SUBSTANCE ABUSE AMONG STUDENTS OF SOME SELECTED PRIVATE MEDICAL COLLEGE AT RANGPUR CITY IN BANGLADESH

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Background:
- Substance abuse refers to the harmful or hazardous use of psychoactive substances including alcohol and illicit drugs.
- Among health professionals, substance abuse can cause problems that threaten to their professional standards and quality of services as well as health care consumers.
- The use of substances has become one of the rising major public health and socioeconomic problems worldwide.
- Thus the study focuses on the status of drug abuse among medical students as there is no baseline study found regarding this.

Objective:
To assess the status of Substance abuse

Methods:
Study type & design: Descriptive type of cross sectional study.

Study area: Rangpur district, Bangladesh

Sample size: The sample was 212, selected by nonrandomized purposive sampling procedure.

Data collection tools: Pretested, modified semi-structured questionnaire

Data collection technique: Face to face interview.

Analysis: Analyzed using SPSS (Statistical package for social science) software.

Results:
Respondents(n)=212
Yes:96 & No:116

Fig. 1. Status of substance abuse (n=212)

Fig. 2 Different types of substances used by them (n=96)
The study found that 45% of the private medical college students had the habits of substance abuse. Of them 35% take Phensedyl followed by 30.21% Gaza, 23.96% Yaba tablet, 5.21% Heroine, 3.12% Morphine and 2.08% abused Cocaine.

Table 1: Factors influenced drug abuse (n=96)

<table>
<thead>
<tr>
<th>Substances abuse Influence by</th>
<th>Frequency</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Peer group</td>
<td>48</td>
<td>50</td>
</tr>
<tr>
<td>Disappointment in love</td>
<td>36</td>
<td>37.5</td>
</tr>
<tr>
<td>Repeatedly fail in exam</td>
<td>12</td>
<td>12.5</td>
</tr>
<tr>
<td>Total</td>
<td>96</td>
<td>100.0</td>
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Table no.1 shows that for abusing substances 50% respondents were influenced by Peer group, 37.5% by disappointment in love and 12.5% by frustration due to repeatedly failure in exam.

Conclusion:
About 45% respondents were substance abuser and they were mostly influenced by their friends, disappointment in love and repeated failure in the exam. So they need awareness and motivation to get rid of this problem.

It was a small scale study, for making specific strategy to solve the problem needed further study in a larger scale at National level.

References:

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