



SUBSTANCE USE AND ITS CONTRIBUTING FACTORS AMONG MALE AND FEMALE IN SELECTED VDC OF DANG DISTRICT, NEPAL: A COMPARATIVE STUDY

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ABSTRACT

Background: Substances are things like alcohol, tobacco, smoking which are used by people as the mean of entertainment, coping from stress and some cultural practice of specific groups. Substance use poses major political, social and health challenges worldwide. The death and disability related to tobacco and alcohol use is increasing globally including in Nepal. **Objective:** The objective of this study is to compare the status of substance use and its contributing factors among male and female of selected community. **Methods and Materials:** The descriptive cross sectional comparative study design was used for this study among the 100 male and 100 female. Non-probability purposive sampling technique was used in terms of selecting research setting/areas and research participants. Pretested semi-structured interview schedule was used for data collection. Data was checked for completeness and accuracy and collected data was entered in SPSS software version 20. Descriptive statistics such as number and percentage is used to describe findings. **Result:** This study reveals that substance using rate was significantly high on male than female alcohol use (50% vs 35%), smoking (29% vs 7%), "tobacco chewing" (35% vs 1%). Peer pressure was the major contributing factor for the use of most of substances, among alcohol users (86% vs 88.57%), among smokers (68% vs 71.43%) while among tobacco users only male (82.86%) had used tobacco due to peer pressure. **Conclusions:** The findings of this study suggest that use of substance is significantly high among male than female. Peer pressure was seen as major contributing factor of substances use. It is recommended that various awareness programmes should be carried out in order to change the behaviour of people and parent should aware of activities of their children, proper guidance is also required.

KEYWORDS: Substance; alcohol; smoking; tobacco use; contributing factors.

INTRODUCTION

Substances are the things like tobacco, alcohol, smoking cigarettes which are used by an individual as a mean of entertainment or means of coping from stress. Substance use poses a major political, social and health challenge worldwide. Problems related to use of substances are increasing globally and also in Nepal.

Substance abuse is a hazard for human health in all biopsychosocial aspects. ^[1] Alcohol-abuse and alcoholism are one of the major public-health concerns of both developed as well as developing countries. The 32nd World Health Assembly declared that "problems related to alcohol and particularly to its excessive consumption rank among the world's major public health problems and constitute serious hazards for human health, welfare and life" ^[2,3,4].

Annually, tobacco is responsible for 1.4 million cancer deaths. The use of tobacco adds a burden to the national economy by increasing costs in health expenditure and other indirect costs related to illness due to tobacco borne diseases. The World Health Organization (WHO) projected that there is an increasing trend of tobacco use in developing countries ranging from 4.9 million in 2000 to more than 10 million by 2020. ^[8,9,10] The Southeast Asian region is home to nearly 400 million tobacco users, who experience about 1.2 million deaths annually ^[10]

Nepal is a small land lock developing country. According to National Population and Housing Census 2011 of Nepal, it consisted of 26,494,504 Population among them 82.9% population resided in rural area, where practice towards substance use is treated as a traditional and cultural practice along with means of coping stress. It is inhabited by people still making their

mythical and religious fanaticism in which different substances are used with a view to obtain the level of sanctity with god which is the example of our culture promoting the substance use. An increase in drug and alcohol use has a direct impact in developing psychosocial problems among people such as domestic violence, child abuse, and suicidal tendency. Finally, it may cause developing mental illness.^[11]

Alcohol is the number one substance and tobacco is another major substance that causes social problems in Nepal.^[12]

Use of tobacco occurs in two forms; smoking tobacco and non-smoking tobacco. Use of non-smoking tobacco products is increasing in Nepal.^[13,14] Annually 14,000 deaths are attributed to tobacco use in Nepal. Despite having social acceptability of tobacco in Nepalese society, little has been known about tobacco use among rural women.^[15] According to a study on tobacco economics of Nepal, the prevalence of tobacco use is higher in rural areas than in urban areas. Among the three ecological regions, the prevalence of tobacco use is the highest in the high hills among illiterate persons and very high in illiterate boys. In Nepal, majority of women smoked in high hills area.^[13]

There are various factors contributing to increase substance use such as economic development, easy availability of substances, level and effectiveness of policies that affect the magnitude and pattern of consumption and increase risk of substance use disorder.^[16] The culture is another most important contributing factor of substance use. Cultural explanations include a perception of drinking as a demonstration of masculinity and strength, social sanctions, or stigmas against alcohol consumption by women, higher levels of impulsivity and risk-taking in men, beliefs about the association between drinking and female promiscuity, and a tendency for men to use alcohol as a coping mechanism while women tend to use communication for that purpose.^[17] Age group, education, marital status, place of residence (region), occupation, belonging to a particular social group, and

economic status of family have been frequently reported as the social determinants of tobacco use.^[8,14,18]

METHODOLOGY

The descriptive cross sectional comparative study was conducted with a sample of 200 (100 male and 100 female) selected by Non-probability purposive sampling technique of Hekuli VDC of Dang district. Pretested semi-structured interview schedule was used for data collection. The interview schedule consists of socio demographic profile and substance use and its contributing factors related questionnaires. It was prepared in English language then translated in Nepali language. Formal approval letter was taken from concerned authority of research committee of Norvic Institute Of Nursing Education and authority of Hekuli VDC. Ethical approval was taken from Nepal Health Research Council. The informed written consent was taken from all participants. Confidentiality of all collected information was maintained during and after the study.

