



ATTITUDE OF ADOLESCENTS TOWARDS ALCOHOL & DRUGS IN RELATION TO THEIR ADJUSTMENT

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Abstract

Adolescence is the stage of stress and storm and adolescents have their problems associated with their physical, emotional, social, and intellectual needs. Adjustment is a very significant factor in life, and a large part of the population is suffering from alcohol and drug abuse these days. Students are affected at a large extent by drug abuse in educational institutions. In this study, a sample of 240 students studying at senior secondary level schools of District Sirsa in Haryana was drawn through random sampling. It was found that the level of adjustment was varying among adolescents, but most of them possess an average level in all four dimensions of adjustment. No significant differences were found in three dimensions of adjustment i.e. home, social, and emotional adjustments of adolescents on gender basis, but a significant difference was found in health adjustment dimension w.r.t. gender. Also, a positive mild relationship was found between the attitude of adolescents towards alcohol and drugs and all four dimensions of adjustment. The findings of the study are contradictory and supportive to some studies, so it is suggested that more researches may be conducted in this area.

Keywords: Adolescents, Attitude towards Alcohol and Drugs, Adjustment, Drug Abuse, Parental Engagement

Introduction

Adjustment is very important for every species with its environment. Darwin's Theory of Evolution (1859), emphasize that those species who successfully adapted to the demands of living, they survived and multiplied while others that did not, died out. Adolescents in India of age group 11 to 14 are pointed to drop out of school due to the influence of peer pressure; they commit smoking, tobacco and inhalational abuse in the form of correction fluid and glue, these students work small-time jobs, or practice begging in the streets (Reddy et al., 2014). It is revealed that 46.3 percent slum areas adolescents abuse substances like 'tobacco' & 'gutkha'; do 'smoking'; use 'alcohol', 'afeem', 'ganja', 'thinner', and 'marijuana' usually, 54.91% abuse single time, 23.53% abuse rarely, 15.68% abuse occasionally, and 5.88% abuse frequently (Sharma & Chaudhary, 2016). Drug abuse originates due to basic behavior such as curiosity to abuse drugs, having sexual intercourse with multiple sexual partners, family background having drug dependence, or having psychiatric disorders (Saluja et al., 2007), it is reported that alcohol advertising and promotion increase alcohol and drug abuse among the students who are already involved in the consumption of drugs (Anderson et al., 2008). Rejected children face more negative outcomes as compared to average and popular children, there found important aspects of 'sex', 'race', 'aggression', 'frequent school absences', 'low grades', and 'rejection' that affect and predict adjustment criteria of adolescents, preadolescents behaviour affect adolescent age at large extent (Kupersmidt & Coie, 1990).

'Connection and Parent Engagement' were observed as the 'potential protective influences' in adolescents' victimization and adjustment problems (Morin et al., 2015), and achievement strategies of adolescents influence their adjustment at school and overall problem behavior (Aunola et al., 2000). Adjustment is largely affected by the 'Quality of Parenting', 'Parent-Child Relationships', 'Family Structure' and

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‘Socioeconomic Status of the Family’ (Lamb, 2012) meanwhile, problem-solving skills and counseling and psychotherapy influence marital adjustment (Bayraktaroglu & Cakici, 2013).

Significance of the Study

The future of a country depends on adolescents, today adolescents are facing problems of drug abuse due to peer pressure and curiosity and it hampers their potential including physical, sexual, and mental aspects (Sanjeeva et al., 2015). International Narcotics Control Board (2010) report claimed that – at that time in South Asia, the cultivation of opium poppy and potential opium production were increasing; over 5,323 kg of ‘ketamine’ was seized alone in China in 2009; the ‘drug dependence increased’ enormously in responds to individual needs and also spread to reach those ‘who are not motivated to attend treatment facilities’. HIV infection rates reported ‘high’ among people who use injection for ‘abusing drugs’. Number of ‘illegal shipments of ketamine’ to port/ supply across countries reportedly increasing causing harm. It is reported that adolescents are influenced by a dilemma namely drug abuse these days, and it is continuously generating maladjustment in the home, school, society, and even personally. So, it is necessary to conduct this study, in light of the above-mentioned facts.

