Shendi University Journal of Applied Science - ISSN:1858-9022 – 2022(3): 98 - 109

Awareness and Attitudes regarding Substance Abuse among youth in Khartoum state Sudan 2021

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Abstract:

Background: Substance abuse is critical problem which need attention that can made significant public health importance in all over countries. Substance abuse poses a significant threat to the health, social and economic fabric of families, communities and nations. **Objective:** This study aimed to examined the level of knowledge and attitude of youths to substance abuse in Khartoum state Sudan 2021. Exploring their attitude to substance abuse and find strategic pan which address how the youth take benefit from it .A cross-sectional study design selected youths within the age range of 21– 35 years for the study. **Methods:** A sample size of 100 was selected and Self-structured questionnaire was administered by the participants. The questionnaire was divided into three sections: Socio-demographics of the participants, Knowledge on drug abuse, attitudes and perception towards drug abuse. The statistical analyses of frequency counts, percentages and Pearson's Chi square using the Statistical Package of Data Analysis (SPSS) 25 to test. **Results:** Findings showed adequate knowledge regard substance abuse among youths and there was indifference in the attitude of youths to the use of drugs. In **conclusion**, the negative attitude of youths to substance abuse is a cause for concern since the youths are the future of the nation. It was recommended that health education intervention is needed .

Keywords: ***knowledge, attitude, substance abuse youth. Khartoum State Sudan***

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Introduction:

Youth are often at the leading edge of social change, they have tried cannabis will have some experience of alcohol and tobacco. Young people who use ecstasy, amphetamines, cocaine and hallucinogens tend to form a separate cluster and belong to specific social groups**.**

For many substances, past-year use has declined to the lowest levels since the MTF(monitoring thefuture) survey began. This includes heroin, synthetic cannabinoids, Vicodin, methamphtamines, inhalants , hallucinogin,ecstasy, alcohol and cigarettesand over counting cough medicine among all ages specially the young people(youth)(1).

There are many synonyms for the word Substance abuse which include drug abuse, psychoactive substances abuse. Which described as a patterned use of a drug in which the user consumes the substance in amounts that is harmful to themselves, and is a form of substance-related disorder (2)

Substance abuse is a huge global health and critical problems which has made it a matter of significant public health importance in most countries and it is associated with several social and economic consequences such as failure to meet work, family, or school obligations, interpersonal conflicts, legal problems, addiction which are serious consequences.(3)

Drug Abuse has been a diligent issue in both developed and developing nations. Narcotics can be characterized as a general term for drugs which can't be legally obsessed, sold or transported except from medicinal uses for which a doctor recommendation is required. Addiction is not a control able desire and has severe impacts. An "addict" is a person who abuse drug. Addicted individual shows an outline of symptoms, like craving and extreme desire for more drugs. The drug clients feel delight or release from distress and become dependent on drugs (4)

Substance misuse does not follow a pattern. There are no rules of substance abuse that determine whether or not someone will develop an addiction. World Health Organization (WHO) report, entitled "Neuroscience of Psychoactive Substance Use and Dependence", subtle elements numerous natural and individual, including hereditary qualities that add to Substance Abuse and Addiction. Hereditary qualities add to the likelihood that an individual will misuse drugs, and to what degree the

substance misuse may go up. Environmental risk factors incorporate accessibility of drugs, poverty, social changes, peer impacts, work status, kind of occupation and social mentalities, in an initial estimate of factors responsible for the global burden of disease, tobacco, alcohol and illicit drugs contributed together 12.4% of all deaths worldwide in the year 2000 (5)

When the subject of drug use comes up, it is often in relation to young people. This makes some sense, for while there are significant drug issues among other populations, it is during the younger years that most substance use begins. If a person in today's world has not begun to use alcohol, tobacco or an illicit substance during this period,young people in almost all countries tend to use these substances to a greater extent and in riskier ways than do older people, and this behaviour can result in significant problems in the short and long terms. This includes high costs in terms of healthcare provision, social and economic costs as well as the effects on individuals and their families. Substance misuse can take the form of anti-social or harmful behaviour, and have harmful effects on the individual in terms of physical health (overdose, hepatitis, Human Immune deficiency Virus, respiratory problems, etc.), mental health (depression, anxiety disorders, suicide), social problems and criminal and violence issues(6)

There are so many reason factors of being drug abusers which include: being a casualty of child, mistreat, personality disorders and compelling changes in family circumstance, inter family dependence issues, academic stretch, poor academic performance, social deficit, depression, and suicidal behavior. College students are especially affected by various distinctive components: including peer pressure, disconnection from family and companions, academic performance pressures, and biological mental pressure. All can be contributing components of substance misuse.