Data was checked for the completeness and accuracy and collected data was entered in SPSS software version 20. Descriptive statistics was used during analysis of data and findings were presented in different tables and diagrams.

Findings

Socio- demographic Information

Socio demographic information of participants which includes age, sex, marital status, ethnicity, religion, education status, occupation.

The majority of participant were of age group between 20-40 years was 58.5%. Mean age was 35.5. Regarding marital status, majority (75%) were married. Likewise, Janajati covered 60% of total sample followed by Chettri 36%, Dalit 2.5% and Brahmin 1.5% respectively.

Based on religion, majority of the participants 99% belonged to Hindu where only 1% were Muslim. Similarly 84.5% were literate. The occupation of total participants revealed varies that is 20.5 % were students, 31% were farmer etc.

Table 2: Meaning regarding Substances.

Components	Male(100)		Female (100)	
	Number	Percent	Number	Percent
Meaning of Substance				
Things that cause addiction	9	9	3	3
Things that are harmful to health	36	36	28	28
Things that are useful to health	0	0	0	0
Both (a) and (b)	20	20	11	11
Don't know	35	35	58	58

Data shown by Table 2 illustrated knowledge regarding substance, where 9% male and 3% female respond the substance as the things that cause addiction. Similarly 36% male and 28% female respond the substance as

things that are harmful to health and 20% male and 11% female answered the substance as things that cause both addiction and are harmful to health. And 35% male and

58% female respond that they do not know about the substance.

Table 3: Alcohol use and its contributing factors.

Components	Male(100)		Female(100)	
	Number	Percent	Number	Percent
Use of alcohol in the family				
Yes	73	73	74	74
No	27	27	26	26
Use of alcohol by participants				
Yes	50	50	35	35
No	50	50	65	65
Factors contributing to initiation of alcohol (Male=50, Female=35)				
Peer pressure	43	86	31	88.57
Relief from stress	23	46	2	5.71
Recreation	8	16	1	2.86
Culture / Tradition	6	12	4	11.43
Easy availability	0	0	4	11.43
To be protected from cold	0	0	4	11.43
To relief from tiredness	1	2	5	14.29
Alcohol used duration among users (Male=50, Female=35)				
Less than 5 years	23	46	13	37.14
5-10 years	17	20	16	45.71
10-15 years	7	14	1	2.86
More 15 years	3	6	5	14.29

Table 3 shows that among participants both the male and female had quiet similar percentage of the family history of alcohol consumption. Whereas 50% male and 35% female participants used alcohol.

Among the alcohol users the major contributing factor to alcohol use was peer pressure on both male and female (86% male and 88.57% in female).

Among the alcohol users majority of male (46%) were using alcohol since less than 5 years whereas majority 45.71% female were using alcohol since 5-10 years.

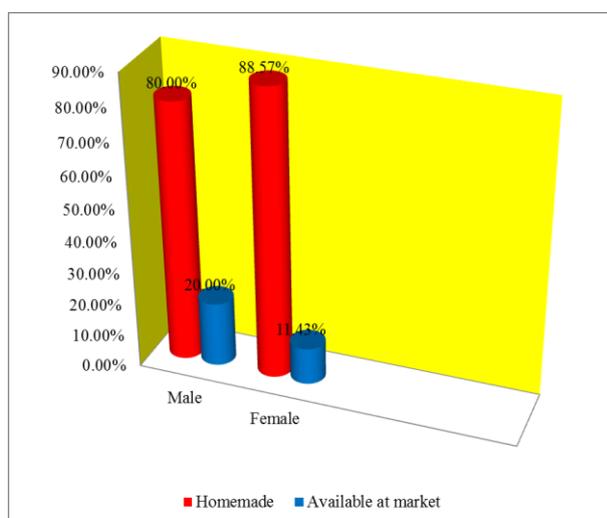


Figure 2: Type of alcohol used by participants.

Figure 2 revealed that among alcohol users, 80% male and 88.57% female were using homemade alcohol whereas, 20% male and 11.43% female used alcohol available at market.

