



SUBSTANCE ABUSE AND LIFE SKILLS EDUCATION AMONG YOUTH IN LUNGLEI DISTRICT, MIZORAM

C. Lalenzama * & Hoselin Lalmuansangi

Department of Social Work, Mizoram University, Aizawl, Mizoram, India

*Corresponding Author: teachongthu@gmail.com

 C. Lalenzama: <https://orcid.org/0000-0002-2908-8515>

ABSTRACT

Substance abuse includes any substance used in a patterned format related with disorder where the user takes substances which are harmful physically, mentally because of the amounts or methods for themselves or others. The substance focused in the present study is confined mainly to consumption and abuse of alcohol and drug. The prevalence of substance abuse among youth occurred at an alarming rate in Mizoram. As per the report of Mizoram State Aids Control Society (MSACS) revalidation, March 2013 there are about 10,750 regular injecting drug users in Mizoram. One of the assumed causes of substance abuse is low life skills of youths they lack the ability to face and adapt to real life demands and facing life with effective positive behaviour which is found to be more among broken family and low educational level. The present paper discusses low level of life skills education as one of the major causes of substance abuse and explained the relationship between substance abuse and life skills education among youth in Mizoram.

Keywords: *Life skills, Substance Abuse, Youth, Education, Mizoram*

Introduction

Substance abuse refers to use of psychoactive substances that are harmful or hazardous, which includes alcohol and drugs. Sometimes repeated use and exposure to it leads to dependence syndrome and typically associated with a strong desire to take the drug (WHO, 1996). The method and amount consumed are harmful which is paternally used by the abusers and is regarded as a form of substance-related

disorder which usually brings negative consequences in their lives. The nature of substance abused observed in the present study is mainly confined to alcohol and drug abuse. The prevalent of substance abuse among youth has anticipated shocking issue in Mizoram. Drug abuse is now a major problem among youth with the initial drug of abuse being heroin (locally known as No. 4). Report of Mizoram State Aids Control Society (MSACS) revalidation, March 2013

which said there are about 10,750 regular injecting drug users in Mizoram.

One of the causes of substance abuse is low life skills of person who lack the ability to face realities of life and ability to adapt and enhance positive behavior that support individuals to effectively deal with the stresses and in everyday life especially among children who are brought up from a broken family and low educational qualification of parents. Students who have educated parents have better understanding and information about misuse and drug abuse which shows the importance of parenting in family which in turn let to drug abuse preventive behaviors among children (Moshki *et al.*, 2014). Most of substance abusers are school dropouts which shows the importance of life skills education for students to prevent them from substance abuse or abstaining themselves from substance abuse (Moshki & Buhler, 2014; Schroder & Silbereisen, 2007).

In Life Skills based education life skills is important than skills in solving numerical problems and understanding literacy. Life skill is not associated to the teaching of active learning but also apprehensive with maintaining the balance of knowledge, attitude and skills in day to day life. According to WHO, Life Skills refers to abilities for adoptive and positive behavior that enables an individual to deal effectively with the demands and challenges of everyday life. The cycle of skills development starts with defining and promoting specific skills, promotion of skill acquisition and performance and fostering skill maintenance. Thus the categories of life skills according to World Health

Organization (WHO) are Critical thinking and Decision making skills, Interpersonal and Communication skills, and Coping and self-management skills. (Parvathy & Pillai 2015)

Conducting life skill education among youth leads to prevention from substance abuse by organizing training program which are based on the core life skill as per the framework suggested by World Health Organization such as self-awareness, empathy, effective communication, interpersonal relationship, creative thinking, critical thinking, decision making, problem solving, coping with emotions, coping with stress and this assisted the youth not to indulge in substance abuse by coping up with life issues (Subasree & Nair, 2014).

Life skills education supported the youth to effectively cope with the issues faced in their life. As youth and adolescent period is a period of vulnerability mentally and emotionally, life skills education is needed in society which may be instilled through syllabus curriculum in schools. When youth are exposed to such demands of life and peer influence they need skills to cope with such situations as who cannot cope with these often resort to substance abuse (Lalrinzuali & Devendiran, 2015). The present study addresses these research issues in the context of youth in North East India.

The purpose of the present study is to analyze the Substance abuse and life skills education among youth in Lunglei District, Mizoram. An attempt has been made to understand the structural bases,

profile and familial characteristics and find out the relationship between substance abuse and life skills education among the youth in Lunglei District, Mizoram.

