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Behavior pattern induced by drug and substance abuse among drivers in Lucknow city

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Abstract

Substance abuse is a global phenomenon found the most of countries of the world among youth. Most of drug abusers under the age of 30 years. There are 320 million young people between ages of 15-29 years dying from alcohol related cause, resulting in 9% of all the deaths in that age group. Although it covers various rang age group, it's mostly common in drivers between 20-35 years of age. A total number 50 structured questionnaires distributed to the respondents, followed by face to face interview to establish a relationship between what is the questionnaire and responses from the interview. It has been found out that driver of the age range 26-35 years were more numbers in term of drug use. Marital status and low level of education also play a role in drug abuse. Inter into fight at workplace, lost the job, fight with friends, parents and others and create problem with Spouse/ parents and other family members are some of the behavior consequences in drug abuse. Use drug as to entertain or feel relax and fresh (34%) and feel lonely and alone (48%) were prime reasons of use of substance abuse. Majority of drivers obtain abusive substance from their feel lonely and alone. chewing Gutkha (30%), chewing tobacco (24%), chewing paan (16%), cheap branded alcohol (14%), smoking (Bidhi) (10%) and marijuana (6%) were predominantly use. Tobacco and Gutkha were mostly abused. Involvement in fights, vandalism, and criminal activities were observed to be closely associated with the substance abusive behavior.

Keywords: substance abuse, drivers, behavior, society, vandalism

Introduction

Substance abuse, also known as drug abuse and substance use disorder, is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others (Nutt, King, Saulsbury & Blakemore, 2010) [8]. And is a form of substance- related disorder. Substance abuse is the use of drug, alcohol, or chemicals. The substance abuse results in physical, psychological, emotional harm to the user pr others.

The national survey on Drug Use and Health (NSDUH) obtain information on nine categories of illicit drug use: use of marijuana, cocaine, heroin, hallucinogens, and inhalant, as well as the nonmedical use of prescription- type pain relievers, tranquilizers, stimulants, and sedatives. In these categories, Hashish includes with marijuana, and crack is considered a form of cocaine. Several drugs are grouped under the hallucinogens category, including LSD, PCP, peyote, mescaline, psilocybin mushrooms, and "Ecstasy" (MDMA). Inhalants include a variety of substance, such as nitrous oxide, amyl nitrite, cleaning fluids, gasoline, spray paint, other aerosol sprays, and glue [6].

The exact cause of substance abuse is not clear, with the theories including: a genetic disposition; learned from others- or habits which if addiction develops, manifest as a chronic debilitating disease [9]. The specific illicit drugs with the largest numbers of persons with past year dependence or abuse in 2013 were marijuana (4.2 million), pain relievers (1.9 million), and cocaine (855,000) [6].

Tobacco addiction is the most widespread addiction in the world. There are nearly 1.3 billion smokers in the word, 80% of them are in the developing countries [5]. According to American Cancer Society, India has 2nd largest population of tobacco users (about 24 crores), next only to China [10]. The use of illicit drugs across the globe has increased in recent years (Ekpenyong, 2012). It is estimated that about 230 million people (5%) out of the world's adult population have used an illicit drug at least once in the last 12 month of the survey (United Nations Office on Drugs and Crime UNODC, 2012) [14].

In 2013, illicit drug use was estimated to be responsible for just over 39600 road traffic deaths worldwide [4]. The special illicit drug with the largest numbers of persons with past year dependence or abuse in 2013 were marijuana (4.2 million), pain relievers (1.9 million), and cocaine (855,000). (National Survey on Drug Use and Health NSDUH, 2013) [7].

Substance use and abuse is prevalent in our society and there is a growing number of youth becoming involved in this aspect of our culture, potentially leading to addiction (Bonomo & Bowes 2011) [1]. Exposure to traumatic events and physical, sexual and emotional abuse are recognized as common components of the life history of individual who enter substance treatment (Easton, Swan, and Sinha, 2000; Mcttugo *et al.*, 2005) [3]. High- risk behavior, such as alcohol or drug abuse, “unsafe sex” and violence, promote health damaging conditions. High-risk behavior frequently clusters in a syndrome called a high risk life style (Budd, 1989; Castro, Newcomb, and Cadish, *et al.* 1987) [2].

