

Impact of Prevalence of Substance use and its health issues on the behavioural pattern of students in HEIs with reference to Chennai

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ABSTRACT

(Pose, 1996) I defined Substance or drug as anything that has the potential of causing addiction, habituation or altered consciousness. It can also be defined as any chemicals that can change the structure or function of the body. This research was conducted among the students of HEI s in Chennai with the objectives such as To identify the common drugs abused by students on college campuses, To find out the causes of substance abuse by college students, To find out the route of administration of substance, To study the link between substance abuse and behavioural pattern of college students, To investigate the influence of health education (Normative Reeducation) on prevention of drug abuse among the affected students. Research was conducted among the students of HEI's with respect to Chennai during the time period October 2024 to December 2025. The Questionnaire was used to collect the data from 386 respondents and it was analyzed using the statistical tools. The Conceptual framework was framed.

Keywords: Substance, HEIs (Higher Education Institutions), Abuse

1. INTRODUCTION

College students are one of the largest groups of substance abusers. "Nearly 10% of the drugs that flows into the State, especially ganja, is supplied to college students. Many turn to substances to deal with mental illness and academic stress, particularly using study drugs to help with their academics. Students are exposed to drugs because of party culture and Greek life, where substance abuse is much more common. Substance abuse impacts many of these students' education, leading them to get lower grades and struggle academically. Drugs are used for nutritional or medical purposes following Doctors' prescription but become potentially hazardous when used for other purposes. According to (Barangam et al., 2002) there are basically four stages of drug addiction: 1) Experimentation: Voluntary use of the drug without behavioural change. 2) Regular use of the substance: The individual seeks the euphoric effects of the drug, establishes a reliable drug source, etc.; 3) Abuse: Indulges in daily use of drugs. Here warning signs of addiction will begin to appear such as craving, preoccupation with the drugs, depressive symptoms, etc. ; 4) Addiction: Physical and/or psychological dependence in which there is the compulsive use of the drug despite severe negative consequences with occurrence of withdrawal symptoms. Chief Minister MK Stalin ⁹on Thursday 22nd August 2022 launched the scheme of "Drug Free Tamil Nadu" under which 30 hours of continuous awareness against drugs by volunteers of NCC and NSS followed by which the Chief Minister administered the pledge against usage and addiction of drugs. More than 30 lakh school and college students took pledge through video conference and this created new records for most number of students taking pledge at a single occasion.

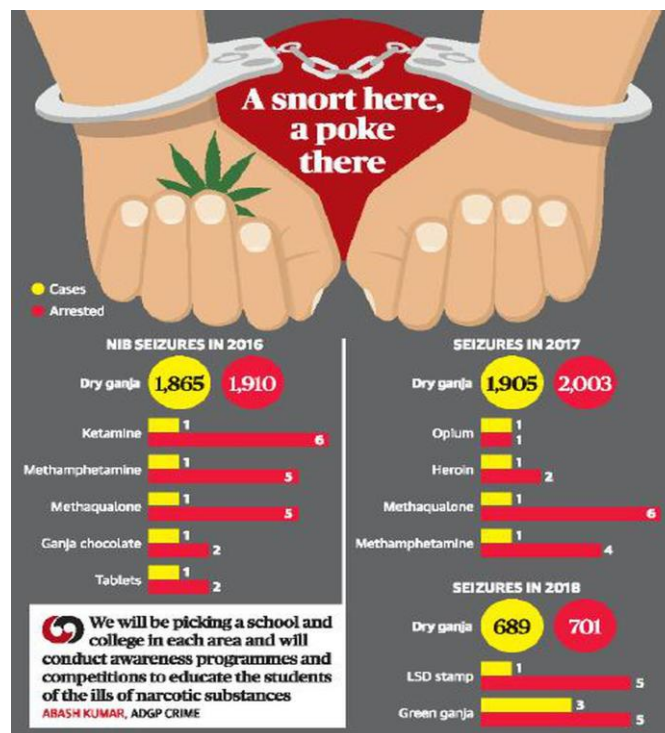


Source: <https://www.dtnext.in/tamilnadu/2022/08/11/stalin-launches-drug-free-tamil-nadu-scheme>

