

Feasibility of Drug Education in Kerala's Higher Secondary Schools

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Abstract

This study aimed to explore the feasibility of Implementing Drug Education in higher secondary school of Kerala. Education plays a crucial role in shaping desirable habits, attitudes, and skills in learners to lead a worthwhile life, contributing to social change. However, the rise in drug abuse among adolescents poses a significant threat to our society, hindering educational progress. Factors such as behaviour disorders, peer pressure, and societal influences contribute to drug experimentation among teens, leading to potential dependency and harm. To address these issues, drug education must be integrated into health education programs within schools to empower students to make informed decisions and prevent drug-related problems. The collaboration between schools, families, communities, and other stakeholders is crucial in promoting health-enhancing values and behaviours, tackling drug abuse effectively among young people. The study used a questionnaire on drug education for 200 plus two students and 40 teachers from Kerala. The investigation revealed that there is significant the major factors responsible for drug abuse, which can be removed from the effort of the teachers and school authorities themselves by proper awareness, counselling, ban on sale of drug near school premises and creating a healthy relationship among the students through implementing drug education as a component of higher secondary school curriculum.

Keywords: Drug Education, Health education

1. Introduction

The function of education is not merely to provide some amount of knowledge to the learner, but to develop in him desirable habits, interest's attitudes and skills that help him to lead worthwhile life. Education is one of the reasons for social change, it could be seen that in most cases educational change tends to follow rather than initiate social change. It's reported that a significant size of our adolescent boys and girls are succumbed to drugs due to the influence of their peers and outside antisocial elements. These reported drug abuses and the resultant psycho-socio-cultural impact is nearing an alarming magnitude, which impedes out socio- cultural advancements and educational attainments. Harmful drug use in our society continues to be a major source of concern to its members and there is a clear demand for issue to be broadly addressed.

In the context of changing society in today's modern time, Indian children are caught between the traditional and modern way of life. The expectations of parent and teachers with regard to the school performance of children have also increased thus giving rise to several behaviour disorders and hence behaviour problems in children are on rise today. However, there are age wise variations in the behaviour problems in children. Adolescence is the time for trying new things due to curiosity they experiment with drugs. A drug is any substance that affects the way in which the body functions physically, emotionally or mentally. It includes legal substances like alcohol and tobacco and illegal substances like cannabis, heroin etc. Some teens experiment and stop, or continue to use occasionally, without significant problems others develop a dependency moving on to more dangerous drugs and causing significant harm to themselves and possibly others.

Drug abuse is most common among people in their teens and early twenties. Almost half of young people are likely to take drug at some time in their lives. Most of young people who use drugs do so out of curiosity, boredom, peer pressure and continue using drugs through combination of factors ranging from enjoyment to physical and psychological dependency. There is increasing strong evidence that the earlier young person starts taking the drugs, the greater the chance that he or she will develop serious drug problems overtime. Therefore, schools have a key role in addressing concerns over growing use of drugs. This means that we are all having to responsibility to prevent and manage the situation and to change the present drug scene. The investigator thus thought of conducting a study on the drug abuse among the higher secondary school students, which, will be useful in implementing drug education in higher secondary schools.

Objectives of the study

- To identify the drug abusers among higher secondary school's students of Kerala.
- To analyse the socio familial factors responsible for the drug abuse among students.

- To find out the awareness among teachers about drug abuse and related problems.
- To find out the attitude of teachers towards implementing drug education in schools.

2. Methodology

The investigator adopted a Normative survey method.

2.1. Sample Used for the Study

The sample for the present study consists of 200 plus two students and 40 teachers from Kerala. The data was collected from five revenue districts of Kerala that includes Thiruvananthapuram, Ernakulum, Kozhikode, Kannur and Kasaragod. Samples were collected through purposive sampling technique, which was employed for the present study.

2.2. Tools Used for the Study

The investigator prepared a questionnaire for teachers and students using the abuse of drugs such as family structure, education of the parents, occupation of the parents, parent child interaction at home, teacher's student relations, peer relations, etc. separate questionnaires for teachers and students for collection of data.

2.3. Statistical Technique used for the Study

Percentage analysis was used for the present study.

3. Analysis and Interpretation of data

Table 1: Distribution of respondents on the basis of the type of drug used and the frequency of its use

Type of Drug	Frequency of drug abuse								Non Users	
	Once		Occasional		Regular		Total			
	f.	%	f.	%	f.	%	f.	%	f.	%
Alcohol	37	18.5	44	22	3	1.5	84	42	116	58
Cigarette	38	19	53	26.5	9	4.5	100	50	100	50
Pan masala	46	23	52	26	23	11.5	121	60.5	79	39.5

Table 2: Educational Qualifications of the parent of the Drug Abusers

Parental Education	Father		Mother	
	f	%	f	%
Up to 19th Std.	31	88.57	33	94.28
Plus Two	3	8.57	1	2.86
Degree	1	2.86	1	2.86
P.G. and Above	-	-	-	-

It is revealed from the table 2 that majority of the drug abusers belong to parents (father, 88.57% and mother, 94.28%) whose educational qualification is up to 10th standard.