Objectives of the Study

1. To assess the level of ‘Adjustment’ among Adolescents of District Sirsa.
2. To gauge the relationship between the ‘Attitude of Adolescents towards Alcohol and Drugs’ and ‘Adjustment’ among Adolescents.

Hypotheses of the Study

1. There exists no significant difference in the level of ‘Adjustment’ among Adolescents of District Sirsa on gender basis.
2. There exists no significant relationship between ‘Attitude of Adolescents towards Alcohol and Drugs’ and ‘Adjustment’ among Adolescents.

Research Methodology

Descriptive Research Method was employed in this study through a survey and a sample of 240 adolescents was selected from Sirsa District through random sampling. The Bell’s Adjustment Inventory developed by Dr. R.K. Ojha (1994), and the Alcohol and Drugs Attitude Scale (2010) developed by Sandeep Singh and Sunil Saini were used in this study.

Statistical Techniques

In this study, the statistical techniques – ‘Percentage’, ‘Mean’ and ‘Standard Deviation’ were used to study the Level of Adjustment of Adolescents; ‘t-test’ to compare the components of Adjustment of Adolescents of district Sirsa on gender basis and ‘Pearson’s Correlation’ to gauge relationship between Adjustment and Attitude of the Adolescents towards Alcohol and Drugs.

Analysis and Interpretation

This comprise of following three sections:

Section I: Level of Adjustment of Adolescents of District Sirsa.

Section II: Comparison between the components of Adjustment of Adolescents of district Sirsa on gender basis.

Section III: Relationship between Adjustment and Attitude of the Adolescents towards Alcohol and Drugs

Section I: Level of Adjustment of Adolescents of District Sirsa

Table No. 1: Level of Adjustment of Adolescents of District Sirsa



Sr. No.	VARIABLE	Level of Adjustment	N	Percentage
	Adjustment of Adolescents		240	
1	Home	Excellent	28	11.66
		Good	85	35.41
		Average	117	48.75
		Unsatisfactory	06	2.50
		Very Unsatisfactory	04	1.66
2	Health	Excellent	00	0.00
		Good	36	15.00
		Average	172	71.66
		Unsatisfactory	28	11.66
		Very Unsatisfactory	04	1.66
3	Social	Excellent	65	27.08
		Good	86	35.83
		Average	88	36.66
		Unsatisfactory	01	0.41
		Very Unsatisfactory	00	0.0
4	Emotional	Excellent	00	0.0
		Good	39	16.25
		Average	186	77.50
		Unsatisfactory	14	5.83
		Very Unsatisfactory	01	0.41

From Table No. 1, the following results were obtained:

1. It was found that the level of home adjustment among adolescents was excellent, good, average, unsatisfactory, and very unsatisfactory including 28, 85, 117, 06 and 04 adolescents respectively, and the percentage-wise distribution is 11.66, 35.41, 48.75, 2.50 and 1.66 respectively.
2. It was found that the level of health adjustment among adolescents was excellent, good, average, unsatisfactory, and very unsatisfactory including 00, 36, 172, 28 and 04 adolescents respectively, and the percentage-wise distribution is 0.0, 15.00, 71.66, 11.66 and 1.66 respectively.
3. It was found that the level of social adjustment among adolescents was excellent, good, average, unsatisfactory, and very unsatisfactory including 65, 86, 88, 01 and 00 adolescents respectively, and the percentage-wise distribution is 27.08, 35.83, 36.66, 0.41 and 0.00 respectively.
4. It was found that the level of home adjustment among adolescents was excellent, good, average, unsatisfactory, and very unsatisfactory including 00, 39, 186, 14 and 01 adolescents respectively, and the percentage-wise distribution is 0.0, 16.25, 77.50, 5.83 and 0.41 respectively.