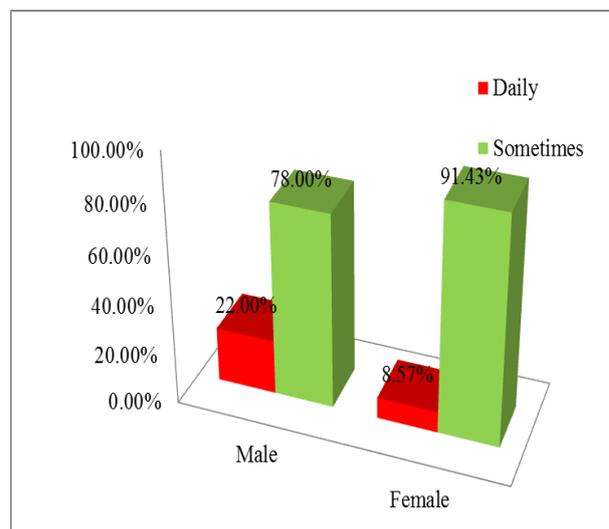
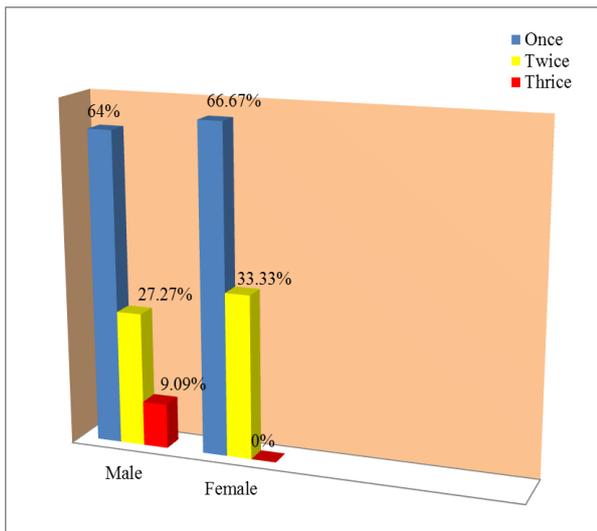


Figure 3: Alcohol intake by participants.

Figure 3 demonstrate that 22% male were daily drinkers where only 8.57% female were using alcohol daily.



Among daily drinkers 64% male and 66.67% female used alcohol once a day where 27.27% male and 33.33% female used alcohol twice a day and only 9.09% male use alcohol thrice a day.

Figure 4: Alcohol used per day among daily drinkers.

Table 4: Smoking and its contributing factors.

Variables	Male(100)		Female(100)	
	Number	Percent	Number	Percent
Smoking practice of participants				
Yes	29	29	7	7
No	71	71	93	93
Factors contributing to initiation of smoking(Male=29, Female=7)				
Peer pressure	20	68.97	5	71.43
Relief from stress	7	24.14	1	14.29
Recreation	6	20.69	1	14.29
Curiosity	1	3.45	1	14.29
To relief from tiredness	1	3.45	2	5.56
Duration of smoking among users (Male=29, Female=7)				
				n=36
Less than 5 years	17	58.62	2	28.57
5-10 years	7	24.14	1	14.29
10-15 years	4	13.79	1	14.29
More than 15years	1	3.45	3	42.86

Table 4 revealed that, 29 % male and 7 % female were smokers. Peer pressure (68.97% male and 71.43% in female) was the major contributing factor of smoking among the smokers. Similarly 24.14% male and 14.29% female used to smoke due to stress. Majority (58.62% male and 28.57% female) among smoker were smoking since less than 5 years.

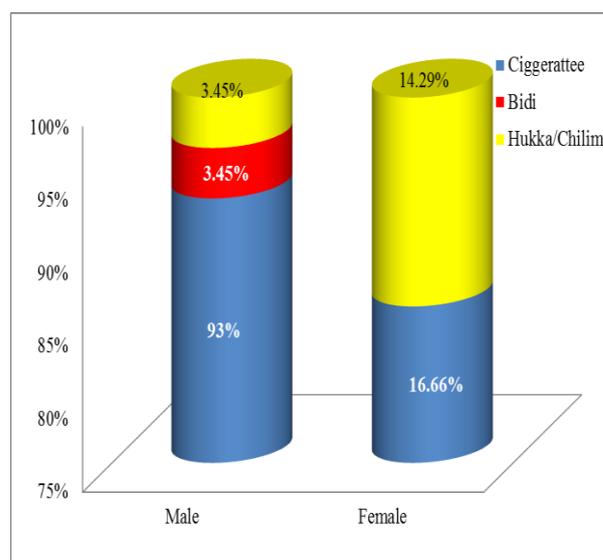


Figure 5: Type of smoking by used.

Figure 5 demonstrate that majority are using cigarette for smoking purpose (93% male and 85.71% female). Whereas 3.45% male and 14.29% female used Hukkas/Chilim.