Report from Osman et al. (2016) mentioned that Sudan government has laid down strategies which will be used to minimize the problem of drug abuse. This paper traces explanations on drugs and drug misuse and abuse among youths in Khartoum state Sudan. on drug misuse and abuse among youths (7)

Substance Abuse Prevention is highly valued today due to individual and public mental health issues and effective prevention strategies are critically important in community efforts to combat substance

abuse which include, awareness creation on dangers of ADA(alcohol drug addiction, Create employment for youths, Families to be role models, Use opinion leaders to speak to ADAs, Arrest the drug dealers, Set up recreational centers and rehabilitation centers and Get the root cause.

In Sudan about twenty million people, belonging to a great variety of tribes originating from various races. Different tribes and communities have different traditions, customs and cultures. New tendencies in the way of life are received differently in the various communities. These tendencies are accepted only when they do not stand in sharp conflict with the traditions of the community. So the drug and alcohol problem has a different impact on the different communities. as drug abuse in Khartoum metropolis is a growing problem although there is no national data to provide exact figures on the magnitude of this problem, (8).

Problems associated with drug abuse include among others, significant morbidity and mortality,(7)

This study aimed to assess awareness of youth towards drug abuse ,and to find causes for using these drugs and to find strategic plan for prevention of drug abuse and addiction.

Methods:

This is descriptive cross sectional community base study which carried out among youth in Khartoum state. Sudan .2021 ,a self-reported questionnaire was employed in this cross-sectional study.

Study area : This study was carried out in among youth in Khartoum state Sudan 2021,at Nile street .khartoum is the capital of Sudan ,in this study the researcher examined the level of knowledge and attitude of youths regard substance abuse

Sample size and technique:

100 youth enrolled in this stud **selected randomly in** August 2021 ,researcher know that this is too small sample in comparison with problem which threat youth life this sample from Nile street ,this place collect most of the youth at night but unfortuintlly they refuse to participate in the study.

Data collection:

Data collected, organized, gathered and analyzed using SPSS version 25

Data collection tool used in this study is questionnaire administered by participants themselves which consist of (3 parts)personal data consist of age, gender ,education level, marital status. Second part knowledge, third part regard their attitudes.

Study population: youth in Nile street

Inclusion criteria: age from 21-35

Accept to participate in the study

Exclusion criteria

Above and below age mentioned

Refuse to participate in the study

Data analysis:

There is (5) question about socio demographic data which include, age, gender, education level, marital status and their economic status. Analyzed by frequency and percent.Regard knowledge there is (4) question being asked about if they have heard of the term drug abuse substance abuse, and the use of un-prescribed drug is a form of drug abuse , and When people smoke cigarette and "puff it into the air especially in a crowded place, they constitute drug/substance abuse .This knowledge given score for response ,for yes (2) and for no (1) ,don't know (0) total score is 8 analyzed using frequency, percent. Mean ,SD and chi square considering 0.01 is significant ,and 80% consider as good mean score and 60% consider as moderate score

For reason of using drug abuser analyzed it by frequency .and regard strategic plan also using frequency and percent, Mean and SD

Ethical approval:

Verbal informed consent will sign from all respondents to participate in the study. Names of respondents will not be use in the report. The confidentiality of the information gather will assure. Their right of refusal to participate in the study will respect.

