

A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF SUBSTANCE ABUSE AMONG MALES IN SELECTED VILLAGE OF GURUGRAM

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ABSTRACT

The aim of the study is to assess the prevalence of substance abuse among males in selected village of Gurugram. To determine the factor associated with substance abuse among male population of the village in Gurugram. To find out associated between the frequency of substance abuse among male population of the village in Gurugram with selected Socio Demographic Variables. A descriptive study was conducted from November 2024 to December 2024 among 100 males presented in caterpuri village in district gurugram after obtaining their consent. The finding of the study revealed that 83% males among the whole sample taken were found to be using substance abuse. The most common factor which leads to substance abuse is due to peer influence that is found to be around 89.15%. Also factors were significantly associated with the age group 0.023 and educational qualification is 0.050 significantly associated at $p < 0.05$. There is a very high prevalence of substance abuse which is not a good indicator for your youth generation.

KEYWORDS: Prevalence, Substance Abuse.

INTRODUCTION

Substance abuse refers to the harmful or hazardous use of psychoactive substances that may result in dependence syndrome—a cluster of behavioral, cognitive, and physiological phenomena due to repeated use of a substance. It has become an alarming sign in the health dimension and in the list of substance abuse Alcohol is so much familiar for all individuals in our country they made it as an legal drug abuse in current scenarios.

National level prevalence has been calculated for many substances of abuse, but regional variations are quite evident. Rapid assessment surveys have facilitated the understanding of changing patterns of use.

Substance abuse is a multifaceted issue influenced by social, cultural, and economic factors. The erosion of traditional family structures, the lack of parental supervision, and changing cultural values have contributed to the increasing prevalence of substance use. Moreover, stress, lifestyle changes, and peer pressure exacerbate the problem. Understanding the dynamics of substance use is critical for developing effective prevention and intervention strategies.

This study focuses on the prevalence and patterns of substance abuse among males in a selected village in Gurugram. It examines the socio-demographic factors, patterns of use, and associated risks to identify actionable insights that can aid public health initiatives. Males are disproportionately affected by substance abuse, which is often linked to societal expectations, peer influence, and accessibility.

WHO highlights that 2.6 million deaths per year were attributed to alcohol consumption, accounting for 4.7% of all deaths, and 0.6 million deaths to psychoactive drugs use in 2024. notably , 2 million of alcohol

and 0.4 million of drug-attributable deaths were among males. In INDIA, 16 crore people (14.6%) between the age of 10 and 75 years are current users of alcohol, and out of them, 5.2% are alcohol dependents. In HARAYANA, 1.84 lakh individuals in the 18 to 30 age bracket have sought medical help at government and private drug de-addiction centers in the state in the past five years.

METHODOLOGY

A quantitative research approach and descriptive study design is used for this study. It aimed to assess the prevalence of substance abuse among males in selected village of gurugram. The sample comprises 100 males. The sample was taken by random sampling technique. The study was conducted over a period of 2024. An informed consent was taken from the males of the village. Inclusion criteria includes males who agreed to take part in this study and were reliable to give their information to us and the exclusion criteria includes those who declined to take part in the study.

The data collection tool was developed with the help of review of literature, journals and books also after consultation with 5 experts.

Tool included 3 section as follow:-

- Section 1 - Socio- Demographic Variables
- Section 2 - Pattern of substance abuse
- Section 3 - Associated factor of substance abuse

Males were selected for the study as according to the previous thesis and research paper for this study

RESULT

The finding of the study reveals that prevalence of substance abuse is found to be 83% who were currently using the substance abuse. The most associated factor which leads to substance abuse is due to peer influence i.e 89.15% and due to enjoyment is 81.92%. The most common abuse is found to be alcohol i.e. 63.9% and they use it more than 5 yrs i.e. 54.2% also on a regular basis. Most abuse with their friend is found to be 63.9%. Also they started in the 15 to 20 yrs of age groups. there is association found between the education qualification i.e p value is 0.023 and for age p value is 0.05. There is no association found in between the religion, marital status, type of family and occupation also with income.

Section - 1: Finding relation to the socio-demographic profile of males in village Cartapuri of district gurugram, haryana.

Table 1 : Socio-demographic profile of males in village Carterpuri of district gurugram, haryana.