According to the National Crime Record Bureau (NCRB) data¹⁰, Tamil Nadu and under the Narcotic Drugs and Psychotropic Substances Act, 1985, the police department of Tamilnadu has registered 172 cases and arrested 203 people which made Tamilnadu to stood third in the country in terms that the accused had possessed gutka products that were banned in Tamil Nadu. Totally there were about 1, 74,032 cases in Tamilnadu cases registered for violating liquor and narcotic drugs. Tamil Nadu with 4,151 cases and ranked third in the list of cases registered under the possession of drugs for personal use and consumption.

Need for the Study:

9% school kids in 3 Tamil Nadu districts addicted to intoxicants. A survey (2021)⁷ was conducted among 3,021 students studying in 168 schools in Chennai, Tiruvannamalai and Ooty districts by non-governmental organization in three districts in April last year found that 9% of school children (Classes VII to) were addicted to substances such as alcohol, cool lip (a tobacco-derivative) and cigarettes, besides ganja. In 2018 till May, the NIB has booked 693 cases, arrested 709 persons and seized over ₹2 crore worth narcotics across the State. Last year, a total of 1,909 cases were booked, 2,016 persons arrested and over ₹16 crore worth narcotic substances were seized. June 26, 2018 01:10 am | Updated 01:11 am IST – CHENNAI⁸“Nearly 10% of the drugs that flows into the State, especially ganja, is supplied to college students. Substances used by college students are ganja, pharmaceutical drugs, heroin and pain killers



SOURCE

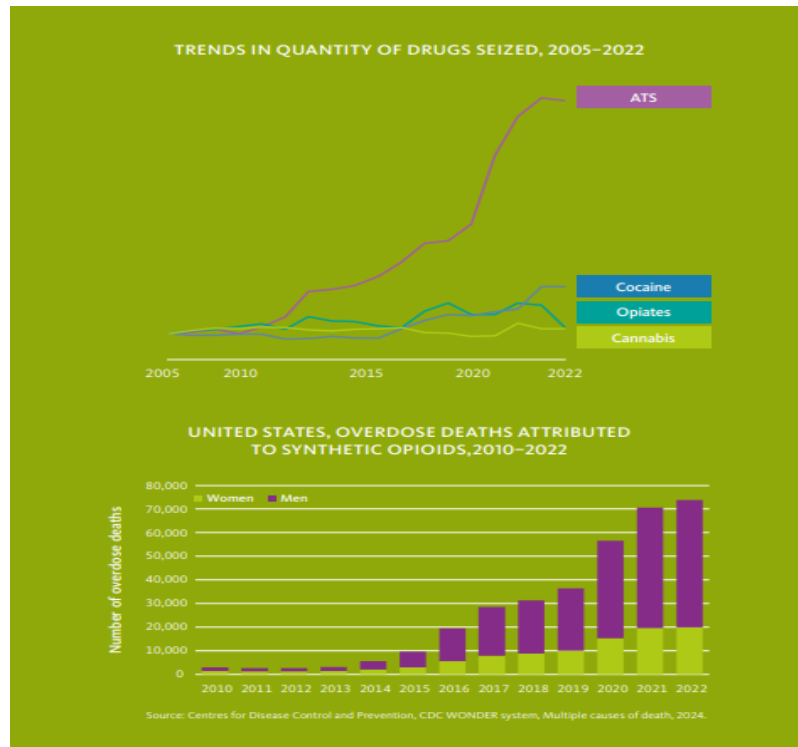
<https://www.thehindu.com/news/cities/chennai/10-of-drugs-flowing-into-tn-drifts-into-colleges/article24257286.ece>

Annabel Boys, John Marsden, John Strange (1999)⁶ studied the Understanding reasons for drug use amongst young people: a functional perspective used a functional perspective to examine the reasons young people cite for using psychoactive substances. The study sample comprised 364 young poly-drug users recruited using snowball-sampling methods. Data on lifetime and recent frequency and intensity of use for alcohol, cannabis, amphetamines, ecstasy, LSD and cocaine are presented. Further research is now required to determine drug types (such as heroin, tranquillizers or tobacco) Future studies should also examine if functions can be categorized into primary and subsidiary reasons and how these relate to changes in patterns of use and drug dependence. Recognition of the functions fulfilled by substance use could help inform education and prevention strategies and make them more relevant and acceptable to the target audiences.

