

## ABSTRACT

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**Topic:** A Study of Substance Use Among School Students

**Keywords:** Substance use, Drugs use, Prevention of Substance Use, School Students, Students' perception, Adolescents, School Teachers, Readiness of Teachers, , Teachers' Perception

The term substance use refers to the use of any intoxicating substance by a school student irrespective of its kind, manner, quantity, frequency or effects. Many research studies and national surveys in India highlight the problem of substance use among school students. The present study is an effort to help the policy makers, curriculum developers, program coordinators, teachers and other concerned stakeholders in Indian context.

### **Research objectives of the study**

- To study the perception of school students towards the substance use
- To study the protective and risk factors related to possibility of substance use among the school students
- To study the experiences of school students on substance use if any
- To study the readiness of school teachers towards working in the area of prevention of substance use among the school students

### **Method of research:**

The present study is a survey research. The researcher has adopted mixed method research design to conduct this study. Researcher has collected data in three phases. The data was analyzed qualitatively as well as quantitatively here. The findings of each stage were used in consequent phases of the study.

**Findings:**

The findings show that the school students irrespective of their socio-economic status (SES) and gender are well aware of harms of substance use. Gender is not a variable in the context of perception towards the substance use. However, the students from private schools were having significantly more distorted perceptions towards substance use than the students from govt. schools. The students from govt. schools in comparison to private schools and the girls in comparison to the boys were experiencing more protective factors against substance use. Boys were experiencing more risk factors towards the substance use than the girls. 25% of the total students have expressed their experiences about the substance use by them. Smoking was more prevalent among total school students in comparison to the drinking. Many students wanted to give-up the substance use but they found themselves unable of doing that and they wanted the help of any expert or counsellor in giving-up the substance use. Most of the school teachers counted peer pressure and substance use in family as main reasons underlying the substance use among the school students. But most of them also believed that girls don't take any kind of substance. The teachers did not know how to identify such students who take substances occasionally or frequently. Most of the teachers focused on sensitizing the students against the substance use. None of the teacher talked about changing the belief system or life skill development among the students. Female teachers comparatively suggested more creative ideas for the prevention of substance use among the school students. Teachers showed lack of confidence in their own efforts in the direction of substance use prevention. They expressed the need of training for the same provided the training could demonstrate the necessary skills. However, most of them did not deny directly about their responsibility to work, but indirectly they expressed inhibitions and lack of assertiveness.