Materials and Methods

The present study is descriptive in design and qualitative and quantitative methods are applied. The universe of the study comprises all the youth substance abuser in Mizoram. Lunglawn is typical Mizo village and one of the largest urban village existed within Lunglei town which have existed for more than 100 years. It is also observed that it is a community with low educational level and substance abusers are found at a large scale. Youth in Lunglawn Community are purposefully selected as it is a community where youth substance abusers are observed during the fieldwork conducted. Snowball sampling method is used as some units are hidden population. To collect data both quantitative and qualitative method of data collection are used. A pre tested Questionnaire is used to collect quantitative data from the respondents. Multi-dimensional Life skills assessment scale was prepared based on the framework of WHO consisting of 10 dimension with 30 item which was to be rated using 5 point scale. The quantitative data collected are processed with MS Excel, SPSS and analysed with simple percentages and averages.

Results & Discussion

The relationship between substance abuse and life skills education among the Mizo youth are discussed with the following categories viz., Structural Bases of

Respondents, Youth and Substance Abuse and Youth and Life skill education

Structural Bases of Respondents

To understand the Structural bases of respondents, profile of respondents and family particular are analyzed.

To study the profile of respondents in the present study, age of respondents, occupation, educational qualification, sub tribe and religious denominations are analyzed (**See Table 1**). All the respondents are Mizo where majority belongs to Lusei (82%) sub tribe. In terms of religion all the respondents follow Christianity and Baptist Church of Mizoram (91%) constitute the largest denomination. The youth who indulge in substance abuse are lesser among the lower age group mainly between the ages of 26-30. Majority of the respondents are unemployed (33%) and manual labour (27%). The educational qualification of the respondents is also low as majority belongs to below high school (58%). Only few of the respondents could reach higher secondary and above.

Family particular is also studied to understand the structural bases. Types of family, form of family, socio economic status, family occupation and family annual income are analyzed to study family particular of respondents (**See Table 2**). Type of family is categorized into nuclear family and joint family where majority belongs to Nuclear family (79%) and most of the family are having stable form of family. The pattern of socio-economic status shows that more than half of the respondents family belong to Below poverty line (55%).

Table 1: Profile of Respondents

Sl. No	Category	No of Respondents (N=66)	Percentage
I	Age		
	15-20	16	25
	20-25	20	30
	26-30	30	45
II	Occupation		
	Manual labour	18	27
	Unemployed	22	33
	Business	14	21
	Others	12	18
III	Education		
	Middle	4	6
	High School	34	52
	Higher Secondary	20	30
	College and above	8	12
IV	Sub-tribe		
	Lusei	56	85
	Paite	8	12
	Ralte	2	3
V	Denomination		
	Baptist	60	91
	UPC(M)	2	3
	UPC(NE)	2	3
	Seventh Day	2	3

Source: Computed

Table 2: Respondents Familial Characteristics

Sl. No.	Characteristics	No. Respondents (N=66)	Percentage
I	Type of family		
	Nuclear Family	52	79
	Joint Family	14	21
II	Form of family		
	Stable	52	79
	Divorce	6	9
	Remarried	8	12
III	Socio-economic status		
	Below Poverty Line (BPL)	36	55
	Above Poverty Line (APL)	30	45
IV	Family Occupation		
	Government servant	24	36
	Business	12	18
	Manual labour	24	36
	Other	6	9
V	Family annual income (Rs.)		
	Below 100000	26	39
	100001-300000	30	45
	300001-500000	4	6
	500001 and above	6	9

Source: Computed

Family occupation comprises Government servant (36%) and Manual labour (36%) and majority having annual income between R1,00,001-3,00,000 (45%) and the other 39% have annual income below Rs 1,00,000

Youth and Substance Abuse

To understand the life of youth substance abuser, the present study analyses educational profile, duration of substance abused, first abused substance, substance abused, family members’ involvement in substance abuse, willingness to abstain, no of attempt to abstain, Availability of help, Nature of use, types of substance abused, reason and source of substance abuse and involvement in community life are analyzed.

Duration of Substance Abused:

Duration of substance abused of respondents in the present study is classified into 1-5 years, 6-10 years, 10 and above (See Table 3). Majority of the respondents are substance abuser for 6-10 years (52%) followed by 1-5 years (27%) and 10 years and above (21%). The patterns of duration of substance abuse show that majority of the respondents started indulge in early adolescence period and the duration of abuse is more among the respondents who are older.

