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A PRE -EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF EDUCATIONAL PROGRAMME ON KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENT STUDENTS OF SELECTED NURSING COLLEGE AT SRINAGAR DISTRICT OF JAMMU AND KASHMIR.

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INTRODUCTION

Substance abuse can affect any individual and can occur within any occupation, including nursing. Nurses are often the first to treat and last to care for patients. Many in the profession deal with stress, fatigue and personal problems by turning to drugs and alcohol¹.(drug rehab .com). The term substance is used in reference to any drug, medication or toxin that shares the potential for abuse and abuse refers to maladaptive pattern of substance use that impairs health in a broad sense² (R. Sreevani).

DSM-IV-.TR Defines substance abuse as a maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one or more of the following, occurring within a 12 month period .

Substance abuse is a growing problem throughout the world and unfortunately it is more common among young adolescents, when they are about to begin their career, they get involved in this problem of substance abuse due to various reasons like to compensate for anxiety, depression or a lack of positive social skill.

As per the report by **National Drug Dependence Treatment Centre, AIIMS, New Delhi** on national survey on extent and pattern of substance use in India, the substantial number of people use psychoactive substances in India, and substance use exists in all the population groups but adult men bear the brunt of substance use disorders. As per the study alcohol is the most common psychoactive substance used by Indians. Nationally, about 14.6% of the population uses alcohol. In terms of absolute numbers, there are about 16 crore persons who consume alcohol in the country. After alcohol, cannabis and opioids are the next commonly used substances in India. The survey indicates that a sizeable number of individuals use sedatives and inhalants.

NEED OF THE STUDY:

Adolescence is the critical period when the first initiation of substance abuse takes place. Among the adolescents, students are particularly vulnerable due to various reasons like academic pressure, temptation by peer group, the lure of popularity and identification and easy availability of many such substances like tobacco (cigarettes) and other psychoactive drugs. Kashmir valley (India) at present is among those unfortunate regions of the world where exposure to a variety of several distressing trauma's has become almost a daily affair for the majority of population irrespective of their age, gender, domicile and profession, the most worstly affected is educational sector (students). The number of seeking help for their emotional disorders has shown colossal increase over the years. In response to the stress an increasing number of persons are resorting to drugs.³(tufel etal)

Govt. psychiatric Hospital Srinagar, the only mental health hospital in the valley, in one of its reports had stated that most numbers of drug addiction cases belongs to a very young generation. A recent study conducted by Srinagar based Institute of Mental Health and Neurosciences (**IMHANS**) in a drug de-addiction centre in Srinagar found that over two-third of patients in the study has started the substance abuse in the age group of 11-20 years. The most common substance of abuse identified include Nicotine (94.4%), medicine opioids (65.7%), cannabis (63.6%), benzodiazepines (45.5%), other prescription medication (43.4%), alcohol (32.5%), inhalants (11.1%) and cocaine (7.5%). The study results revealed that poly-substance abuse was found in 91.9% of the patients under study. Inhalants was seen predominantly among adolescents (54.5%), whereas nicotine (50.2%), cannabis (49.2%), alcohol (51.1%), opioids (58.4%) and benzodiazepines (53.48%) were more predominant in the age group of 21-30 years.⁴ Studies have proven that the substance abuse has become a global burden and the cause of disability and even death among adolescents. Moreover the consequences of substance abuse are not confined to the abusers only, but the whole society suffers because of this menace. It was also identified by the investigators that substance abuse is becoming more common, especially among adolescents. Hence the investigators felt that there is a need to increase the level of knowledge among adolescents regarding hazards of substance abuse on health in selected Nursing college through educational program with attractive audio-visual aids.

STATEMENT OF THE PROBLEM : A pre-experimental study to evaluate the effectiveness of the educational programme on knowledge regarding substance abuse among adolescent students of selected Nursing college at Srinagar district of Jammu and Kashmir.

OBJECTIVES OF THE STUDY:

1. To assess the pre-test knowledge score regarding substance abuse among adolescent students of selected nursing college at Srinagar district of Jammu and Kashmir.
2. To assess the post-test knowledge score regarding substance abuse among adolescent students of selected nursing college at Srinagar district of Jammu and Kashmir.
3. To compare the pre-test and post-test knowledge score regarding the substance abuse among adolescent students of selected nursing college at Srinagar district of jammu and Kashmir.
4. To determine the association between pre-test knowledge score regarding substance abuse among adolescent students of selected nursing college at Srinagar district of jammu and kashmir , with their selected demographic variables (Age , gender, place of stay, socio-economic status)

HYPOTHESIS OF THE STUDY:

H₁. There is significant difference between pre-test knowledge score and post-test knowledge score regarding substance abuse among adolescent nursing students at ≤ 0.05 level of significance.