2. REVIEW OF LITERATURE

K.A. Oshikoya and A. Alli (2006) studied the Perception of Drug Abuse among Nigerian Undergraduates to find out the drugs abused by Nigerian students and found that, Cocaine, Marijuana, Alcohol, Heroin, Cigarette, Coffee/Caffeine, Antibiotics, Morphine, Steroids, Amphetamine, LSD (Lysergic acid diethylamide), Phencyclidine and Mescaline were used by them. R. Kathryn McHugh, Bridget A. Hearon, and Michael W. Otto (2010) used CBT for substance abuse is characterized by heterogeneous treatment elements—such as operant learning strategies, cognitive and motivational elements, and skills building interventions. The Community Reinforcement Approach (CRA), Behavioral Couples Therapy (BCT), CBT plus pharmacotherapy were used. Seung Bin Cho Danielle C. Llaneza1, Amy E. Adkins, Megan Cooke3, Kenneth S. Kendler, Shaunna L. Clark and Danielle M. Dick (2015) investigated the patterns of substance use among college students during their first year of college. The research group's affiliations include departments at Virginia Commonwealth University, such as African American Studies, Psychology, and the Virginia Commonwealth University. Chloe R. Skidmore, MS, Erin A. Kaufman, MS, Sheila E. Crowell, (2016) found that alcohol, tobacco, marijuana, prescription medications, and other drugs were the most commonly used substance among college students and the Peer influence was the most important factor affecting substance use among college students. Sam Lofgren (2019) studied that Substance abuse in college can lead to long-term health effects and, occasionally, even death. Those who abuse substances are more likely to struggle academically in college. UNODC World Drug Report (2024) revealed that the number of people who use drugs has risen to 292 million in 2022, a 20 per cent increase over 10 years. Cannabis remains the most widely used drug worldwide (228 million users), followed by opioids (60 million users), amphetamines (30 million users), cocaine (23 million users), and ecstasy (20 million users). PL Vanrozama Dr. C. Gobalakrishnan(2018)¹¹ did a research on the perception of university students on drug abuse and abusers among the students who are studying in the Periyar University, Salem with the objectives such as the reasons behind their substance usage and what was their opinion about the existing laws to control the problems of drug abuse. Accidental sampling method was used. Results showed that students have used drugs for having fun, because of overwork/learning, , due to social/peer pressure, because of parental influence the youth were initiated the drug consuming behavior and because of lack of role in society/school. The findings showed that 78 % of the respondents are satisfied with the government programmes to control the drug abuse and similarly 22 % of the respondents are not satisfied with the present legal mechanisms to control the drug abuse also recommended that the government must reprimand harshly the drug smugglers should organize more awareness programmes related to the impact of illegal drugs in the places where the drug abuse is taking place. Kari Lancaster, Alison Ritter & Francis Matthew-Simmons (August 2013)¹² analyzed the most effective ways for public authorities to reduce drug and alcohol problems and found that, differences of opinion when compared the responses of male and female respondents. Survey was conducted to identify to what extent the respondents supported various exact programs and interventions within treatment, harm reduction, law enforcement and regulatory domains. Hilda Luz Bolaños GilDébora Falleiros de MelloMaria das Graças Carvalho FerrianiMarta Angélica Iossi Silva (August 2008)¹³ did a study in Lima, Peru on the topic -Perceptions of adolescents students on the consumption of drugs to find out the opinions of adolescent students on the use of drugs and drug users, in a school. Descriptive and cross-sectional study was conducted among 386 students to find out risk of drugs intake, inspirations, information on preventive interventions, drugs availability and found that 3 ways to get rid from drug usage such as Treatment services , Harm reduction services and Law enforcement and regulation Treatment services such as a service that provides a place to stay for a short time, A service that provides a place of stay for a long time (rehabilitation), Seeing a doctor, Counselling, A service that provides withdrawal(detoxification) rom alcohol and/or drugs, A service that provides withdrawal (detoxification) from alcohol and/or drugs, Compulsory education and /or treatment and Medications that mimic the effects of illegal drugs (e.g. Methadone/dexamphetamine). Harm reduction services such as Needle and syringe programs (where people can access clean syringes), Regulated injecting rooms (where people are able to inject drugs in a safe place), Availability of pill testing (where people can have the contents of their pills tested) and Drug-free chill-out zones. Law enforcement and regulation services such as Drug sniffer dogs in public Places, Visible police presence around licensed venues such as bars and nightclubs, More police on the streets, ID scanners at the entry to bars and nightclubs, Drug testing at work or at school, Banning the purchase of drugs over the internet. Alan Dennington, M.D in the year April 2, 2020 did a research in USA among college students. According to the National Survey on Drug Use and Health, 54.9% of full-time college students between the ages of 18 and 22 drank alcohol in the past month, which is over 10% higher than non-college students of the same age. Risky behaviors associated with alcohol use can lead to adverse outcomes, including: Physical injury and death – 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes. Physical