Table 3: Respondents’ Duration of Substance Abused

Duration	No. of Respondents	Percentage
1-5 year	18	27
6-10 year	34	52
10 and above	14	21
Total	66	100

Source: Computed

First substance abused:

The substance first abused by respondents in the present observed are categorized into alcohol, cannabis, Proxyvon, Heroin and other form of substance abuse viz., cough syrup, Spasmolar (See Table 4). Majority of the respondents started substance abuse by smoking cannabis (48%) and the rest respondents first indulge in alcohol (27%), Proxyvon (12%), No. 4 (9%) and other (4%). Many youth first abuse cannabis by the influence of peers besides it is one of the most common and popular substances that can be easily get within the community.

Table 4: Respondents’ First substance abused

Substance	No of Respondents	Percentage
Alcohol	18	27
Cannabis	32	48
Proxyvon	8	12
Heroin	6	9
Other	2	4
Total	66	100

Source: Computed

Substance commonly abused:

Substance commonly abused by the respondents observed in the present study is classified into Heroin, alcohol, cannabis and others form of substance abuse (See Table 5). The pattern of substance abuse shows that more than half of the respondents indulge in Heroin (64%) followed by alcohol (30%), cannabis (3%) and other (3%). Majority of the respondents indulge regularly in Heroin as it is easily available for the youth and Mizoram is a path of smuggling Heroin from Myanmar to different parts of India.

Table 5: Substance commonly abused

Substance	No. of Respondents	Percentage
Heroin	42	64
Alcohol	20	30
Cannabis	2	3
Other	2	3
Total	66	100

Source: Computed

Table 6: Family members' involvement in substance abuse

Sl. No.	Family Members Involvement	No. of Respondents N=66	
		Yes	No
I	Family member indulgence	22 (33)	44 (67)
		Family Members	
II	Father	4 (6)	62 (94)
	Mother	2 (3)	64 (97)
	Sibling	14 (21)	52 (79)
	Children	2 (3)	64 (97)
	Other	2 (3)	64 (97)

Figures in parenthesis are percentages

Source: Computed

Family members' involvement in substance abuse:

Family member's involvement in substance abuse in the present study is studied to understand the dynamics of substance abuse among the youth. The numbers of family member viz., father, mother, sibling, children and other family member's involvement in substance abuse are also analyzed (See Table 6). Surprisingly majority of the respondents (67%) declare that there are no substance abusers among their family members and

only 33% have substance abuser in the family. The majority of the respondents declare that father (94%), mother (97%), sibling (79%), children (97%) and other family member viz., uncle, aunt (97%) are not substance abuser and the rest father (6%), mother (3%), sibling (21%), children (3%), other (97%) are substance abuser. The pattern of family member involvement in substance abuse shows that causes of youth indulge in substance abuse is not mainly due to the influence of family member and it may from external influence.

Willingness to abstain:

The willingness of respondents to abstain from substance abuse is analyzed to understand the level of abuse. The willingness to abstain from substance abuse in the present study is categorized into willing and not willing (See Table 7A). Majority of the respondents that is 88% have the willingness to abstain from substance abuse where only 12% do not have the willingness to abstain. More than half of the respondents willing to abstain because it causes stress, stigmatization, bad relationship with fellow human being, bored of current life condition and it effect health condition and seek help in their own way.

Table 7A: Respondents' Willingness to abstain

Category	No of Respondents	Percentage
Willing	58	88
Not willing	8	12
Total	66	100

Source: Computed

Number of attempt to stop substance abuse:

The number of attempts made by the respondents in the present study is also observed to understand the level of willingness to stop substance abuse. The number of attempt made by the respondents in the present study is categorized into less than 2 times, 3-5 times, more than 7 times and not attempting (See Table 7B). Majority of the respondents (76%) attempted more than seven times and 12% of the respondents did not attempt at all. Some of the respondents also attempt less than 2 times (6%) and 3-5 times (6%). More than half of the respondents want to abstain from substance abuse but due to lack of hope as they fail many times. The lack of family support and other professional support also plays an important role and even peer pressure is also one of the major factors.

Table 7B: Respondents' Attempt to stop Substance abuse

Attempt	No. of Respondents	Percentage
Less than 2 times	4	6
3-5 times	4	6
More than 7 times	50	76
Not attempting	8	12
Total	66	100

Source: Computed

Availability of help:

The availability of help to stop substance abuse in the present study observed could be categorized into help from family, church, rehabilitation Centre, drop in Centre, friends, professional counseling and self (See Table 8). More

than half of the respondents in the present study seek help from family (58%) and they help themselves self (58%). Surprisingly majority of the respondents in the present study do not seek help from professional counseling (85%), drop in Centre (82%), rehabilitation Centre (70%), church (61%) and friends (88%). Only few of the respondents seek help from professional counseling (15%), drop in Centre (18%), rehabilitation Centre (30%), church (39%) and friends (12%). Most of the youth substance abuser in the present study was not linked to professional help and it was surprising to see one of the most effective institutions the church was also not approached.