H₂. There is significant association between pre-test knowledge score with selected demographic variables among adolescent nursing students regarding substance abuse at ≤ 0.05 level of significance.

REVIEW OF LITERATURE

Adidela Praneet Reddy et.al (2014) Conducted a descriptive study on prevalence and pattern of substance abuse among 603 street children and adolescents. Study findings revealed that more prevalence was among the age group of 11-14 and dropped out of school. Smoking tobacco and inhalation abuse are more when compared to other types of substance abuse. Correction fluid and glues are generally used by them as inhalants. Influence of peer pressure acted as the major factors of influence of drug abuse. Among the samples 52.80% samples were aware about the ill effect of drug abuse and 42.2% were not aware about the ill effect of drug abuse.⁵

Mohamed G Negr and Amira A Fouad(2013) Conducted a cross sectional study on prevalence of substance abuse among 204 adolescent school students in Zagazig. The study findings revealed that, the prevalence of smoking and substance abuse among school students were 8.3 and 8.8% respectively, and the majority of them used substance once a month or less. The most common substances used by the students included tramadol, cannabis, and alcohol(83.3,27.8 and 16.7% respectively),with a mean age of onset of smoking of 16.06 years and a mean age of onset of substance abuse of 16.5 years. Substance abuse and smoking were common among adolescents, and the age of onset was almost same for both.⁶

YogesyarPuriGosswami et-al (2015) Conducted a quasi-experimental study to assess the effectiveness of educational program on knowledge regarding substance abuse among 91 adolescents at selected nursing colleges of Udaipur District, Rajasthan by administering questionnaire tool. The studies result showed that the obtained post-test mean score was (26.9%) and was higher than that of pre-test score i.e, (12.93%) it was highly significant at (1%) $p < 0.001$. hence it is inferred that there was significant increase in the knowledge level after educational program.⁷

METHODOLOGY

Research Design: Pre-experimental one group pre-test and post-test research design.

Table 1: Schematic representation of research design

Group	Pre-test	Intervention	Post-test
N=30	DAY 1	DAY 1	DAY 5
Adolescent students	O ₁	X	O ₂
	Assessment of knowledge by administration of structured close ended questionnaire [Pre-test].	Intervention by implementation of Educational programme.	Assessment of knowledge through same structured close ended questionnaire [Post-test].

Independent variable: Educational programme on knowledge regarding substance abuse.

Dependant variable:- knowledge of adolescent students regarding substance abuse.

Demographic Variable: Age, Gender, place of stay, socioeconomic status.

Setting: Government college of Nursing Baghi Dilawar khan Srinagar.

Sampling Technique: Convenient sampling technique

Inclusion criteria:-

- Students who were willing to participate in the study
- Adolescents students both boys and girls who were studying in class Ist year and 2nd year of B sc Nursing course.
- Students who were present at time of data collection.

Exclusion criteria:-

- Students who were not willing to participate in the study.
- Students who were physically ill and are not present at the time of data collection.

Data Collection Instrument: Structured closed ended questionnaire to evaluate the effectiveness of the educational programme on knowledge regarding substance abuse among adolescents students.

Description of the tool: It was divided into two sections.

Section I: Demographic data related to adolescent students. It included;

- Age, Gender, place of stay, socioeconomic status

Section II: Deals with the knowledge among students regarding substance abuse.

Description of Educational Programme:

The educational Programme was titled as “Educational Programme on knowledge regarding substance abuse”. It included; terminology and definition of substance abuse, causes and risk factors of substance abuse, classification and common methods of substance abuse, warning signs and consequences of substance abuse, prevention and management of substance abuse.

Table 2: Data collection Schedule

Date	Day	Class	Name of college/class	No. of Subjects	Action taken	Time
30.04.21	1	Ist year and 2 nd year	Govt. College of Nursing Baghi Dilawar Khan Khanyar Srinagar Jammu and Kashmir	30	Pre-test with closed ended Questionnaire	12-12:45pm
					Intervention given after 15 minutes	1-1:45pm
06.05.21	7		-	-	Post-test conducted	1-1:45pm

ANALYSIS AND INTERPRETATION:

Section I: Description of demographic variables of study subjects

Table 3: Frequency and percentage distribution of sample according to age.

