SUBSTANCE ABUSIVE BEHAVIOR AMONG DRIVERS IN LUCKNOW CITY

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ABSTRACT

Globally drug is any chemical substance which when taking into body interact with tissue to modify the biochemical process of the body. Some of the drug exerts a major effect on the body or brain causing (sleeping) stimulation which in the change of mood and behavior. To assess the substance abusive behavior among male drivers in Lucknow city. Community base descriptive study which employed a quantitative approach was conducted on substance abuse among drivers 17 Jan to 30 May 2018.A structured questionnaire was used to measure the magnitude and associated factors for substance use on the total sample size of 50 in Lucknow city, followed by face to face interview to establish a relationship between what is the questionnaire and responses from the interview. The literature of review revealed that among drivers, substance abuse occurs as part of the cluster of problems and abusive behaviors. Predisposing behavior tendencies, majority of 30% loss of control, 22% asking for money from spouse/ parents and fight with their spouse/parents, 20% lying, 16% stealing, 12% skin- picking or hair- pulling. Involvement in fights, lying, and criminal activities was observed to be closely associated with substance abusive behavior.

KEYWORDS: Substance Abuse, Abusive Behavior, Drivers, Lucknow City

INTRODUCTION

Substance use and abuse is a prevalent part of our society and there is a growing number of youth becoming involved in this aspect of our culture, potentially leading to addiction (Bonomo & Bowes 2011). [1] Drug is any chemical substance which when taking into body interact with tissue to modify the biochemical process of the body. Some of the drug exerts a major effect on the body or brain causing (sleeping) stimulation which in the change of mood and behavior. Global Burden of Disease study (2013). [5]

In addition to possible physical, social, psychological harm, use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction. [4] Most frequently abused substances include: alcohol, tobacco, marijuana, hashish, hallucinogens: LSD, psilocybin mushroom, inhalants: glue, lighter fluid, gasoline, or paint thinner, narcotic painkillers: codeine and morphine.

The special illicit drug with the largest numbers of persons with past year dependence or abuse in 2013 were marijuana (4.2 million), pain relievers (1.9million), and cocaine (855,000) (National Survey on Drug Use and Health NSDUH, 2013). [6] According to the World Health Organization (2007) studies from low-middle income countries still show 4%-69% of injured drivers having alcohol in their blood. [10]

The use of illicit drugs across the globe has increased in recent years (Ekpenyong,2012).it is estimated that about 230 million people(5%) out of the world's adult population have used an illicit drug at least once in the last 12 month of the survey (United Nations Office on Drugs and Crime UNODC, 2012). [9]

Some important risk factors associated with drug abuse are smoking, ethnicity, age, educational level, alcohol consumption, and religiosity. [11] Some risk factors are seen in the people who had substance abuse- i) Possessing an impulsive personality, ii) Possessing a novelty-seeking temperament, iii) Personal history of trauma, iv) Family history of substance abuse, addiction. and/or chemical dependency, v) Family history of mental health concerns, vi) Personal history of mental health concerns, vii) Living in an impoverished area vii) Lacking coping skills. [3] High- risk behavior, such as alcohol or drug abuse, "unsafe sex" and violence, promote health damaging conditions. High-risk behavior frequently clusters in a syndrome called a high-risk lifestyle (Budd, 1989; Castro, Newcomb, and Cadish, 1987 et al..,). [2]

Some behavioral tendency found in substance abusive person- changes in mood and motivation, privacy and lying, changes in hygiene, sleeping and eating habits, and asking for money. Physical signs are seen in drug abusers they may want to look out for physical signs that loved one may be abusing a substance. In substance abusers can look for marks on the arms caused by a needle, bloodshot or dilated eyes, and change in skin complexion, weight loss or gain, sniffling, twitching or itching, as well as discolored or damaged teeth.[8] Substance addiction is often seen as a complex disease of the brain that can create uncontrollable, irrational, compulsive craving, potentially causing an individual to see, out and use drugs, even when this behavior cause extremely negative consequences (National Institute on Drug Abuse). [7]

The aim of the study deferent parameters of the substance abuser, age, marital status, food habits, religion, and educational status. This research also means to assess the association between substance abuse and abusive behavior tendency of people after taking substance abuse among drivers.

MATERIAL AND METHODOLOGY

The study was conducted within 5 months from January 2018 to May 2018 by one-on-one interview among 50 drivers of BBAU campus Lucknow city India. The data collection was done by interview method using a pre-designed and semi-structured questionnaire.

To deal with the substance abusive behavior topic and interviewing drivers regarding their substance abuse habits and behavior tendencies out the real facts was a very sensitive and tricky issue which needed great effort and perseverance on the part of the surveyors and researchers.

Prior to the interview, some drivers were briefed about the purpose of the study for rapport building and to get their full co-operation and support but most of the drivers were not proper response about the topic. Subject include in the study were in a detailed manner giving full respect to the privacy of the drivers.

For statistical analysis, the frequency table was used to compare basic demographic and other characteristics. Effect of characteristics between two proportions was done using the arithmetic mean, standard deviation (SD) and ANOVA F test for proportion.

