

EFFECT OF ALCOHOL AND DRUG ADDICTION
AMONG PROFESSIONAL AND NON PROFESSIONAL
UNDERGRADUATE STUDENTS IN LUCKNOW CITY,
INDIA

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ABSTRACT

Early adulthood is a very significant period in a young person's life. It is a critical time for learning essential life skills. The majority of college undergraduates are below the legal drinking age, alcohol continues to be widely used on most college campuses today. The present study aimed at determining the level of alcohol and drug addiction among professional and non professional course's students. Thus the present study was planned to assess the attitude of early adulthood studying in professional and non professional courses towards alcohol and drug and to compare the attitude of early adulthood studying in professional and non- professional courses towards alcohol and drug. Eighty early adulthoods comprising of 40 professional and 40 non professional course's boys were selected to the study. Data obtained was analyzed using appropriate statistical techniques such as Frequency, Percentage, Arithmetic Mean, Standard Deviation and t-test. Thus the results revealed that significant differences were seen in the level of alcohol and drug addiction among professional and non professional course's students (boys).

Keywords: Drugs, Alcohol, Addiction, Professional, Non-Professional, Boys

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INTRODUCTION

Early adulthood is a very significant period in a young person's life. It is a time when youth are growing and establishing individual identities. It is also a critical time for learning essential life skills. Early adulthood phase is marked as a shift from dependency to autonomy in social viewpoint. Social responses to physical maturity, the management of sexuality, the acquisition of skills and changes in peer grouping are the most important factors in social development of the youth's life.

Although the majority of college undergraduates are below the legal drinking age, alcohol continues to be widely used on most college campuses today. Some feel pressured to use drugs or alcohol at social gatherings either because everyone else seems to be doing it, or because they believe it is the cool thing to do. Others believe that drug or alcohol abuse offers a way to escape from school or work related stress, financial worries or relationship problems. Some feel that alcohol or drugs provide a way to compensate for feelings of shyness or low self-esteem. Sometimes, these drugs act as a substitute for satisfying relationships, educational accomplishments or self-fulfillment.

The consumption of alcohol can be expected to have a negative impact on schooling both directly through its potential impact on cognitive ability and indirectly through its impact on study habits. Heavy drinking has been associated with physical or sexual assault, criminal violations, and unsafe sexual activity (**Wechsler *et al.*, 1994**). Heavy alcohol use has also been linked to adverse health consequences including vehicle accidents, injuries, and accidental deaths.

Thus, alcohol and drug is a serious problem that can affect academic, personal and professional life and it is also a treatable problem. Many sources are available for reduction of alcohol or drug such as Counseling and Psychological Services, Alcoholics Anonymous, Narcotics Anonymous, local spiritual leader or family doctor can all provide the information needed to obtain the services that are best suited to youth needs.

OBJECTIVES

- To assess the attitude of early adulthood studying in professional and non professional courses towards alcohol and drug.
- To compare the attitude of early adulthood studying in professional and non- professional courses towards alcohol and drug.

MATERIALS AND METHODS

The research design followed in the present study was an exploratory research design and survey method was used to collect data from the respondents. The study was conducted in Lucknow city. Eighty early adulthoods comprising of 40 professional and 40 non professional course's boys were selected to the study, their age group was 17-19 year. Alcohol and Drug attitude scale developed by **Saini and Singh (2010)** were used for present study. Total samples of 80 youth were selected from different colleges of Lucknow city. Data obtained was analyzed using appropriate statistical techniques such as Frequency, Percentage, Arithmetic Mean, Standard Deviation (SD) and t-test.

RESULTS AND DISCUSSION

Table 1: Frequency and percentage distribution of professional course's students (boys) regarding alcohol addiction-

Level of Addiction	Professional Students (n=40)	
	F	P
High	10	25
Moderate	25	62.5
Low	05	12.5

F= Frequency, P= Percentage

The above table indicates the frequency and percentage of professional course's students. It is clear from above table that mostly professional course's students have moderate level of alcohol and drug addiction with 62.5 percentages whereas 25 percent and 12.5 percent professional course's students have high level and low level of alcohol and drug addiction respectively. It is clearly indicates that moderate level of addiction is more common among professional course's students.

Table 2: Frequency and percentage distribution of non professional course's students (boys) regarding alcohol addiction-

Level of Addiction	Non-Professional Students (n=40)	
	F	P
High	04	10
Moderate	12	30
Low	24	60

F= Frequency, P= Percentage

The above table indicates the frequency and percentage of non professional course's students regarding alcohol addiction. The above shows that 60 percent of respondents have low level of alcohol and drug addiction whereas 30 percent non professional course's students have moderate level of alcohol and drug addiction and only 10 percent non professional course's students were involved in high level of alcohol and drug addiction.

Table 3: Mean, Standard deviation and 't' value of alcohol and drug addiction among professional and non professional undergraduate students (boys)-

Alcohol and Drug Addiction	Total Students (n=80)			
	Mean	Standard Deviation	t-cal (0.05%)	t-tab
Professional Students	105.05	18.33	4.24*	1.99
Non-Professional Students	89.00	15.32		

*= Significant

The above table indicates the mean, standard deviation and 't' value of alcohol and drug addiction among professional and non professional course's students (boys). The table shows that there lies a significant differences among professional and non professional course's students (boys) as the calculated value of 't' is found to be 4.24 which is greater than the tabulated value of 't' i.e. 1.99 at 0.05 percent level of probability signifying that professional course's students (boys) display more alcohol and drug addicted as compare to non professional course's students (boys) counterparts.

COUNCLUSION

It is concluded from the present study that significant differences were seen in the level of alcohol and drug addiction among professional and non professional course's students (boys). It is reported that moderate level of alcohol and drug addiction in professional course's students (boys) as compared to non professional course's students (boys).

SUGGESTIONS

- Challenge and change your thoughts.
- Get involved in your community.
- Pick up a new hobby or adopt a pet.
- See a counselor or therapist and talk with them about your problems, possibly taking action in order to get help and stop using drugs.
- Go to a drug abuse rehab center and get treatment and help for your problem.

REFERENCES

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