Age interval	Frequency	Percentage
17-18	3	10.0
19-20	27	90.0
Total	30	100.0

The data presented in the **table 3** depicts that, 3 (10.0%) of the study subjects were in the age group of 17 -18 years and 27 (90.0%) were in the age group of 19-20 years

Table 4: Frequency and percentage distribution of sample according to Gender.

Gender	Frequency	Percent
Female	16	53.3
Male	14	46.7
Total	30	100.0

The data presented in the **table 4** depicts that among the total 30 subjects, majority of the study subjects 16 (53.3%) were female and only 14 (46.7%) were male.

Table 5: Frequency and percentage distribution of sample according place of stay:

Place of stay	Frequency	Percent
living in home	17	56.7
living in hostel	13	43.3
Total	30	100.0

The data presented in the **table 5** depicts that majority of the study subjects 17 (56.7%) were living in home and 13 (43.3%) were living in hostel.

Table 6: Frequency and percentage distribution of sample according socioeconomic status.

Monthly income	Frequency	Percent
<15000	10	33.3
>30000	8	26.7
15000->30000	12	40.0
Total	30	100.0

The data presented in the **table 6** depicts that majority of the study subjects 12 (40.0%) had family income between 15000 - >30000 rupees, 10 (33.3%) had family income <15000 and only 8 (26.7%) had family income >30000.

Section II: Assessment of knowledge before and after implementation of knowledge questionnaire.

Table 7: Levels of pre-test and post-test knowledge score

Knowledge levels	Pretest		Posttest	
	Frequency	Percent	Frequency	Percent
Inadequate	1	3.3	0	0
Moderately Inadequate	11	36.7	5	16.7
Adequate	18	60	25	83.3
Total	30	100	30	100

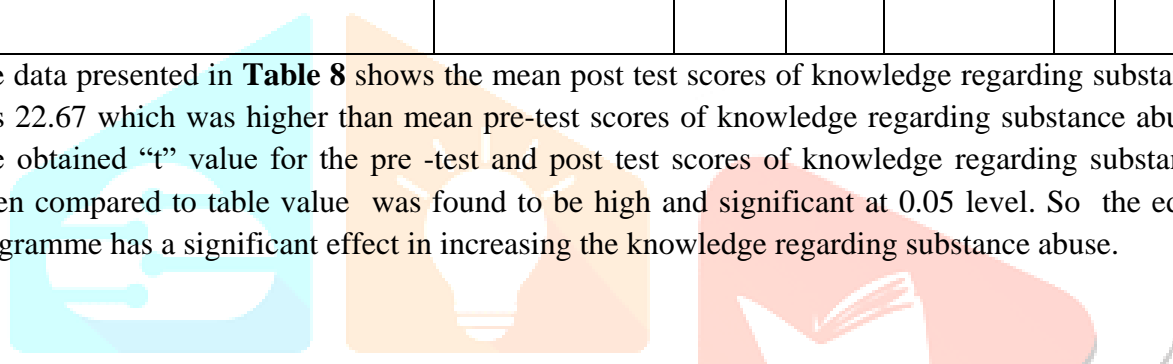
The **table 7** shows in the pretest, out of 30 subjects 1 had inadequate knowledge, 11 subjects had moderately inadequate knowledge and 18 subjects had adequate knowledge regarding substance abuse. In the post-test there were no subjects with inadequate knowledge, majority of subjects i.e, 25 had adequate knowledge and only 5 had moderately inadequate knowledge.

Section: III Comparison between pretest and posttest knowledge score.

Table 8: Comparison of pre-test and post-test knowledge score

Test	Mean	Std. deviation	Mean difference	“t” value	Df	Sig.	Remark
Pre-test score	19.80	2.81		2.86	-	29	0.00 Sig.
Post- test score	22.67	2.65					

The data presented in **Table 8** shows the mean post test scores of knowledge regarding substance abuse was 22.67 which was higher than mean pre-test scores of knowledge regarding substance abuse 19.80. The obtained “t” value for the pre -test and post test scores of knowledge regarding substance abuse when compared to table value was found to be high and significant at 0.05 level. So the educational programme has a significant effect in increasing the knowledge regarding substance abuse.



