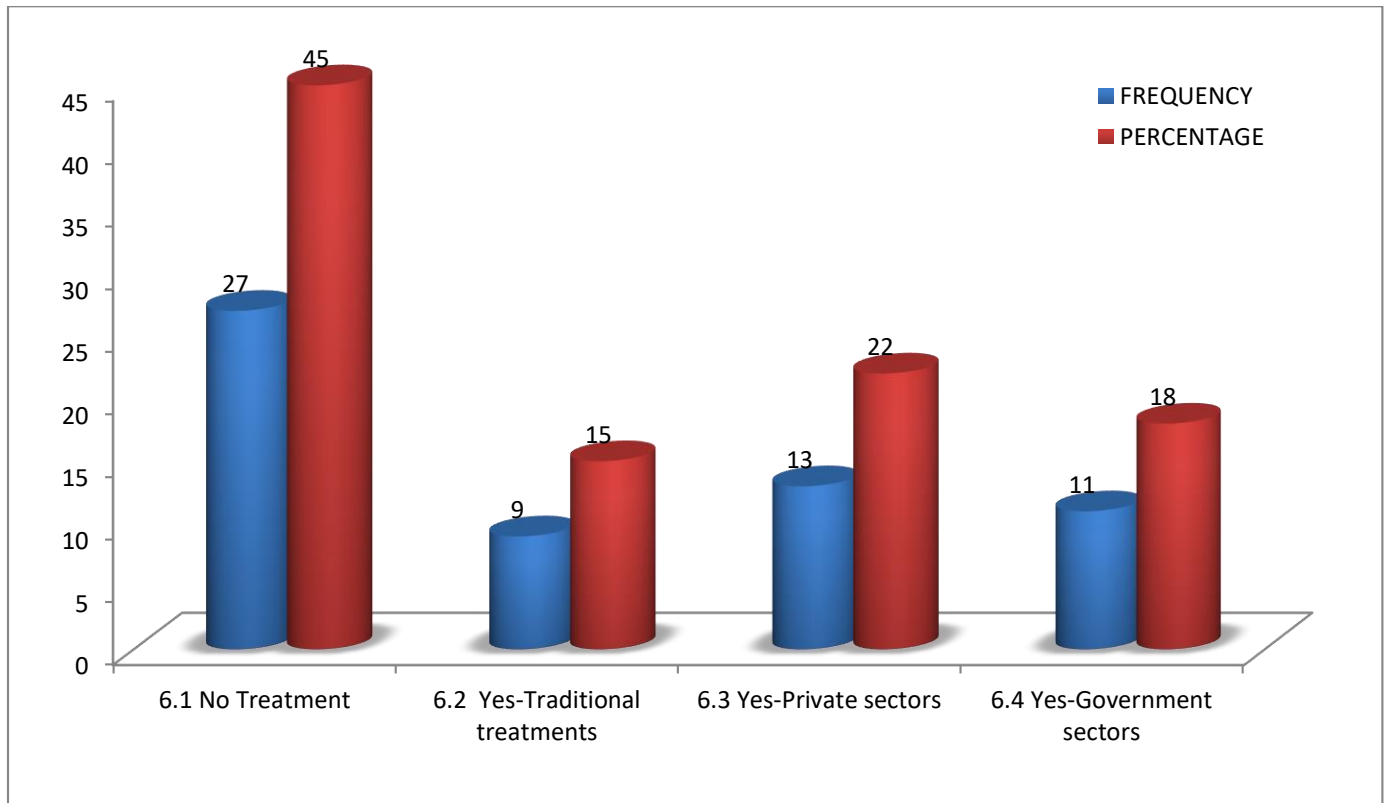
After the drop out from the counseling Center, 28.3 % respondent’s substance use disorder is not bad, 35 % are same conditions, 11.7 % respondent’s symptoms are decreased while 21.7 % respondents’ symptoms are increased. 3.3 % are recovered from their addiction.

5. What are your suggestions to improve qualities of treatment?



To improve quality of services, in 60 populations, 55% are suggested that the stigma in the society should decrease.15% reported that should improve the supporting system.

6. Did you go for any other treatment after dropout? What?



Treatment gap and un-treatment is common in adolescents substance use disorder. In 60 populations, 27 participants are not receiving any treatment after drop out from the private counseling centers. 15% are receiving traditional treatments, 22 % are receiving treatment from private sector, and 18 % are receiving treatment from government settings.

CONCLUSION

Substance abuse among adolescents is a one of the common barrier for every nation. In the international market, one of the leading products is illicit drugs. Now a days different kind of psychoactive substances and chemical products are available and adolescent are experimenting such products. In addition, drug mafia network spread every corner of the world.

Substance abuse is more common in male but nowadays usage in adolescent female is increasing. The age of first usage of substance use is decreasing and it is about 11. Coming years, it will reach in the single digit. It is very shocking and alarming.

Social demographic profiles are influencing adolescence substance abuse. Age, gender, economic status, family type and parenting style are influencing substance abuse.

Adolescence reached in substance use because of peer pressure, due to curiosity and enjoyment, influence of friends and relatives, some cases there imitating their fathers, relatives or teachers.

The pattern of substance abuses is mouth, skin, nose, and eye. Injection and inhalation are very common. In schools, most of the cases, not anyone can identify how students are using the substance and some teachers reported that in the pandemic era, students are using the mask. Therefore, it is difficult to identify that whether the students using substance through mouth. Dropout is one of the barriers in substance use

disorder. The adolescent substance users are facing social stigma to seeking the treatment. Therefore, it is main reason for treatment dropout.

To reduce the substance use disorder, the family support is very essential. The adolescent age demanding the support of family especially parents. Support of the family will influence the chances of the recovery of adolescent from substance use disorder.

To reduce or stop the usage of substance abuse among adolescents, we want a multidisciplinary approach. Every individuals, parents, teachers, police, exercise, politicians, counsellors, psychologist, psychiatrist and social workers work together and develop a drug free new generation.

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