Table 8: Availability of help

Availability	No. of Respondents N=66	
	Yes	No
Family	38 (58)	28 (42)
Church	26 (39)	40 (61)
Rehabilitation centre	20 (30)	46 (70)
Drop in centre	12 (18)	54 (82)
Friends	8 (12)	58 (88)
Professional Counseling	10 (15)	56 (85)
Self	38 (58)	28 (42)

Figures in parentheses are percentages

Source: Computed

Mode of use:

Nature of use in the present study is classified into three categories such as consume by eating or drinking, injecting and sniffing (See Table 9). Injecting (76%) and

Table 9: Respondents Mode of use

Mode	Number of Respondents N=66	
	Yes	No
Consume by eating and drinking	44 (67)	22 (33)
Injecting	50 (76)	16 (24)
Sniffing	14 (21)	52 (79)

*Figures in parentheses are percentages
Source: Computed*

Table 10: Types of substance abused

Type Substance	No. of Respondents N=66		
	Sometimes	Often	Never
Alcohol	24 (36)	32 (48)	10 (15)
Grape wine	24 (36)	6 (9)	36 (55)
Beer	32 (48)	10 (16)	24 (36)
Heroin	12 (18)	16 (24)	38 (58)
Parvon	16 (24)	6 (9)	44 (67)
Proxyvon	14 (21)	8 (12)	44 (67)
No.4	18 (27)	34 (52)	14 (21)
Meth	2 (3)	0 (0)	64 (97)
Spas molar	10 (15)	2 (3)	54 (82)
Cough Syrup	30 (45)	6 (10)	30 (45)
Dendrite	20 (30)	4 (6)	42 (64)
Others	14 (21)	4 (6)	48 (73)

*Figures in parentheses are percentages
Source: Computed*

eating/drinking (67%) are common form of use where sniffing is not too frequent among the respondents. Most of the youth become injecting drug user due to the availability of substance.

Types of substance abuse:

The types of substance abused as observed in the present study are Alcohol, Grape wine, Beer, Heroin, Parvon, Proxyvon, No. 4, Meth, Spas molar, Cough Syrup, Dendrite, Others (**See Table 10**). Among the types of substance Alcohol (48%) and No. 4 (52%) are regularly abused where the frequency of abuse is rated as sometimes on Beer (48%) and Cough syrup (45%). Surprisingly the majority of the respondents in the present study declare they have never use Grape wine (55%), Heroin (58%), Parvon (67%), Proxyvon (67%), Meth (97%), Spas molar (82%), and Dendrite (64%). Most of the substance abuser among the youth in the present study is still in the beginning stage and do not use most of the substance observed (**See Table 10**).

Reason of substance abuse:

Reason of substance abuse by the respondents in the present study is categorized into friend's invitation, curiosity, emotional disturbances, lack of awareness, Enjoyment, socialization and employment (**See Table 11**). Main reason of substance abuse in the present study is due to curiosity (52%) and socialization (31%) where majority of the respondents their reason of substance abuse is not cause by lack of awareness (88%) and employment (82%) and some of the respondent abuse substance partly reason from friend's invitation (45%) and Enjoyment (42%). Youth abuse substance because of desire and eagerness to experience new things and to have feeling of acceptance among friends.

Table 11: Reason of substance abuse

Reason	No. of Respondents N=66		
	Main reason	Partly	No reason
Friends Invitation	6 (10)	30 (45)	30 (45)
Curiosity	34 (52)	24 (36)	8 (12)
Emotional disturbances	8 (12)	16 (24)	42 (64)
Lack of awareness	6 (9)	4 (6)	56 (85)
Enjoyment	14 (22)	28 (42)	24 (36)
Socialisation	20 (31)	22 (33)	24 (36)
Employment	4 (6)	8 (12)	54 (82)

Figures in parentheses are percentages

Source: Computed

Source of substance abuse:

Source of substance abuse in the present study is categorized into friends, own salary, family, smuggling, credits receive from selling medicine and from helping friends (See Table 12). Majority of the respondents sometimes got substance abuse from friends (70%), own salary (48%) and smuggling (45%) where some of the respondents have regular source from own salary (36%) and more than half of the respondents never receive substance abuse from credits receive from selling medicines (76%) and from helping friends (61%). Youth do not have proper source of substance abuse as they do not engage in regular work and sometimes depends on family income.