Section II: Comparison between the components of Adjustment of Adolescents of District Sirsa on gender basis.

Hypothesis no.1. There exists no significant difference in the level of Adjustment among Adolescents of District Sirsa on gender basis. The results were studied along each component of Adjustment as below:

1. (a) There exists no significant difference in the level of Home Adjustment among Adolescents of District Sirsa on gender basis.



1. (b) There exists no significant difference in the level of Health Adjustment among Adolescents of District Sirsa on gender basis.
1. (c) There exists no significant difference in the level of Social Adjustment among Adolescents of District Sirsa on gender basis.
1. (d) There exists no significant difference in the level of Emotional Adjustment among Adolescents of District Sirsa on gender basis.

Table No. 2. Comparison between the Adjustment of Male and Female Adolescents of District Sirsa

Adjustment	Gender	N	Mean	SD	t-value	Absolute t-value	df	Interpretation
Home	Males	120	7.86	3.52	-1.823	1.823	238	Insignificant
	Females	120	8.65	3.11				
Health	Males	120	6.05	3.25	-3.829	3.829		Significant
	Females	120	7.54	3.25				
Social	Males	120	8.54	3.11	-0.509	0.509		Insignificant
	Females	120	8.09	7.34				
Emotional	Males	120	7.02	3.76	-0.708	0.708		Insignificant
	Females	120	7.34	3.12				

Level of Significance 0.05*

From Table No. 2, the following results were found:

1. The mean and SD was found 7.86 & 8.65 and 3.52 & 3.11 respectively for Males and Females w.r.t. Home Adjustment. The calculated t-value is 1.823, which is less than the table value of 't', i.e. 1.97 at df 238 at 0.05 level of significance; and it was found insignificant. So, Hypothesis No. 1 (a), that - *'there exists no significant difference in the level of Home Adjustment of Adolescents of District Sirsa on gender basis'*, was accepted.
2. The mean and SD was found 6.05 & 7.54 and 3.25 & 3.25 respectively for Males and Females w.r.t. Health Adjustment. The calculated t-value is 3.829, which is more than the table value of 't', i.e. 1.97 at df 238 at 0.05 level of significance; and it was found significant. So, Hypothesis No. 1 (b), that - *'there exists no significant difference in the level of Health Adjustment of Adolescents of District Sirsa on gender basis'*, was rejected.
3. The mean and SD was found 8.54 & 8.09 and 3.11 & 7.34 respectively for Males and Females w.r.t. Social Adjustment. The calculated t-value is 0.509, which is less than the table value of 't', i.e. 1.97 at df 238 at 0.05 level of significance; and it was found insignificant. So, Hypothesis No. 1 (c), that - *'there exists no significant difference in the level of Social Adjustment of Adolescents of District Sirsa on gender basis'*, is accepted.
4. The mean and SD was found 7.02 & 7.34 and 3.76 & 3.12 respectively for Males and Females w.r.t. Emotional Adjustment. The calculated t-value is 0.708, which is less than the table value of 't', i.e. 1.97 at df 238 at 0.05 level of significance; and it was found insignificant. So, Hypothesis No. 1 (d), that - *'there exists no significant difference in the level of Emotional Adjustment of Adolescents of District Sirsa on gender basis'*, is accepted.



Section III: Relationship between Adjustment and Attitude of Adolescents towards Alcohol and Drugs

Hypothesis No. 2. There exists no significant relationship between Attitude of Adolescents towards Alcohol and Drugs & Adjustment among Adolescents.

