

Does Consumption Of Abusive Substance Affect The Wellbeing Of Students? A Comparative Study among the Students of Kerala and Karnataka

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Abstract

The present research tries to investigate the relationship and impact between consumption of abusive substance and wellbeing of students between Kerala and Karnataka state. This research was conducted because usage of abusive substance has become a major problem in both developing and developed nations. Every year we can see that drug abuse cause a lot of injuries and illness. Wellbeing is a state of being happy mentally, socially, culturally and psychologically. So this study majorly focuses on substance abuse and how this consumption affects the wellbeing of students. Methods: In this research a sample of 120 youths comprising of 60 students from Kerala and 60 students from Karnataka have been considered. Structured questionnaire was given to the sample of 120 which was selected randomly. Study was conducted for the age group between 18 to 25 years.

Findings: The current analysis showed that the students who stayed away from their house are more prone to get addicted. 2) It was found that Karnataka state students wellbeing is low compared to Kerala state and impact was found on the variable wellbeing also 3) Study showed that there exists a moderate level of relation between consumption of abusive substance and level of wellbeing of students. The present study used descriptive statistics, correlation and t test to analyze the data. Wellbeing of students was measured on the social factor, personal factor and psychological factor. Conclusion: Frequent consumption of abusive substance are associated with poor mental health and their sociological behavior especially with a lack of life satisfaction and psychological distress. This result applies equally to lower and higher social status groups of different categories in the society.

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I. INTRODUCTION

Usage of addictive substance has become a major problem in both developed and developing nations. Drug abusive is a habitual way of

consuming illegal drugs. Nowadays abusive substance usage is a serious problem that is faced by every society community and family in various ways. Every year we can see that drug

11624

abuse cause lots of injuries and illness. Substance misuse does not have any specific pattern. No one can first determine that whether someone will develop an addiction. According to Gelder m drug abuse is an addictive substance that will lead to many health problems as well as mental problems. Because of this the moods of human beings are changing within seconds. Abusive substance can also available in the form of alcohol, cocaine, weed etc. Over consumption of abusive substance may lead a person to involve in criminal activities and also it can create social, psychological and physical problems (Majidshafique). Alcohol is consumed by a large number of persons from various sections of the society and it majorly depends on their cultural values, attitudes behavior and beliefs (Emmanuel, Akthar and Rahbar). It is said that there are majorly two factors that is psychological and social factors. These two factors are also called as risk factor and this can lead a person to create a huge mental disorder. The addictive nature is mainly found among males under the age group of 18 to 44. It can include married as well as unmarried. Due to increase consumption of alcohol our society is facing more social as well as technical issues. Until now no scientists and no tests are able to identify whether someone is having any kind of addiction (Kristen bush). According to Wechsler's the over consumption of alcohol can reduce the percentage of student study. Mainly it is found that students from a strict family is more addicted towards illegal substance rather than from a supportive family. In the year 1999-2004 the national drug master plan has explained that abusive substance contains both misuse as well as abuse. They are explaining that after consumption of these types of substance will improvise the functions, moods, attitudes etc. of an individual. If the children up to the age group

of 16 consume abusive substance they themselves constitute a form of drug (Newcomb & Bentler, 1989). Thirdly, substance consumption can mainly cause certain behavioral changes in these types of children. The random house dictionary of the English language, 1967 defines about the wellbeing, it is said that wellbeing is a positive state of living a happy life with all prosperity and satisfaction. According to Abl villa consumption of abusive substance can cause mental problems and also it leads to a problem that should be faced for a life time. The Director of National Institute of Drug Abuse, Mr. Volkow md says that drug addiction is caused as a disease from one's own brain and how it is treated by an individual. The behavior of people will remain the same until the consumption of alcohol is being continued (Donohew and glynn in 1983). More and proper decisions should be done and questions should be made to find out the limitations and to analyze how the consumption of drug abuse can be reduced and recommendations can be brought out (Biglan and ary in the year 1985, Luekefeld in press). Nowadays prevention of drug abuse has become a controversy among almost all researchers (swisher 1979). Lu yudaniel t. shek, and xiaqinzhu has done a research based on the influence of personal wellbeing of students and the study was to find the relationship of students and their personal wellbeing and they have find out a positive result that when students are working hard and if they are not addicted towards any abusive substance their personal growth in academics are very high and the personality and standard of the students are in a good condition. So there is a relationship between wellbeing and students. F ruppel, Sebastian Liersh, u Walter has studied about the influence of psychological wellbeing on academic success. Their aim was to investigate

about the influence of psychological wellbeing on academic success and finally they come out with the conclusion that there is indirect positive effect as well as direct negative effects of the wellbeing. This research has also a contradiction among the pervious researches because they have arrived with a positive effect.