Results:

This is descriptive study which assess knowledge and attitude of youth regard drug abuse about 40 (40%) their age between 21-25 years, most of them are male 69(69%),about 35(35%) divorced and only 12(12.0) are single while 20(20%) are widowed

There education level from table (1) nearly half are illiterates while only 16(16%) are graduate, there economic status we found about 41(41%) are rich while21 (21.0%)is low economic as shown in table (1)

In table (2) when asked them regard their knowledge toward drug abuse most of them heard of the term drug abuse substance abuse and aware that the use of

Tobacco/cigarette is a type of drug abuse among youth there Mean knowledge SD and p value 5.24 , 1.85929, .000 respectively

In table (3) their attitude regard drug abuse when asked them that drug/substance to make them feel happy , take only one or two sticks of tobacco daily to minimize the effect most of them had neutral decision 48(48.0) , 44(44.0) respectively, rest of their attitude respond in table (3) Mean ,SD and p value is 30.04, 2.25172 , .000 respectively

Table (4) shown Reasons for using drugs most of participants said Substance Abuse Makes people relax **63** (63,0) unfortunately about 67(67.0)said it has is health benefit the rest of their respond in table (4)

In table (5) asked them regard Strategies to reduce Misuse of Alcohol most of them said Create employment for youths 91 (91%) ,while 80(80%)said they need Awareness creation on dangers of ADA(alcohol drug addiction and all of them they said they need to Set up recreational centers ,the rest of their response in table (5)

Table (1) no (100)

Variable	Frequency	%
Age		
21-25 yrs	40	40.0
26-30 yrs	37	37.0
31-35 yrs	23	23.0
Gender		
Male	69	69.0
Female	31	31.0
Marital status		
Single	12	12.0
Married	33	33.0
Divorced	35	35.0
Widow	20	20.0
Education level		
Illiterate	49	49.0
Primary	17	17.0
secondary	18	18.0
Graduate	16	16.0
Economic status		
Low	21	21.0
Moderate	38	38.0
Rich	41	41.0

Table (2) Knowledge of participants toward drug abuse no (100)

Knowledge statement	**Yes (%)**	**No (%)**
I have heard of the term drug abuse substance abuse	69 (69)	31 (31%)
Am aware that the use of Tobacco/cigarette is a type of drug abuse among youth	69 (69)	31 (31%)
The use of un-prescribed drug is a form of drug abuse	60(60%)	40(40%)
When people smoke cigarette and “puff it into the air especially in a crowded place, they constitute drug/substance abuse	31(31%)	69(69%)
Mean score knowledge	Frequency	percent
Good if more than 80%	57	57%%
Moderate if less than 60%	43	43%

Table (3) Attitude of participant toward drug abuse **no(100)**

Attitude statement	Strongly Agreed		Agreed		Neutral		Disagree		Strongly Disagree	
	freq	%	freq	%	freq	%	freq	%	freq	%
Youth abuse drug/substance to make them feel happy	11(11.0)		4(4.0)		48(48.0)		21(21.0)		16(16.0)	
I take only one or two sticks of tobacco daily to minimize the effect	**7**		**12**		**44**		**21**		**16**	
I am aware that substance abuse is harmful, but I am indifferent to the use of un prescribed drugs	**47**		**11**		**24**		**8**		**10**	
I engage in substance/drug abuse to boost my confidence especially during party	**11**		**4**		**48**		**21**		**16**	
The use of Narcotic analgesics (opium, morphine, codeine, and heroin) is very rampant among youth	**42**		**4**		**32**		**14**		**8**	
I abuse drugs because of pressure from my friends even though I know it is harmful	**32**		**4**		**40**		**16**		**8**	
I engage in taking cocaine only once in a month to make me feel relaxed	**42**		**4**		**32**		**14**		**8**	
alcohol& drug abuse is a private affair, shouldn't concern the clergy	**25**		**4**		**40**		**15**		**16**	
drug rehabilitation facilities are for people with serious mental problems	**35**		**4**		**44**		**9**		**8**	
People with Alcohol & Drug Addiction should be dismissed from work, school	**29**		**2**		**44**		**17**		**8**	
Family\community isn't supportive of people with alcohol and drug addiction	**43**		**14**		**33**		**2**		**8**	

Table(4) Reasons for using drugs **no(100)**

statement	yes		no		I don't know	
	freq	%	freq	%	freq	%
Makes people interact	51		22		27	
Makes people have fun	43		37		20	
Makes people feel important	47		36		17	
Makes people relax	63		19		18	
Has health benefits	67		19		14	
Helps "kill time	58		19		23	
Helps one relate with opposite sex more freely	28		48		24	
Helps one cope with stress	52		18		30	
Makes one think & work smart	33		33		34	
Enables people get business deals	46		23		31	