S.No.	Variables	f	%
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1	Age		
	18-25	40	40.0
	25-35	22	22.0
	35-45	20	20.0
	45 and more	18	18.0
2.	Religion		
	Hindu	97	97.0
	Muslim	2	2.0
	Cristian	1	1.0
	Other	0	0.0
3.	Marital status		
	Married	55	55.0
	unmarried	43	43.0
	widower	1	1.0
	divorced	1	1.0
4.	Education		
	Primary	16	16.0
	Secondary	16	16.0
	Sr secondary	26	26.0
	Graduated	42	42.0

5.	Type of family		
	Joint	36	36.0
	Nuclear	64	64.0
6.	Occupation		
	Government	16	16.0
	Private	32	32.0
	Business	29	29.0
	Farmer	23	23.0
7.	Income (monthly)		
	Less than 10,000	23	23.0
	10,000-15,000	23	23.0
	15,000-20,000	19	19.0
	More than 20,000	35	35.0

N = 100 Table 1 representing the socio-demographic profile of males in village carterpuri of district gurugram, haryana. Out of 100 samples; 40% males were in between 18-25 age group, 22% males belong to the 25-35 age group, 20% lies in the 35-45 age group while 18% males belong to the 45 and above age group. On the basis of religion the majority of 97% samples are hindu, 2% samples belong to the muslim religion and only 1% samples are of christian religion. As per their marital status 55% are married, 43% are unmarried, 2% are widower and only 1% are divorced males. On the criteria of education mostly around 42% males are graduated, 16% are up to primary education also 16% are for secondary education, 26% are of secondary educational status. According to their type of family 36% males live in a joint family and 64% are living as a nuclear family. On the basis of occupation 16% males are in government jobs, 32% in private jobs, 29% are in their business and the rest 23% are in farmer occupation. According to their income per month 23% males are earning less than 10,000 rupees per month, 23% males earn between 10,000-15,000 and 19% males lie in between 15,000-20,000 income and at last 35% males earn more than 20,000 per month.

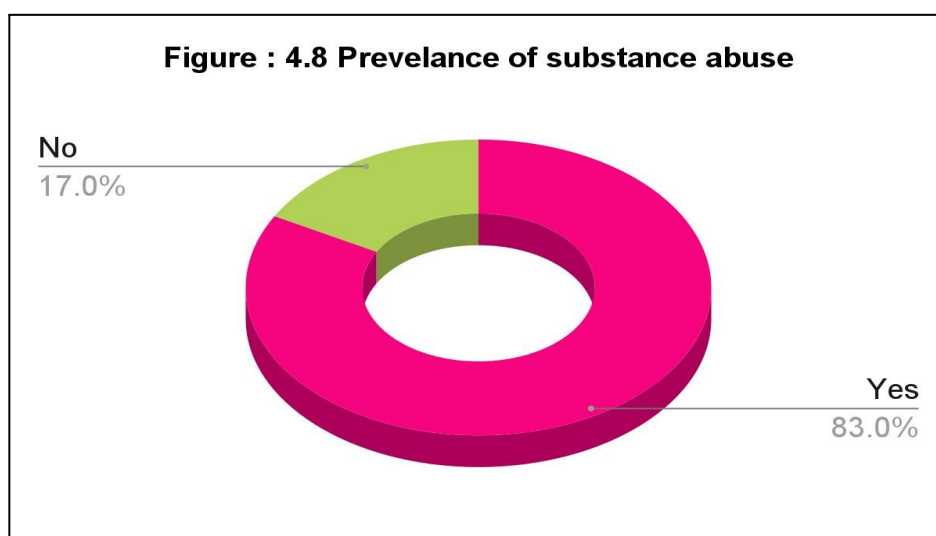
Section : II Finding related to the prevalence of substance abuse among male population of the village carterpuri.

Table : 2 Prevalence of substance abuse among male population of the village carterpuri.

N = 100

Have you ever used substances ?	f	%
Yes	83	83.0
No	17	17.0

Table 2 representing the prevalence of substance abuse among males of carterpuri village of district gurugram, haryana. Out of the 100 sample; we found 83% are males who use certain types of substance abuse while 17% of males do not use any type of substance abuse.



Section III : Finding related to the pattern of substance abuse among male population of the village carterpuri.

Table : 3 Patterns of substance abuse among male population of the village carterpuri.

N = 83

S.No	Variables	f	%
1	Type of substance abuse		
	Alcohol	53	63.9
	tobacco	15	18.1
	drugs	2	2.4
	other	13	15.7
2	How long did you use it?		
	Less than 1 year	20	25.3
	1-1.9 years	7	8.4

	2-5 years	10	12
	More than 5 yrs	45	54.2
3	How often did you use them?		
	Regularly	49	59.0
	Once a week	10	12.0
	Once a month	10	12.0
	Occasionally	14	16.9
4	With whom do you abuse mostly?		
	Friend	53	63.9
	Alone	27	32.5
	Family	2	2.4
	wife	1	1.2
5	When did you start substance abuse?		
	15 - 20	48	28.9
	20.1 - 30	24	57.8
	30.1 - 45	9	10.8
	After 45 years	2	2.4

Table 3 represents the pattern of substance abuse among the males in Carterpuri village of district gurugram. Out of 83 samples, according to classification of substance 63.9% are using alcohol, 18.1% males are addicted to tobacco, 2.4% are using drugs and 13% males are under other substances. On the basis of duration 25.3% were addicted for less than 1 year, 8.4% were using substances for about 1 to 2 years, 12% were using between the 2 to 3 years and mostly 54.2% were using it more than 5 years. According to their current use of substance 59.0% were using on a regular basis, 12% using the substance once a week, 12% using it once a month, 16.9% were using these substances occasionally. With respect to male males using substances 63.9% were using it with friends, 32.5% were using it alone, while 2.4% used it with their family and 1.2% were using substance with their wife. On the basis of starting of substance abuse 28.9% were indulge in it at the age of 15-20 yrs, 57.8% were at the age of 20 - 30 yrs , while 10.8% starts at the age of 30 - 45 and only 2.4% males start these substance at after 45 years.