I. OBJECTIVES

To find out the correlation between wellbeing of students and abusive substance consumption and to find out the major reason for consumption of abusive substance.

II. METHODOLOGY

The study has included two different states that is Kerala and Karnataka. The target respondents where students within the age group 18-25. Here primary data collection was followed using the structured questionnaire. Data are collected from selected colleges in both the states. The questionnaire consists of two parts one is related to abusive substance consumption and the other is wellbeing of students. Data analysis tools include t-test, mean and standard deviation.

RESEARCH QUESTIONS

1. What is the major reason for consumption of abusive substances?
2. Is there any connection between consumption of abusive substance and their psychological and sociological wellbeing of students?
3. Does abusive substance consumption affect the wellbeing of students across states?

Hypothesis

- There is no significant difference in consumption of alcoholic substance and

wellbeing of students in Kerala and Karnataka

STATEMENT OF PROBLEM

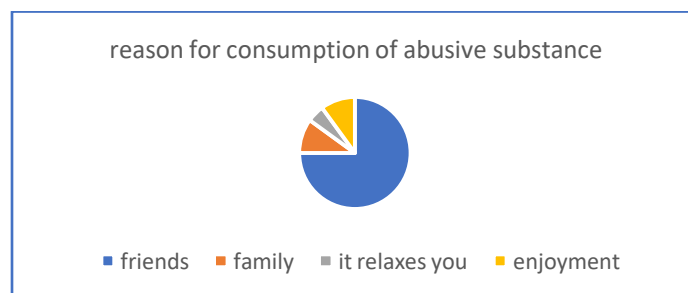
Major aspects of the study is to check what makes the present generation to et attracted towards the consumption of alcoholic substance and to check whether any relation exists between consumption of alcoholic substance and students wellbeing in two different states. This particular study as per the literature review clearly says that there exists a research gap so makes investigator to work on it. The sample of the study consists of 120 youths with the age group ranging from 18-25. 60 people are taken from Kerala and 60 are taken from Karnataka. The data are collected personally by visiting colleges in both the states.

NEED FOR THE STUDY

Wellbeing of a student is an essential aspect being healthy and mentally stable are really a need for the life today, but in many a cases younger generations are addicted to abusive substances for many reasons. Here the researcher would like to know how these consumptions affect the physical and mental health of a student. The researcher further would like to know is there any relation between abusive substance and wellbeing of younger generations..

III. ANALYSIS

Figure.1.1 Reasons for consumption of abusive substance among college going students



The above shown pie chart shows the reason behind the consumption of abusive substance. Here 75% of the students have mentioned they consume because of their friends and only 10% speak about both family and for their enjoyments, 5% are of the perception that consuming abusive substance relaxes them.

Table:1.1 Correlations between abusive substance consumption and sociological wellbeing

		abusive substance	social WELLBEING
abusive substance	Pearson Correlation	1	.035
	Sig. (2-tailed)		.706
	N	120	120
social WELLBEING	Pearson Correlation	.035	1
	Sig. (2-tailed)	.706	
	N	120	120

The above mentioned study showed to exhibit the relation between consumption of abusive substance and sociological wellbeing of students between Kerala and Karnataka state. There exists poor relation between these two variables as their alpha value is 0.035.

Table 1.2 Correlations between abusive substance consumption and

		abu
abusive substance	Pearson Correlation	1
	Sig. (2-tailed)	
	N	120
psychological wellbeing	Pearson Correlation	.092
	Sig. (2-tailed)	.318
	N	120

The above mentioned study showed to exhibit the relation between consumption of abusive substance and psychological wellbeing of students between Kerala and Karnataka state.

Here the alpha value is 0.092 and there exist poor relationship between these two variables.

