KNOWLEDGE REGARDING ALCOHOLISM AND ITS ILL EFFECTS AMONG FINAL YEAR DMLT (DIPLOMA IN MEDICAL TECHNOLOGY) STUDENTS IN A SELECTED COLLEGE OF PARAMEDICAL SCIENCES

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ABSTRACT

Background of the study: Alcoholism is a disease in which an individual has an intense urge to ingest alcoholic beverages and causes personal and social deteriorations. It disrupts the entire life of the alcoholic and the areas of life of everyone associated with him. Awareness regarding the dangers posed by alcohol helps the younger generation to prevent it. **Aim:** To determine the level of knowledge regarding alcoholism and its ill effects among final year DMLT (Diploma in Medical Technology) students and to associate the knowledge level with baseline proforma. **Methods and materials:** A quantitative research design was adopted. This non-experimental descriptive study was conducted in St. John's College of Paramedical Sciences in Idukki, Kerala. Thirty final year DMLT students were included in the study by using convenient sampling technique. A self-structured knowledge questionnaire was used to assess their knowledge on alcoholism and its ill effects. **Results:** Majority of students (83.3%) scored moderate level of knowledge, 10% of them had adequate knowledge level and 6.7% of the participants had inadequate knowledge on alcoholism.

Key words: Knowledge, Alcoholism and its ill effects, DMLT students.

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INTRODUCTION

Alcoholism is considered to be an illness and detrimental to the health and socioeconomic safety of an individual. Only a small percentage of alcoholics become alcoholic dependents. In all countries, men are more addicted to alcohol than women. However, the number of women who are addicted to alcohol has increased considerably in the last decade. Among alcoholics, the vast majority of alcoholics are middle-aged. It affects all financial sectors. It causes many road accidents, violence, suicides and murders. **(Modelli, M. E. & Lourenco, S. M. 2016)**

Alcoholism has become a major problem in developed countries, leading to enormous financial problems. It cannot be described by words about the ill effects caused by alcoholism to the life of alcoholics, their family and community.

The alcoholic at first drinks only with friends and others at community events, such as parties. Then the feeling of well-being that alcohol brings leads him to consume more and more alcohol with peers and relatives. By the second stage, alcohol is transformed to an indispensable thing to live. He may often express guilt feelings and regret at this point after drinking alcohol. However, the next moment he tries to ingest alcoholic beverages in secret, to lie that he has not taken, and if that does not work, he tries to justify his drinking for different reasons. In the next stage, the alcohol becomes completely out of control. This shows the tendency to drink alone and to drink continuously regardless of the time. In this stage, the only purpose of life is to get alcohol. The person becomes disorganized in all levels of his life and causes enormous human distress. The personal, familial, occupational and community life are disorganized and they become more disappointed in future. The alcoholic may experience loss of job, marriage, family and friends. **(Watkins, M. 2021).**

Adolescence is an important period of life that individuals grow rapidly and cultivate new behaviors. Proper knowledge on ill effects of alcohol helps the students to avoid developing bad habit of ingesting alcohol. Adequate knowledge will influence their attitude and practices. They should get information regarding alcoholism, causes, clinical features, complications, preventive measures and treatment modalities for alcohol use disorders. Health workers can organize training programme in educational institutions to provide awareness regarding physical, psychological, academic and social problems related to alcohol dependence.

NEED FOR THE STUDY

In 2016, WHO reported around 380 million people reported alcohol use disorder worldwide. Men were more indulging in substance abuse as compared to women. Besides alcohol, nicotine, cannabis, opioids, cocaine, caffeine, hallucinogens, sedatives, hypnotics, amphetamine and related substances are used globally. In India, different forms of addictive substances such as tobacco, alcohol, cannabis, opium, and opiates are used orally and some are used parentally. National survey by India (2004) showed alcohol prevalence of 21.4% in substance use disorders. Alcohol use disorder is the maladaptive consumption of alcoholic beverages that creates individual, social, occupational and legal problems.

There are different reasons to drink alcoholic beverages. Biological factors include genetic vulnerability and personality disturbances. Curiosity, low self-esteem and psychological distress are some psychological factors for alcohol use disorders. Social factors include peer pressure, easy availability, intra familial conflicts and modeling.

Alcoholism is a major problem in one's health, personal and professional life. It causes a variety of bodily and mentally dysfunctions. Alcohol causes damage to almost all organs of the body. Abdominal pain, nausea, vomiting, ulcer and loss of appetite are common among alcoholics. They also play a significant role in disorders of liver. Uncontrolled alcohol intake leads to brain and nerve damage. Alcohol increases the risk of developing epilepsy. Alcohol affects the functioning of the brain and destroys a person's ability to think and decision making. It adversely affects one's immunity power and more prone to various infections. Increased alcohol intake is a major cause of infertility. **(Robinson, J. 2021).**

Excess alcohol ingestion also causes psychological and emotional distortions in one's life. Many studies showed the evidence of psychological disintegration and psychotic symptoms in them. Anxiety about whether the partner has other relationships can also be seen in alcoholics. This leads to the breakdown of relationships. Alcoholism is the leading cause to morbidity and mortality in youth. Studies reveal that alcohol intake in adolescence is a risk factor for alcohol related harms in later life. **(Marshall, E. J. 2014)**

Adequate knowledge on alcoholism and its ill effects will assist the adolescents to understand its harmful effects in alcoholics, their family and society. Thus, the young generation should be able to reduce the agony and suffering resulting from alcohol abuse and to maintain an atmosphere of peace, health and happiness in daily life.

STATEMENT OF THE PROBLEM

"A descriptive study to evaluate the knowledge regarding alcoholism and its ill effects among final year DMLT (Diploma in Medical Technology) students in a selected college of Paramedical sciences, Idukki, Kerala."