assault – 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking. Sexual assault – 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape. Poor academic performance – Approximately 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.



Source: World Drug Report 2024

Research objectives:

This paves way for this research among HEI's students with the following objectives

1. To identify the common drugs abused by students on college campuses.
2. To find out the causes of substance abuse by college students.
3. To find out the route of administration of substance.
4. To study the link between substance abuse and behavioural pattern of college students.
5. To investigate the influence of health education (Normative Reeducation) on prevention of drug abuse among the affected students.

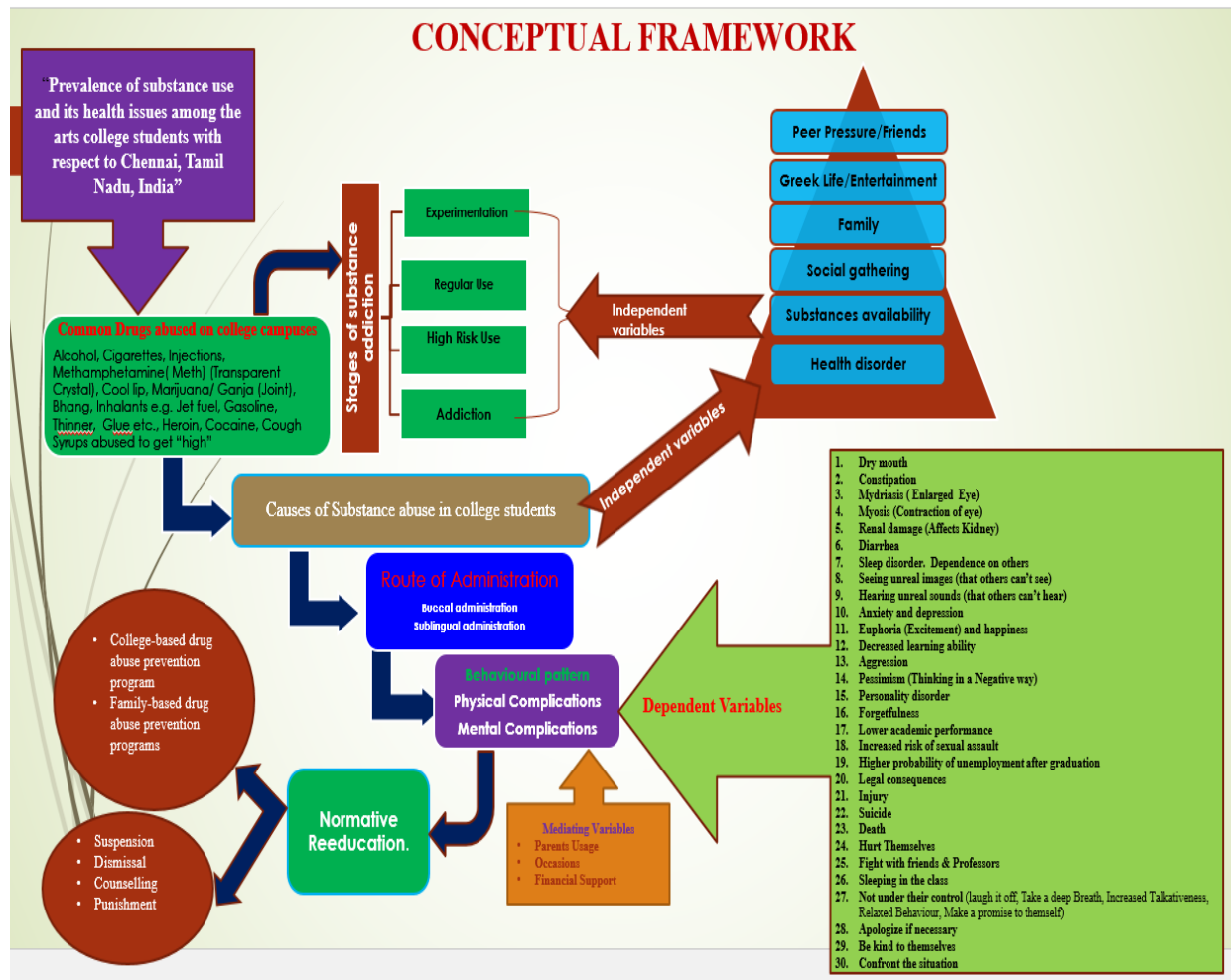
Research Methodology: Research was conducted among the 386 students of HEI's with respect to Chennai during the time period October 2024 to December 2025. The Questionnaire was used to collect the data and it was analyzed using the statistical tools. The Conceptual framework was framed.