Table 3: Parental Occupation of the Drug Abusers

Parental Occupation	Father		Mother	
	f	%	f	%
Government Service	1	2.85	1	2.85
Private Service	15	42.86	-	-
Manual Labourer	19	54.29	7	20
House wife	-	-	27	77.15

Table 4: Family Structure of the Drug Abusers

Family Structure	f	%
Joint Family	3	8.57
Nuclear Family	32	91.43

Table 4 reveals the fact that majority of the drug abusers (91.43%) were coming from the nuclear family while only 8.57% of the drug abusers are from the joint family system.

Table 5: Teacher's attitude towards drug abusers

Teacher attitude	Response			
	Yes		No	
	f	%	f	%
Punishment at school	20	57.16	15	42.84
Difficulty in interaction	20	57.16	15	42.84
Rejection by teachers	24	68.58	11	31.42
Ridiculous approach of teachers	19	54.28	16	45.72

Table 6: Study related variables of drug abusers.

Study related variables	Response			
	Yes		No	
	f	%	f	%
Overburden of higher secondary curriculum	19	54.28	16	45.72
Threat of failure in exam	18	51.44	17	48.56
Negative attitude towards study	20	57.14	15	42.86

Table 7: Distribution of response of drug abusers on certain personal variables

Personal variables	Response			
	Yes		No	
	f	%	f	%
Inferiority complex	19	54.28	16	45.72
Feeling of not like by anyone	18	51.44	17	48.56

This indicates that counselling is required for the eradication of inferiority complex and feeling of not liked by anyone for the removal of the tendency for drug abuse.

Table 8: Teachers' promotion of values and morals among students, initiative taken for giving awareness to parents and self-awareness about drug abuse among students and government initiative.

Sl. No.	Items	Responses			
		Yes		No	
		f	%	f	%
1	Promotion of Values and Morals	40	100	0	0
2	Self-awareness about adolescents drug abuse	35	87.5	05	12.5
3	Self-awareness about governmental initiatives	20	50	20	50
4	Giving awareness to parents through PTA	25	62.5	15	37.5

The table reveals that 62.5% of the teachers are giving awareness to parents through PTA about drug abuse. However, 37.5% told negatively.

Table 9: Teachers' attitude towards drug education

Sl. No.	Items	Responses			
		Yes		No	
		f	%	f	%
1	Agreement on proper education for eradication of drug abuse	30	75	10	25
2	Awareness about drug education	14	35	26	65
3	Agreement on the practicability of drug education	36	90	4	10

4. Findings of the Study

The major findings of the study are:

1. About 17.5% of the total sample students are found regular uses of drugs and observed as more prone to drug abuse (potential drug addicts) and Majority of drug abusers belongs to parents whose educational qualification is up to 10th STD. Greater part of drug abusers is found to be children of manual labourers and Many of the drug abusers are from nuclear family system.
2. The children from families where mothers pay more attention to educational activities of students are more prone to drug abuse. Majority of the drug abusers belong to parents whose behaviour towards their wards is uncaring, over protective, and authoritative.

3. Students getting pocket money are more prone to drug abuse and Most of the drug abusers wants to have control over the use of drugs. Teachers role such as punishment, difficulty in interaction, rejection as well as ridiculous approach were also found as contributory factors towards drug abuse.
4. Most of the drug abusers show a negative attitude towards curriculum, study and examination and the general tendency to feel depressed and felt nobody likes them in the world. Many of the drug abusers puts the heroes on visual media as the encouragement for their drug abuse.
5. Many of the drug abusers use drugs as remedy for mental stress and physical weakness. Most of the adolescent pupil who use drugs did so out of peer pressure, availability, excitement, mental stress etc.
6. Majority of the teachers are confident that proper education will help the eradication of the problem of drug abuse among students and teachers are not aware of the concept, drug education. Majority of the teachers are agreeing with the feasibility of implementing drug education in schools.

5. Conclusion

Drug education should compulsorily be a part of curriculum and the whole education machinery has to work towards the implementation of drug education at school co-operatively with parents, family, community, and other socio culture organisations. In addition to these the suggestions put forwarded by teachers are worthwhile. These suggestions are incorporated with the existing drug education principles. It will be more helpful to all those who are having concern for the student's drugs abusers.

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