Substance addiction is often seen as a complex disease of the brain that can create uncontrollable, irrational, compulsive craving, potentially causing individual to see, out and use drugs, even when this behavior cause extremely negative consequences (national Institute on drug Abuse for Teens, n. d.) [13]. Aim of the study the overall purpose of this study are to assess substance abuse among drivers in Lucknow city, assess drivers perception of drug and drug abuse, and analyze the strategies used to address the problem. This research also means to find a glimpse of the various factors influencing and associated with substance abuse among drivers of urban area and to assess the association between substance abuse and behavior of people in the society after taking substance abuse among drivers.

Methodology

The study was conducted within 1 year from July 2017 to May 2018 by questioning and interviewing among 50 drivers of BBAU campus Lucknow city India. The data collection was done by interview method using a pre-designed and semi-structured questionnaire.

To deal with the substance abusive behavior topic and interviewing drivers regarding their different type of substance abuse taken by drivers and behavior of drivers in the society after taking substance abuse out the real facts was a very sensitive and tricky issue which needed great effort and perseverance on the part of the surveyors and researchers.

Prior to the interview, the some drivers were briefed about the purpose of the study for rapport building and to get their full co-operation and support but most of the drivers were not proper response about the topic. Subject include in the study were in a detail manner giving full respect to the privacy of the drivers. All the data gathered was transferred to suitable statistical software and analysis was carried out by percentage, proportion and ANOVA, chi square and P value

was calculated.

Result

Out of the total 50 drivers who response to the questionnaire. Most (36%) of them were between the age group of 31 to 35year with mean age of 38.27 and standard deviation 6.7 year (Table1). This study was conduct in urban area. 62% were married and 38 % were unmarried. (Table 1) Concerning the educational status of the drivers, majority 54% has attained primary school (1 to 8 grade level), 40% has attained secondary school (9 to10 grade level) and in which few drivers were educate up to graduate. (Table 1)

Table showed that different type of substance abuse taken by drivers 30% drivers were chewing Gutkha, 24% were chewing tobacco, 16% were chewing Paan, 14% were taking alcohol, 10% were taking smoking (Bidhi) and 6% were consume marijuana. The result showed that the type of substance abuse did have not significant effect on drug abuse. ($p < 0.005$) (Figure1)

Table 1: Distribution of respondents according to socio demographic character of drivers

Socio demographic character	Frequency	Percentage
Age		
20-25	5	10
26-30	14	28
31-35	18	36
35-above	13	26
Marital status		
Married	31	62
Unmarried	19	38
Educational status		
Primary	27	54
Secondary	20	40
Graduate	2	4
Other professional courses	1	2

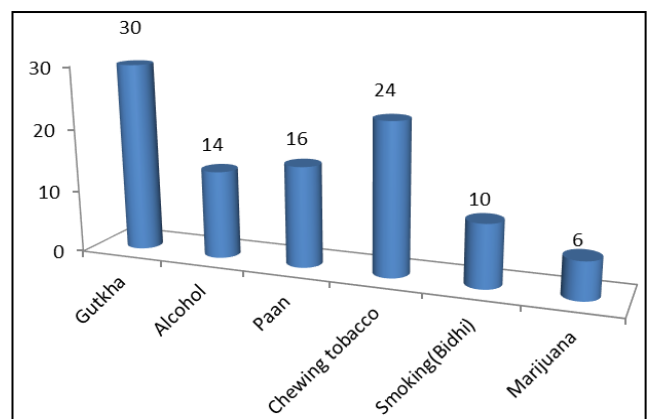


Fig 1: Distribution of respondents according to different types of substance abuse taken by abusive person

Table 2: Distribution of respondents according to reasons of drug consumption of substance abuser

Variables	Frequency	Percentage % (N=50)
Consumption of drug under feel lonely or alone		
Yes	26	52
No	24	48
Use of drug as to entertain or feel relax and fresh		
Yes	17	34
No	33	66

Table 3: Distribution of respondents according to their memory and remembrance of substance abuser

Variables	Frequency	Percentage % (N=50)
Forget things while using drug		
Yes	13	26
No	37	74
Blackouts or flashback as results of drug use		
Yes	21	22
No	39	78
feel bad or guilty about drug use		
Yes	12	24
No	13	26

Table 4: Distribution of respondents according to behavior of people in the society after taking substance abuse