3. DATA ANALYSIS AND INTERPRETATION

Findings based on Analysis:

Conceptual Framework was formulated based on the Analysis done. "Impact of Prevalence of Substance use and its health issues on the behavioural pattern of students in HEIs with reference to Chennai" a research was conducted to find out the common drugs abused by higher education students in Chennai and this framework was identified. The independent Variables such as peer pressure, Greek life, family, Social gathering, Substances availability and Health disorder stimulates the usage of Drug and Alcohol in 4 categories such as Experimentation, Regular Use, High Risk Use and Addiction which results in the Causes of Substance abuse in college students. Route of Administration of Substance was identified as Buccal administration (A drug placed between the gums and cheek), Sublingual administration (Under the Tongue) in the form of Inhalation, Oral, (IV)-Intravenous - (Vein-Injections), (IM) -Intramuscular (to get Rapid Energy), Rectal, Sub mucosal, Intranasal. The Dependent Variables such as the Dry mouth, Constipation, Mydriasis (Enlarged Eye), Myosis (Contraction of eye), Renal damage (Affects Kidney), Diarrhea, Sleep disorder, Dependence on others, Seeing unreal images (that others can't see), Hearing unreal sounds (that others can't hear), Anxiety and depression, Euphoria (Excitement) and happiness

,Decreased learning ability, Aggression, Pessimism (Thinking in a Negative way),Personality disorder, Forgetfulness , **Lower academic performance, Increased risk of sexual assault, Higher probability of unemployment after graduation, Legal consequences, Injury, Suicide, Death**, Hurt Themselves, Fight with friends & Professors, Sleeping in the class, Not under their control (laugh it off, Take a deep Breath, Increased Talkativeness, Relaxed Behaviour, Make a promise to themselves),Apologize if necessary, Be kind to themselves and Confront the situation are the physical and psychological complications underwent by substance used students. The influence of health education (Normative Reeducation) such as College-based drug abuse prevention program and Family-based drug abuse prevention programs also the measures such as Suspension, Dismissal, Counselling and Punishment will act as a prevention mechanism of drug abuse among the affected students.



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