Comparison of pre-test and post-test knowledge score

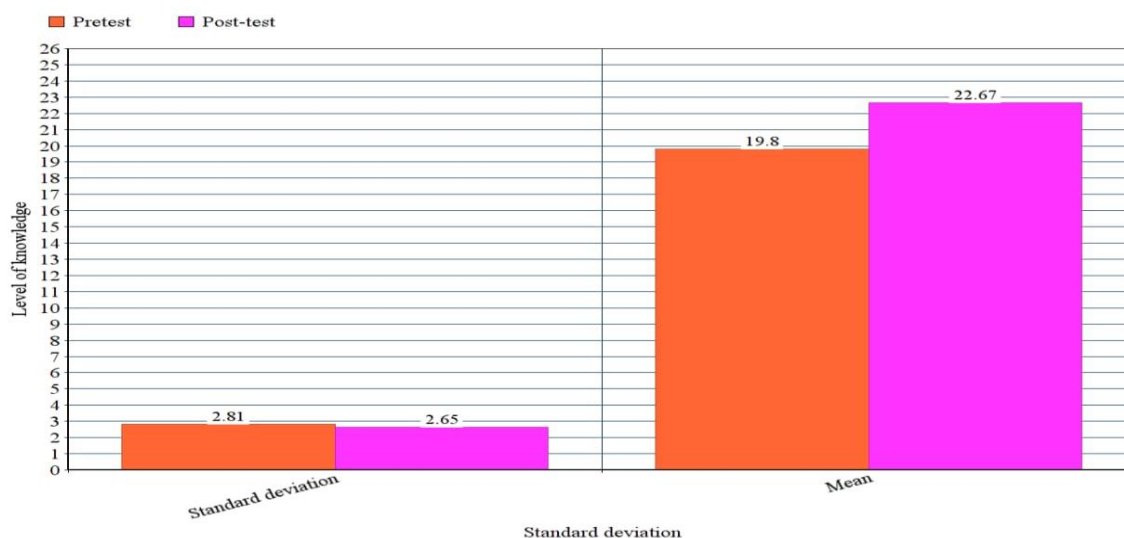


Figure :comparison of pre test and post test knowledge score

Table 9: Descriptive statistics of knowledge score of pretest and posttest.

Descriptive statistics	N	Mean	Median	Mode	Std. Deviation	Range	Minimum	Maximum
PRETEST SCORE	30	19.80	20.00	20	2.82	12	14	26
POSTTEST SCORE	30	22.67	23.00	22	2.69	11	18	29

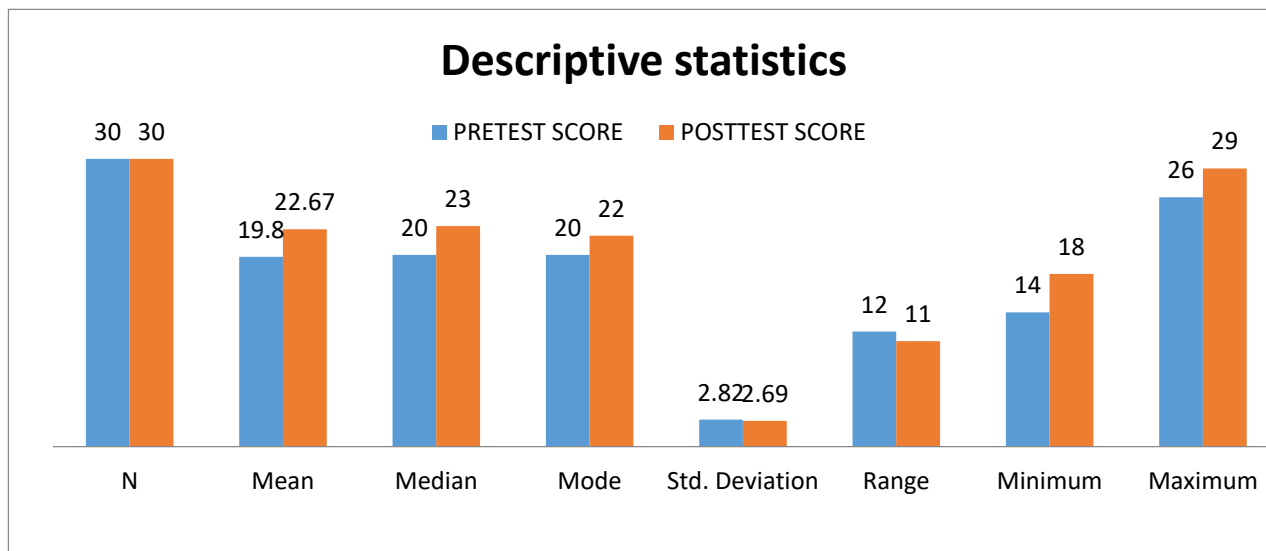


Table 9 depicts difference between pretest and post-test knowledge scores of nursing. In pretest the mean score was 19.80 ± 2.82 whereas the mean post test score was 22.67 ± 2.69 . The descriptive statistics knowledge is concerned we found there will be significant mean difference between pre and post test score (**mean and Sd**). Hence our hypothesis **H₁** is accepted at 0.05 level of significant.