Table 1.3 Descriptive Statistics of Kerala

	Mean	Std. Deviation	N
ABUSIVE SUBSTANCE	33.93	4.621	60
WELL-BEING OF STUDENTS	30	4.317	60

Table 1.4 Descriptive Statistics of Karnataka

	Mean	Std. Deviation	N
ABUSIVE SUBSTANCE	34.27	3.041	60
WELL-BEING OF STUDENTS	31	3.978	60

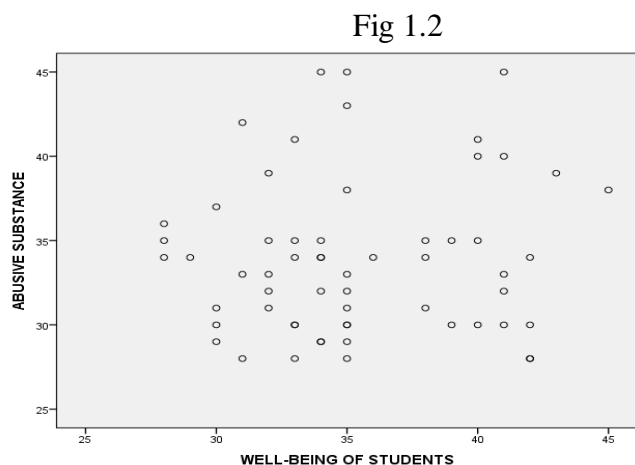
When we check the mean usage of abusive substance and their impact on wellbeing of students in both the states we can say that mean is high in Karnataka that is 34.27 against the value of 33.93 in Kerala and their mean of wellbeing is 31 in Karnataka and 30 in Kerala, so as per the data consumption is more in Karnataka state.

Table 1.5 Correlations between both the states

		ABUSIV E SUBSTA NCE	WELLB EING
ABUSIVE SUBSTANCE	Pearson Correlation	1	.151
	Sig. (2-tailed)		.102
	N	119	118
WELLBEING	Pearson Correlation	.151	1
	Sig. (2-tailed)	.102	
	N	118	118

The study showed that there exists a poor relation between consumption of abusive substance and wellbeing of students. As people think generally consumption of abusive substance reduces wellbeing of students and vice

versa. In this study wellbeing is measured through various factors such as psychological wellbeing, sociological wellbeing.



T-test

Null Hypothesis: There is no significant difference between the consumption of alcoholic substance and wellbeing of students between states.

Alternative Hypothesis: There is a significant difference between the consumption of alcoholic substance and wellbeing of students between states.

Table 1.6 One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
ABUSIVE SUBSTANCE	119	41.59	3.282	.301
WELLBEING	118	38.76	2.476	.228

The diagram shows the mean and standard deviation of both the states Kerala and Karnataka. Comparing both mean and standard deviation is high for abusive substance comparing to wellbeing of students. A slight difference can be seen in both.

Table 1.7 One-Sample Test

	Test Value = 0					
	T	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
ABUSIVE SUBSTANCE	138.243	118	.000	41.588	40.99	42.18
WELLBEING	170.052	117	.000	38.763	38.31	39.21

From the above table shows the significant difference at 95% confidence level 0.000 which is less than 0.05 so null hypothesis is rejected. This means there exists a significant difference between two states in the consumption of alcoholic substance and wellbeing of students and alternative hypothesis is accepted.

IV. CONCLUSION

Frequent consumption of abusive substance are associated with poor mental health and their sociological behavior especially with a lack of life satisfaction and psychological distress. This result applies equally to lower and higher social status groups of different categories in the society. Study can be concluded by saying if there is a proper nurturing by parents definitely there will be a chances of better improvement among their children there is a less chance to get addicted to all this abusive substances.

V. SUGGESTION

The study can be extended further on how to curb the consumption of alcoholic substance among teenagers and further can be done in various sectors.

Awareness program can be conducted in school and early college level to depict the problems of consumptions of abusive substance.

Schools, industries or Governmental bodies can create awareness as a part of their social responsibility of how to increase once level of wellbeing by showing the negative effects of consumption of abusive substance frequently in front of general public

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AUTHORS PROFILE



I am Vidya Avadhani having 10 years of teaching experience and 2 years in Industry. Presently serving as an Asst Professor in the department of Management and Commerce of Amrita School of Arts and Sciences, Amrita Vishwa Vidyapeetham, Mysuru. My area of interest in research is Psychology and Contemporary issues of Human resource management and presently I am pursuing PhD in the area which can help the service industries to maintain their physical and mental health balanced.



Ms Adwaitha K Suresh is a commerce graduate and currently pursuing Masters in Amrita School Of Arts And Science Mysuru Campus. Her keen interest on why students go for consumption of abusive substance has finally made her to come up with this topic.