Variables	Frequency N=50	Percentage
Create problem with Spouse/ parents and other family members		
Yes	21	42
No	29	58
Fight with friends, parents and others		
Yes	4	8
No	46	92
Lost the job		
Yes	9	18
No	41	82
Inter into fight at workplace		
Yes	12	24
No	38	76

44% of drivers taking different type of alcoholic beverages like beer, wine and other beverages, 30% of drivers were abuse more than one drug at a time and 28% of drivers abuse more drink of alcohol at a time. Memory and remembrance symptoms present in drug abusive person. Most (26%) of the drivers were affecting by forget things while using drug, 24% were affected by feel bad or guilty for drug use and 22% were affecting by blackout or flashback as result of drug. (Table 2) 48 % of drivers were start consumption of drug under feel lonely or alone and 34 % of drivers were start use of drug as to entertain or feel relax and fresh and drivers do not sleep while driving (Table 4). 22% of driver ages of 31-35 year were habits of taking drug, tobacco and chewing paan. 18% of drivers were age above 35 year and 8% of drivers under the age group of 20-30 years.

In this study, 42% of drivers were create problem with spouse/ parents and other family members, 30% drivers were 24% drivers were inter into fight at workplace and 18% of drivers were lost the job while influencing of drug and 8% of drivers were fight with friends, parents and others. (Table 4)

Discussion

The result obtain from this study indicate that risk of drug abuse is multi factorial. Drug abuse is a complex phenomenon, influenced by a diverse set of risky behavior vulnerability to other externalizing disorder and by range of environmental risky behavior reflecting lifestyle, marital instability as well as social disequilibrium of the drivers. According to the World Health Organization (2007) studies from low-middle income countries still show 4%-69% of injured drivers having alcohol in their blood [11].

In this study statistical analysis found that all the abusive behavior of the drivers, only adult age group, low educational level, Gutkha, paan, chewing tobacco, marijuana, smoking, alcohol consumption, habits of drug abuse were found to be significantly associated with abusive behavior among drivers. Majority of the 36% drivers were belonged to 31-35 years and

28 % drivers were belonged to 26-30 year of age group and 26 % drivers were belonged to above 35 year of age group and 10% of drivers were belonged to 20-25 year of age group. Most of drug abusers under the age of 30 years. There are 320 million young people between ages of 15-29 years dying from alcohol related cause, resulting in 9% of all the deaths in that age group [12].

Literacy has certain role in the substance abusive behavior of drivers. In this study, it was observed that majority of 54 % drivers were primary educated as compared to non-drug abuser. 40% of drivers were secondary educated. As literacy increase, drug abuser decrease. In graduate and other professional course, drug abuse in drivers were less in comparison with non- drug abuser.

Substance abuse itself antisocial behavior and is directly related to driver aggressiveness. In this study most of the drivers involved in quarrels with friends, family and spouse/ parents, asking for money, fight with their spouse/parents. Few even lost their job and loss of control due to influence of drug.

Conclusion

This study revealed that commonly abused drugs were Gutkha 30%, Paan 16%, Chewing Tobacco 24%, Smoking (Bidhi) 10% and Alcohol 14%. This study showed that majority of drivers were engaged in unsafe and abusive behavior practices. Abusive behavior, marital status, educational status was significantly and independently associated with substance use among drivers. Substance abuse itself antisocial behavior and is directly related to driver aggressiveness. In this study most of the drivers involved in quarrels with friends, family and spouse/ parents, asking for money, fight with their spouse/parents. Few even lost their job and loss of control due to influence of drug. In this study indicate that behavior of the drivers significantly has an effect for drug abuse. 42% of drivers were create problem with spouse/ parents and other family members, 24% drivers were inter into fight at

workplace and 18% of drivers were lost the job while influencing of drug and 8% of drivers were fight with friends, parents and others. There should be active participation by the Government in coordination with the non-government organizations (NGOs) as well as international organizations to carry out information education and communication (IEC) activities regarding substance abuse and its harmful effects. Stringent laws and legislations towards substance abuse control. Further research organizes awareness camp, workshop, and interpersonal communication with society about the harmful effect of the abusive behavior personality. Effective awareness and counseling session with one to one as well as group interaction should be carried out in the urban and slums involving the drivers and their families as negative family environment may precipitate substance abuse in drivers.

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