RESULTS

A total of 50 drivers were including in the study for analysis. The mean age of the drivers was 39.36 ± 5.58 (SD) years. All the drivers were male. Thirty-one (62%) drivers ware married and nineteen (38%) were unmarried. Religion-wise 47 (94%) drivers were Hindus, 3 (6%) were Muslim. Although 60% of drivers were non-vegetarian and 40% drivers were vegetarian. (Table 1)

In general, the education level of drivers was very low. 27 (54%) ware educated upto the primary, 20(40%) were educated up to secondary education, 2(4%) were educated up to graduate and 1(2%) were educated other professional course. An extremely significant negative association was found between education and consumption of substance abuse. (Table 1)

In this study, 38% of drivers were faced parents/ spouse complain involvement with drug and 30% drivers were trouble at work and 24 % of drivers were entered into fight during influence of drug and 21% of drivers were create problem with spouse/parents and 18% of drivers lost their job(p<.000). (Table 2)

In this study, behavior tendency of drivers that 30% of drivers were loss of control while influencing of drug and 22% of drivers were asking for money from spouse/ parents and fight with their spouse/parents and 20% of drivers were lying influence of drug and 16% of drivers were stealing and 12% of drivers were skin- picking or hair- pulling and the differences were statistically not significant (p<0.05). (Figure 1)

Table 1: Distribution of Respondents According to Socio Demographic Profile of the Substance Abuser (N=50)

S.NO.	Variables	Frequency	Percentage %	Statistics
A.	**Age of respondents**			
1.	20-25	5	10	
2.	25-30	14	28	39.36 ± 5.58
3.	30-35	18	36	
4.	Above35	13	26	
B.	**Religion**			
1.	Hindu	47	94	
2.	Muslim	3	6	39.3 5.5
3.	Sikh	0	0	
4.	Christian	0	0	
C.	**Marital Status**			
1.	Married	31	62	39.3 ± 5.5
2.	Unmarried	19	38	
D.	**Educational Status**			
1.	Primary	27	54	
2.	Secondary	20	40	39.5 ± 6.0
3.	Graduate	2	4	
4.	Other professional course	1	2	
E	**Food Habits**			
1.	Vegetarian	20	40	39.3 ± 6.0
2.	Non- vegetarian	30	60	

Table 2: Distribution of Respondents According to Problems Faced by Drug Abusers (N=50)

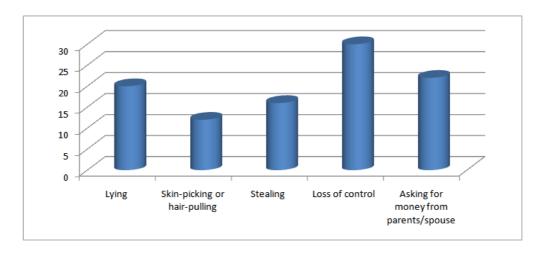| S.No	Variables	Percentage of Respondents (N=50)	
		Yes	No
1.	Facing the trouble while using drugs	32	68
2.	Spouse/parents complain of involvement with drugs	38	62
3.	create a problem with Spouse/ parents	42	58
4.	lost friends during use drugs	8	92
5.	trouble at workplace	30	70
6.	lost the job influence of drug	18	82
7.	Enter into a fight during taking drugs	24	76

P<.000* Highly Significant

**Figure 1: Distribution of Respondents According to Abusive Behavioral
Tendency among Substance Abuser (N=50)**

DISCUSSIONS

Most of the drivers were 36 percent respondent belonged to 31-35 years and 28 percent respondent belonged to 26-30 year of age group and 26 percent respondent belonged to above 35 years of age group and 10 percent respondent belonged to 20-25 year of age group.

High percentages of the 94 % of drivers have belonged to Hindu religion less than 10 per cent drivers belonged to Muslim religion.

When food habits of drivers were analyzed majority of them 60% were non-vegetarian and 40% were vegetarian. In this study, it was observed that most of the drug abusers were non-vegetarian.

Literacy has a certain role in the substance abusive behavior of drivers. In this study, it was observed that only 54 % of drug abusers were primary educated as compared to non-drug abuser. 40% of drug abusers were secondary educated. As literacy increase, drug abuser decrease. In graduate and other professional courses, drug abuse in drivers was less in comparison with non- drug abuser.

Majority of respondents are problems faced by the drug abuser. Most of the people were highly affected by all these problems. P value was highly significant to all variables. Become most of the respondent were highly agreed for these problems.

Majority of spouse/parents complain about the involvement of drug by drug abusive person by marital status. Where the data was statistically significant which means that the marital status of the drivers (respondents) affected by due to spouse/parents complain about the involvement of drug by a person (drivers).

Substance abuse itself antisocial behavior and is directly related to driver aggressiveness. In this study, most of the drivers involved in quarrels with friends, family and spouse/ parents, asking for money, fight with their spouse/parents. Few even lost their job and loss of control due to an influence of the drug.

RECOMMENDATIONS

- Further research including parents/ spouse and other family member view towards drug abusive person.

- There should be active participation by the government in coordination with the non-government organization (NGOs) as well as international organization to carry out information education and communication (IEC) activities regarding substance abuse and its harmful effects.

- To create a reliable data source to understand the substance abuse pattern.

- Manufacturing of substance with a high risk of abuse should be curtailed and the price of these substances should be hiked to discourage drivers from buying them.

- Most of the drivers of the habit of taking substance abuse during a driving time and the majority were drivers going hence the inclusion of information, counseling and interactive program on the substance abuse harm and staying away from it.

- Effective awareness and counseling session with one to one as well as group discussion should be carried out in the urban and slums involving the drivers and their families as the negative family environment may participate substance abuse in drivers.

CONCLUSIONS

The study of this particular population in the urban in Lucknow city revealed that substance abusive behavior was rampant among drivers from the strata of socioeconomic status. This study showed that the majority of drivers were engaged in deferent abusive behavior tendencies. Behavior tendencies, marital status, age group, religion, food habits, and educational status were significantly and independently associated with substance use among drivers.

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