Section - 4 Finding related to the factors associated with substance abuse among male population of the village carterpuri.

Table : 4 Factors associated with the substance abuse among males population of the village carterpuri.

S.No.	Variables	Yes		No	
		f	%	f	%
1	Peer group	74	89.15	9	10.84
2	Lack of parental care	12	14.45	71	85.54
3	Lack of recreational	66	79.51	17	20.48
4	Separation	28	33.73	55	66.26
5	Need for energy	31	37.34	52	62.65
6	Availability of substance/drugs are easy	42	50.60	41	49.39
7	Family conflict	32	38.55	51	61.44
8	To get relief from stress	48	57.83	35	42.16
9	Enjoyment	68	81.92	15	18.07
10	Family Member who uses drugs	24	28.91	59	71.08
11	Just a new experiment	46	55.42	37	44.57
12	Increase self-confidence	44	53.01	39	46.98
13	Increase work performance	30	36.14	53	63.85
14	Substance abuse good to maintain health	25	30.12	58	69.87

Table 4 represents that factor associated with substance abuse among male population of the village carterpuri. Out of 83 samples; majority 89.15% started this substance abuse under peer pressure while 10.84% does not, 14.45% reported substance abuse under lack of parental care and majority 85.54% said no, 79.51% males use for lack of recreational activities while 20.48% does not, 33.73% cases under separation were reported while 66.26% does not, 37.34% used it for need for energy and 62.65% does not, 50.60% reported under easily availability of substance abuse while 49.39% they said no, 38.55% used it because of family conflict while 61.44% does not, 57.83% males refer substance because to get relief from stress while 42.16% does not, majority 81.92% uses it just for entertainment and enjoyment while 18.07% they said no, 28.91% reported under family member who uses substance while 71.08% does not, 55.42% refers it just as new experiment while 44.57% does not, for increasing self-confidence 53.01% were reported for it while the other 46.98% does not, 36.14% started it just to increase the work performance level while rest 63.85% disagreed, also 30.12% thought it is good to maintain health for taking substance abuse while 69.87% does not support it.

Section - 5 Finding related to the association between frequency of substance abuse among male population of the village carterpuri with selected socio-demographic variables. Table : 5 Factors associated with the substance abuse among the male population of the village carterpuri.

Sr.No	Variables	Substance Abuse		Chi square value	Df	P - value
		Yes	No			
1	Age					
	18-25	28	12	9.509	3	0.023
	25-35	20	2			
	35-45	17	3			
	45 and more	18	0			

2	Religion					
	Hindu	81	16	1.765	3	0.622
	Muslim	1	1			
	Cristian	1	0			
	Other	0	0			
3	Marital status					
	Married	50	5	6.473	3	0.090
	unmarried	31	12			
	widower	1	0			
	divorced	1	0			
4	Education					
	Primary	15	1	2.345	3	0.050
	Secondary	14	2			
	Sr secondary	20	6			
	Graduated	34	8			
5	Type of family					
	Joint	30	6	0.004	1	0.946

	Nuclear	53	11			
6	Occupation					
	Government	10	6	6.137	3	0.105
	Private	28	4			
	Business	26	3			
	Farmer	19	4			
7	Income (monthly)					
	Less than 10,000	18	5	2.905	3	0.406
	10,000-15,000	21	2			
	15,000-20,000	17	2			
	More than 20,000	27	8			

Table 5 represents the correlation between a few chosen sociodemographic factors and the prevalence of substance misuse among the male population of the village of carterpuri. Here, a statistically significant correlation was found using the chi square test. Fisher exact p values were chosen when the expected frequency was less than five. Age, marital status, education, occupation, and income (in rupees per month) were all determined to be non-significant at the 0.05 level. Whereas the type of family and religion found to be significant.

CONCLUSION

The study provided comprehensive insights into the prevalence, causes, and socio-demographic influences of substance abuse among males in a rural village. The high prevalence of alcohol and tobacco consumption suggests that interventions must address both behavioral and structural determinants to be effective. The study underscores the importance of education and awareness programs to counter misconceptions and promote informed decision-making regarding substance use.

LIMITATION

- The study was conducted in a single rural village, which may limit the generalizability of the findings to other regions.
- Data collection relied on self-reported responses, which may introduce bias due to underreporting or misrepresentation of substance use behaviors.

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