Table (5) Strategies to reduce Misuse of Alcohol (multiple responses) no (100)

Response of participant	freq	%
Awareness creation on dangers of ADA(alcohol drug addiction	80	80.0
Create employment for youths	91	91.0
Families to be role models	54	54.0
Show love to ADAs	4	4.0
Establish more rehabs	34	34.0
Use opinion leaders to speak to ADAs	57	57.0
Offer guidance and counseling	24	24.0
Arrest the drug dealers	43	43.0
Reduce corruption in licensing	4	4.0
Former users to be used as case studies	33	33.0
Target youths in schools	23	23.0
Set up recreational centers	100	100.0
Increased stakeholders collaboration	36	36.0
Get the root cause	78	78.0

Table (6) Means ,SD and p value for knowledge and attitude

variable	Means	SD	P value
knowledge	5.24	1.85929	.000
attitude	30.04	9.25172	.000

Discussion:

The present study examine knowledge and attitude of youth towards substance abuse In this study, most of the participants were divorced 35(35%), males participated more than females and their age were between 21-25 years of age with 40% of them are e illiterate (Table 1). These demographic variables are important because youths with these characteristics are said to be at risk of substance abuse as reported in previous studies carried. (9), as this age they get involved in substance use which always leads to abuse. This results came online with study carried in Lagos State (3), and also came in line with study carried by Didarloo and Pourali (2016) (9) where they also said substance abuse can lead to addiction.

In this study we examined the knowledge of the youths on substance abuse and the result revealed that the youths most of them have adequate knowledge on substance abuse (69(69%)as shown by the percentages in Table 2 and the p value = 0.000 Table (6),this came on line with study carried in Tanzania where their results revealed that

youth dad adequate knowledge towards substance abuse((85.6%) (10) .Increased knowledge leads to more positive approach toward drug abuse and this is good indicators that the participant know well about the effects of drug abused on the health .

The researcher expect adequate knowledge among youths regard substance abuse will correct their attitude, but the results revealed that about 47(47%) they aware that substance abuse is harmful, but they use of un prescribed drugs . Generally, attitude has been found to be a strong predictor of not using substance abuse and has been influenced by adequate knowledge on effects and consequences of their use. The study further indicated that to change first knowledge and attitude toward substance abuse should be corrected. Since the finding in this study indicate apparent knowledge, and the youths still appear to be indifferent to illicit drug use, it shows that in reality, they may not have acquired the necessary knowledge and this appear in answering some questions regard their attitude and still in corrects and need to be correct, although they have correct attitude in some situation regard substance abuse like The use of Narcotic analgesics (opium, morphine, codeine, and heroin) is very rampant among youth ,his is came in contrary with isaac study where respondents strongly agreed that majority of those interviewed supported the idea that those addicted should not be dismissed from work. However, they also indicated that the family/community were not supportive enough to those addicted. (11) .Therefore, this can be achieved through public health education of the youths by interacting with them and educating them properly on the health consequences of substance abuse so that they can achieve optimum health and improve their attitude .

When researcher asked them what reasons for drug abuser can take this harmful substance, most of them said it has health benefits while half of them said interact as shown in table (4) this is same results in study carried by Issac (11) .where their responds said that substance abuse made them inter act (96.0) while the same participant of that study said substance abuse make makes people have fun and as well as making users feel important (89.8%). as shown in our study .

Strategic plan put for misused of substance abused designed so youth cannot fall in these substance abuse ,most of them said Create employment for youths and Set up

recreational centers will assist youth for solving this problem ,this against issac study where their participants said Awareness creation on dangers of ADA (81.6%)(11)

Conclusion and recommendation:

This study carried among youth regard substance abuse and the result had given an impression that most of the study participants had adequate knowledge on this substance but their attitude to substance use was apparently not influenced by their knowledge . This negative attitude is a cause for concern since the youths are the future of the nation although revealed good in some situation but still need to have education program so that they can change their attitude because they are the are the future of the nation.

Also need to find the solving the problem like find work for them ,recreational centers to spend their time and informative supports from families.

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