Section IV: Association of pre-test knowledge score with selected demographic variables.

Table 10: Association of demographic variables with respect to pretest score

		Pre-test levels							Chi square	df	p-value
		inadequate		Moderately inadequate		adequate					
		N	%	N	%	N	%				
Age years	in 17-18	0	.0%	2	18.2%	1	5.6%	1.32	2	.516	
	19-20	1	100.0%	9	81.8%	17	94.4%				
Gender	Female	0	.0%	4	36.4%	12	66.7%	3.701	2	.157	
	Male	1	100.0%	7	63.6%	6	33.3%				

Place of stay	living in home	0	.0%	8	72.7%	9	50.0%	2.789	2	.248
	living in hostel	1	100.0%	3	27.3%	9	50.0%			
Socio-economic status	<15000	1	100.0%	4	36.4%	5	27.8%	2.881	4	.578
	>30000	0	.0%	2	18.2%	6	33.3%			
	15000->30000	0	.0%	5	45.5%	7	38.9%			

In **table 10** above analysis reveals that the chi -square value is less than tabulated value; hence there is no significant association between demographic variables with respect to pre-test score. **Therefore research hypothesis H₂ was not accepted which states that** there is a significant association between pre-test knowledge score with selected demographic variables among adolescent nursing students regarding substance abuse at ≤ 0.05 level of significance.

DISCUSSION:

In pre-test, , out of 30 subjects, 1(3.3%) subject had inadequate knowledge, 11(36.7%) subjects had moderately inadequate knowledge and 18(60%) subject's had adequate knowledge regarding substance abuse before implementation of educational programme. These findings are supported by a cross sectional study conducted by **MonitaThokchom, kajalsingh, swapnilTgorat, GauriRajbhar, Neethu R, DattatrayGagare** ,to assess the knowledge regarding substance abuse among adolescents (10 to 19 years) boys and girls in Pune (west of India) .200 samples were collected from the community area for this study. The questionnaire consists of 25 items and two sections (demographic information and knowledge score about substance abuse) .The study findings revealed that the majority knowledge of substance abuse was 48%, poor knowledge was 34% and good knowledge was 18%. Nevertheless, there is still need to improve the knowledge of community adolescents regarding substance abuse.⁸

In post-test, there were no subjects with inadequate knowledge, majority of subjects i.e. 25(83.3%) subjects had adequate knowledge and only 5(16.7%) subjects had moderately inadequate knowledge after the implementation of educational programme. The findings have been supported by a study conducted by **SheljyShajan, karthika krishnan, Blessymol joseph(2020)**, to assess the effectiveness of an educational program on knowledge on substance abuse among student nurses studying in a selected college of nursing Delhi. A sample of 50 nursing students, who fulfilled the inclusion criteria, were selected using systematic random sampling method. A self-administered questionnaire was used to assess the knowledge on substance abuse among student nurses. Data was collected from first year nursing students attending a selected College of Nursing, Delhi. An educational program was developed and administered to first year nursing students about substance abuse. The data analysis and interpretation was done using descriptive and inferential statistics. The mean post-test knowledge scores were higher than the mean pre-test knowledge scores indicating that the educational program on substance abuse was effective in increasing the knowledge of student nurses.⁹

While comparing the knowledge scores of study subjects regarding substance abuse, the mean post-test knowledge score (22.67) was greater than the mean pre-test knowledge score (19.80). The mean difference between pre-test & post-test knowledge score was 2.86 at $p < 0.001$, which indicates that there was significant difference between pre-test and post-test mean knowledge scores. So, there was enough

evidence that change occurred due to intervention not by chance. These findings are supported by the study conducted by **Firdousa Jan, Manzoor Ahmad Para and Nazir Ahmad Dar SKIMS (2018)**, to assess the effectiveness of teaching program on knowledge regarding substance abuse among 60 randomly selected adolescents in selected school (Jawahar Navodaya Vidyalaya Khanpora) of District Budgam, J&K, using a self-administered knowledge questionnaire (pre-test and post-test). The study results showed that pre-test knowledge level of students was significantly ($p < 0.05$) less towards substance abuse. The mean score of pre-test knowledge of students was (8.35%) After giving the intervention, the mean score of post-test knowledge increased to (24.03%). so there was a significant difference in level of knowledge in pre-test (16.7%) and post-test (100%). study also reveals that proper education (STP) enhances the post-test knowledge among students regarding substance abuse.¹⁰