Figure 6 revealed that Among the smokers, 68.97% male and 57.14% female were daily smokers where 31.03% male and 42.86% female used to smoke sometimes only.

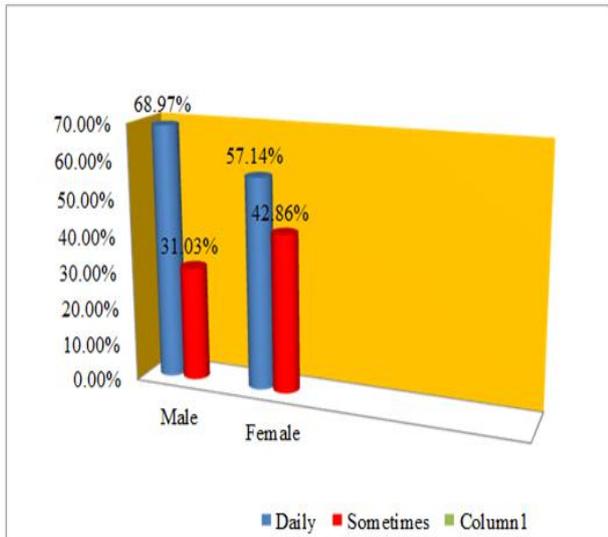


Figure 6: Frequency of smoking by participants.

Table 5: Tobacco use and its contributing factors.

Variables	Male(100)		Female (100)	
	Number	Percent	Number	Percent
use of tobacco by participants				
Yes	35	35	1	1
No	65	65	99	99
Factors contributing to initiation of tobacco (Male=35, Female=1)				
Peer pressure	29	82.86	0	0
Relief from stress	2	5.71	0	0
Recreation	2	5.71	0	0
Others	2	5.71	1	100
Duration of tobacco use by participants (Male=35, Female=1)				
Less than 5 years	20	57.14	0	0
5-10 years	12	34.29	0	0
10-15 years	3	8.57	1	100
Types of tobacco used(Male=35, Female=1)				
Surti	11	31.43	1	100
Khaini	7	20	0	0
Pukar	17	48.57	0	0
Frequency of tobacco used (Male=35, Female=1)				
Daily	30	85.71	0	0
Sometimes	5	14.29	1	100

Table 5 shows that, 35% male used tobacco where only 1% female use tobacco. Peer pressure (82.86%) was the major contributing factors among the male tobacco followed by relief from stress, recreation.

57.14% male only were using tobacco since less than 5years where, 8.57% male and 100 % female were using tobacco since 10-15 years. Surti (31.43% male and 100%

female) was the major type of tobacco used among the tobacco users. 85.71% male were the daily tobacco users where female are using only sometimes only.

DISCUSSION

The majority of participant were completed age group between 20-40years was 58.5%. Mean age was 35.5. Regarding marital status majority (75%) was married.

Likewise Janajati covers 60% of total sample followed by Chettri 36%, Dalit 2.5% and Brahmin 1.5% respectively.

Based on religion majority of the participants 99% belonged to Hindu where only 1% were Muslim. Similarly 84.5% were literate. The occupation of total participants revealed varies that is 20.5 % were students, 31% were farmer etc.

In this study among the total participants rate of Alcohol use was high among male (50%) than female (35%) where 22% male and 8.57% female were daily alcohol users. According the findings of another study by Thapa P, Sr M, et al (2016)^[28] also had shown that alcohol use is high on male i.e 65.99% whereas only 16.89% are female users among them 13.08% male and 13.16% female use alcohol daily.

The study revealed that among the total sample 29% male and 7% female were smokers. According to the results from the similar study done by U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICE (2013)^[27] smoking was higher on male (23.6%) than female (19.0%). Similarly, another study done by Sreeramareddy CT, Ramakrishnareddy N, Harsha KH, Sathian B, Arokiasamy J (2011)^[14] smoking was higher on male (32.8%) than female (15.8%).

The study revealed that 35% male and 1% female used chewing form of tobacco. Which is consistent with the similar study conducted by Sreeramareddy CT, Ramakrishna Reddy N, Harsha KH, Sathian B, Arokiasamy J (2011).^[14] It also revealed that "tobacco chewing "was high among males (38.0%) than females (5.0%) which support this study.

The study revealed that the peer pressure was the major contributing factor among all substance users.

CONCLUSION

The study was conducted to find out the substance use and its contributing factors among selected participants of selected community. The findings of this study revealed that there is significant difference in substance use among male and female where using rate was high among males than females. It is concluded that different characteristic of participants like age, sex, family history are the major influencing factors of different substance use. Among both sex, peer pressure is seen most common contributor for most of substance use. Thus, effective public awareness program should be organized at different geographical region of the country in order to improve the current trends of substance use.

Conflict of Interest: None.

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