Table No. 3. Relationship between Attitude of Adolescents towards Alcohol and Drugs & Adjustment among Adolescents:

VARIABLES	N	Pearson's R	Interpretation	Significance
Attitude towards Alcohol and Drugs & Dimensions of Adjustment of Adolescents	240 & 240			
1. Home		0.223	Mild Positive	Significant
2. Health		0.212	Mild Positive	Significant
3. Social		0.142	Mild Positive	Significant
4. Emotional		0.200	Mild Positive	Significant

Level of Significance 0.05*

Table No. 3 shows a Mild Positive Correlation between 'Attitude of Adolescents towards Alcohol and Drugs' and different 'Dimensions of Adjustment among Adolescents', i.e. 0.223 (Mild Positive Correlation) w.r.t. dimension – 'Home Adjustment', 0.212 (Mild Positive Correlation) w.r.t. dimension – 'Health Adjustment', 0.142 (Mild Positive Correlation) w.r.t. dimension – 'Social Adjustment' and 0.200 (Mild Positive Correlation) w.r.t. dimension – 'Emotional Adjustment'.

The calculated values of the Correlation of 'Attitude towards Alcohol & Drugs' w.r.t. dimensions – 'Home Adjustment', 'Health Adjustment', 'Social Adjustment' and 'Emotional Adjustment' were 0.223, 0.212, 0.142, and 0.200 respectively. These were higher than the table value of 'r', i.e. 0.08 at 0.05 level of significance at $df = 478$; and that was found significant. So, null Hypothesis No. 2 that – *there exists no significant relationship between Attitude of Adolescents towards Alcohol and Drugs & Adjustment among Adolescents*, was rejected.

Findings

1. It was found that most of the Adolescents possess an average level in all four dimensions of Adjustment i.e. 'Home Adjustment', 'Health Adjustment', 'Social Adjustment' and 'Emotional Adjustment'.
2. No significant difference was found in the level of three dimensions of Adjustment i.e. 'Home Adjustment', 'Social Adjustment' and 'Emotional Adjustment' among Adolescents of District Sirsa on gender basis except in one dimension i.e. 'Health Adjustment', where significant difference was found.
3. It was found that there was a Mild Positive Relationship (Correlation) between 'Attitude of Adolescents towards Alcohol and Drugs' and all four dimensions of Adjustment i.e. 'Home Adjustment', 'Health Adjustment', 'Social Adjustment' and 'Emotional Adjustment' among Adolescents of District Sirsa.

Educational Implications



1. The policy-makers can plan the curriculum keeping in view the adjustment problems and attitudes of adolescents towards alcohol and drug abuse. They can suggest some remedies for students and teachers to resolve these issues.
2. The class teachers can use findings of this study to resolve disciplinary problems and aware their students about alcohol and drug abuse.
3. Parents can use findings of this study in resolving adjustment problems and aware their children about alcohol and drug abuse.
4. The students can also take insight and advantage of findings of this study to resolve their adjustment problems and be aware of alcohol and drug abuse.

Suggestions for Further Research

1. Similar studies can be conducted at the large sample sizes in different technical, vocational, or higher education institutions also.
2. Experimental or ethnographic studies can be conducted to explore more about the adjustment and attitude of adolescents towards alcohol and drugs.

Conclusion

Results of the study revealed that most of the Adolescents possess an average level in all four dimensions of Adjustment and no significant difference was found in the level of three dimensions of Adjustment i.e. 'Home Adjustment', 'Social Adjustment' and 'Emotional Adjustment' among Adolescents on gender basis except in one dimension i.e. 'Health Adjustment', where significant difference was found. Also, a Mild Positive Relationship (Correlation) was found between 'Attitude of Adolescents towards Alcohol and Drugs' and all four dimensions of 'Adjustment'. The findings of the studies conducted by Devika, 2103; Galaif et al., 2001; Ghadimi, 2015; & Raju & Rahamtulla, 2007 support the findings of present study; but are in contradiction to studies conducted by Chauhan, 2013; Darling, 2005; Farrell, et al., 1992; Paramanik et al., 2014; & Weiss & Schwarz, 1996.

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