The study findings also revealed that chi-square value is more than tabulated value, hence there is no significant association between demographic variables with respect to pre-test knowledge score. The above findings are supported by a study conducted by **Vinish Vijayan and Vimala Prasad (2018)**, to assess the knowledge regarding effects of substance abuse among a sample of 360 adolescents selected by multistage random sampling at Govt. P U College, Halayangadi, Dakshina Kannada District, by using structured knowledge questionnaire. The study findings revealed that, majority 180 (50%) adolescents have average knowledge and least 27(7.5%) had poor knowledge, and 153(42.5%) had good knowledge regarding effects of substance abuse. The study also find out that there was no significant association between demographic characteristics and knowledge of subjects. The study concluded that there is a need of motivational classes to prevent substance abuse among adolescents.¹¹

NURSING IMPLICATIONS:

1) Nursing practice

Educational programmes conducted by nursing personnel both in the hospital and community areas helps in preventing and controlling substance abuse. Providing health education to the people for the prevention and management of health problems is considered very important in maintaining people's health. Health information can be imparted through various methods like lectures, mass media, pamphlets, Information booklet, structured teaching programme etc. Hence educational programmes with effective teaching strategies will motivate people to follow healthy practice in day to day life. For this, Nurses have to act as leaders by themselves in all areas of community and should take keen interest in preparing different teaching strategies useful for the community.

2) Nursing education

The student's teaching experience should emphasize on teaching various community groups on preventive and promotive health practices.

Nursing curriculum should provide an opportunity to plan and conduct teaching programmes in variety of settings Viz family, community, industry, hospital, schools and other health care agencies. Several in-service programme, conferences, workshops and seminars can be conducted to keep nurses updated with newer teaching strategies, and newer research findings which are useful. Nursing students should also be encouraged to conduct educational programmes at schools and colleges that aid in spreading health messages to the students as well as their communities.

3. **Nursing research** : Nurses being the largest groups in the health care delivery system and being more close to the people should take an initiative to conduct further research regarding substance abuse. The present study revealed that there was inadequate knowledge among the study subjects regarding substance abuse, so nurses especially who are working in community should take an initiative in conducting research studies in the community. An educational programme can be conducted in the community to educate the people.

4. **Nursing administration**

The nurse administrator should take interest in providing information regarding prevention of substance abuse to the public or to the community. The nurse as an administrator should plan and organize educational programmes for nursing personnel and motivate them to conduct substance abuse programmes beneficial to the public. Planning and organization of such programmes require efficient teamwork, planning for manpower, money, material and methods and minutes to conduct successful educational programmes, both at the hospital & community level. Health education material such as leaflets and pamphlets should be made available to the public. She should also encourage and depute nurses to participate in such programmes conducted by any other voluntary organizations.

Further a nurse administrator should provide horizontal stimulation, as well as vertical enhancement opportunities that produce competent nurses. Nurse administrator should grant funds for conducting various educational campaigns in schools and colleges. The nurse administrator also in collaboration with various government and nongovernmental organizations encourage nurses to take an active part at primary level of community for disease prevention and promotion of health.

LIMITATIONS:

The limitations recognized in the study were:

1. The study was limited to small size (30), which imposes limitation on generalization.
2. Sample was selected only from one nursing college at Srinagar district of Jammu and Kashmir; hence generalization can only be made for the sample studied.
3. The association of knowledge of adolescent students regarding substance was limited with only few demographic variables (age, gender, place of stay, socioeconomic status), which imposes limitation on generalization.
4. The researcher did not use control group. Hence the researcher had no control over the events that took place between pre-test and post-test.

RECOMMENDATIONS:

On the basis of the findings of present study the following recommendations have been made:

- A similar study can be conducted on a large sample in order to draw more definite conclusions and generalizations..
- A quasi-experimental study can be conducted with control group.
- A similar study can be recommended by using different method of teaching.
- A similar study can be recommended to compare effectiveness of educational programme and other methods on knowledge regarding prevention of substance abuse.
- A comparative study can be conducted between the various age groups of children.

- A similar study can be recommended in different settings to evaluate the factors responsible for substance abuse
- Follow up of the study subjects can be done to evaluate long term effectiveness of educational programme.

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