OBJECTIVES OF THE STUDY

- To determine the level of knowledge regarding alcoholism and its ill effects among final year DMLT (Diploma in Medical Technology) students
- To associate the knowledge level with baseline proforma

ASSUMPTIONS

- Knowledge level regarding alcoholism and its ill effects will be different in each student.
- The level of knowledge influences the attitude and practices

REVIEW OF LITERATURE

Rawat, V. (2019) conducted a descriptive research design to evaluate the knowledge level of adolescents regarding alcohol abuse. Majority of them had moderate knowledge and 6.7% had adequate knowledge and 31.7 % were presented with inadequate knowledge. It was also recommended to provide educational training to adolescents regarding ill effects of alcoholism.

Hiremath, P. et al (2016) conducted a research on knowledge and attitude in nursing students regarding alcoholism and its ill effects. They adopted a descriptive non experimental research design and selected sample using simple random technique. The study results revealed that majority of students had adequate knowledge regarding alcoholism and its ill effects. It was also concluded that their attitude towards alcoholism was unfavorable.

A research was investigated by Chetty, J.L. (2018) on knowledge about substance use in nursing students. The study proved that the majority of students had inadequate level of knowledge regarding substance use disorders and none of them gained adequate knowledge.

Eze, N.M. et al (2017) assessed the level of awareness regarding ill effects of alcoholism on health status among school going students. The findings revealed significant difference in awareness related to the consequences of alcoholism in boys and girls. It was also recommended to arrange educational programme to enhance the knowledge in negative consequences of alcoholism.

Gaurav Verma, G. & Patel, D. (2005) evaluated the knowledge level of college students on alcoholism. Study results showed good knowledge in them and researchers suggested educational interventions for college students in order to remove some myths regarding alcoholism.

Another study conducted on knowledge on alcohol abuse among school going students in 2015 revealed that 80% of the participants had average knowledge in alcoholism and its consequences, 17% of the subjects had poor knowledge and 3% of the students had good knowledge.

MATERIALS AND METHODS

Research Approach: A quantitative research approach was used in this study.

Research Design: Descriptive research design was adopted.

Setting of the study: The study was conducted in St. John's college of Paramedical sciences (Diploma in Medical Technology), Idukki, Kerala. This college, recognized by the Directorate of Medical education, Government of Kerala was started in 2014. The duration of the course is two years and takes 30 students per year.

Population: Final year DMLT (Diploma in Medical Technology) students

Sample: DMLT students who fulfilled the inclusion and exclusion criteria.

Sampling technique: Convenient sampling technique.

Sample size: Thirty students were selected for the study

Selection criteria:

- Inclusion criteria
 - Final year DMLT (Diploma in Medical Technology) students in St. John's college of Paramedical sciences.
 - Students who are willing to participate in the study
- Exclusion criteria
 - Students who have attended any classes on alcoholism
 - Students who are not available at the time of data collection

Tool:

1. Baseline proforma
2. Self-structured knowledge questionnaire

RESULTS:

TABLE 1: Frequency and percentage distribution of participants according to Baseline proforma n=30

S No	Baseline proforma	F	%	S No	Baseline proforma	F	%
1.	Age in years ➤ 19-21 ➤ 22-24	26 4	86.7 13.3	6.	Education of mother ➤ Up to 10 th ➤ Undergraduates and graduates	12 18	40 60
2.	Gender ➤ Male ➤ Female	7 23	23.3 76.7	7.	Monthly family income ➤ <10,000 ➤ 10,000-30,000 ➤ >30,000	19 10 1	63.3 33.3 3.3
3.	Religion ➤ Christian ➤ Hindu ➤ Muslim	7 22 1	23.3 73.3 3.3	8.	Place of residence ➤ Rural ➤ Urban	24 6	80 20
4.	Type of family ➤ Nuclear ➤ Joint	25 5	83.3 16.7	9.	Alcohol use by family member: ➤ Parent ➤ Relatives	8 22	26.7 73.3
5.	Education of father ➤ Up to 10 th ➤ Undergraduates & graduates	19 11	63.3 36.7				

TABLE 2: Frequency distribution of samples according to knowledge scoring

Knowledge Scores	Grading	Frequency	Percentage
<10	Inadequate knowledge level	2	6.7
10-18	Moderate knowledge level	25	83.3
>18	Adequate knowledge level	3	10.0

Maximum score: 27

TABLE 3: Association of knowledge score with Baseline proforma

n=30

SL.NO	VARIABLES	Knowledge		
		Chisquare	df	't' value (P<0.05)
1.	Age in years	.923	2	5.99
2.	Gender	1.826	2	5.99
3.	Religion	2.182	4	9.49
4.	Type of family	1.200	2	5.99
5.	Place of residence	1.500	2	5.99
6.	Education of father	1.550	2	5.99
7.	Education of mother	1.139	2	5.99
8.	Monthly family income	14.783	4	9.49
9.	Alcohol use by family member	.818	2	5.99

TABLE 4: Mean, Median and Standard deviation of Age and knowledge score

n=30

Variables	Mean	Median	Standard deviation
Age in years	20.2000	20.0000	1.51771
Knowledge Score	14.9333	16.0000	3.49318

CONCLUSION

The result of the research showed that majority of participants (83.3%) had moderate knowledge level, 10% of subjects had adequate knowledge and 6.7% of students had inadequate level of knowledge. It was also revealed that there is an association between knowledge scoring and monthly family income. It is crucial to plan and implement educational programme for all students regarding alcoholism to prevent alcohol related ill effects and sufferings in all areas of life.

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