Substance abuse and community life:

The pattern of relationship between substance abuse and community life in the present study show that the respondents have no inferiority complex towards their family comprising 100% and majority of the respondents declares that the contribution of community to eradicate substance abuse is not good enough (70%) and more than half of the respondents have inferiority complex towards church (64%) and face discrimination and stigmatization (55%) and have inferiority complex towards community (55%) but half of the respondents try their best to work for the community (58%). Some of the respondents strongly agree that substance abuse affect their health (42%) and believe themselves in surely abstain from substance abuse someday (39%). Youth substance abusers did not much involve in community activities as they face stigmatization which hesitate them to participate though they try their best to work for the community. Surprisingly, all of the respondents did not have inferiority complex towards their family which shows that community can be a large obstacle and hindrance for the youth to attain what they can (See Table 13).

Youth and Life skill education

Life skill of respondents is analyzed by a life skills assessment scale prepared keeping in view conceptual framework of W.H.O. Thirty statements were given for rating using four point scale. The mean score of all the respondents where each life skills score is categorized as low and high against the mean score (See Table 14).

Table 12: Source of substance abuse

Source	Number of Respondents (N=66)		
	Sometimes	Always	Never
Friends	46 (70)	0 (0)	20 (30)
Own salary	32 (48)	24 (36)	10 (16)
Family	24 (36)	10 (16)	32 (48)
Smuggling	30 (45)	0 (0)	36 (55)
Profits received from selling medicine	16 (24)	0 (0)	50 (76)
From helping friends	22 (33)	4 (6)	40 (61)

Figures in parentheses are percentages

Source: Computed

Table 13: Substance abuse and community life

Sl. No	Statement	Number of Respondents (N=66)		
		Strongly agree	Agree	Disagree
1	Inferiority towards community	16 (24)	36 (55)	14 (21)
2	Inferiority towards family	0 (0)	0 (0)	66 (100)
3	Inferiority towards church	2 (3)	43 (64)	22 (33)
4	I don't know where to convey my problems	8 (12)	16 (24)	42 (64)
5	Due to peer pressure it's hard to abstain	4 (6)	20 (30)	42 (64)
6	Contribution of church to eradicate substance abuse is good	6 (9)	20 (30)	40 (61)
7	Contribution of community to eradicate substance abuse is good	8 (12)	12 (18)	46 (70)
8	I approach counsellor	4 (6)	20 (30)	42 (64)
9	I want to quit	14 (21)	42 (64)	10 (15)
10	Often visit drop in centre	2 (4)	32 (48)	32 (48)
11	I used to stay in home and rescue centre	4 (6)	26 (39)	36 (55)
12	Face stigmatization	8 (12)	36 (55)	22 (33)
13	Problematic for family	16 (24)	38 (58)	12 (18)
14	Problematic for community	4 (7)	30 (45)	32 (48)

15	Pure syringes are used to taken by community	4 (6)	24 (36)	38 (58)
16	It effects health condition	28 (42)	10 (16)	28 (42)
17	Interest in sports	20 (30)	24 (42)	18 (28)
18	I try my best to work for community	6 (9)	38 (58)	22 (33)
19	Satisfied with current living condition	6 (9)	22 (33)	38 (58)
20	Surely abstain from substances someday	26 (39)	30 (45)	10 (16)

*Figures in parentheses are percentages
Source: Computed*

Among the respondents in the present study majority (58%) are categorized as low life skills where the rest (42%) are high life skills.

Table 14: Life skills of respondents

Level	No. of Respondents	Percentage
High	28	42
Low	38	58
Total	66	100

Source: Computed

To understand the relationship between youth substance abuser and life skills in the present study the life skills education of respondents was analyzed. A statement was given to be rated to show the level of respondent’s life skills viz., self-awareness, empathy, effective communication, interpersonal relationship, creative thinking, critical thinking, decision making, problem solving, coping with emotions, and coping with stress. The statement was rated with four-point scale viz., Strongly Disagree (1), Disagree (2), Agree (3) and Strongly Agree (4) (See Table 15).

Self Awareness:

The first core life skills studied is self-awareness. To understand the respondent’s level of self-awareness, three statements are given for rating viz., I deserve the way I live, I can control in my weakness and I am what people think I am. The respondents in the present study declare that they do not agree they deserve their present life and agree that they lack the ability to control their weakness. Although substance abusers face discrimination in society, the respondents in the present study disagree how people think they are. The rating indicated that the level of self-awareness is low among the respondents in the present study.

Empathy:

The second core life skills studied is Empathy. Empathy of the respondents in the present study is analyzed to understand the ability to understand and accept different kinds of people around them. Three statements are given to the respondents for rating viz., I care for others opinion, I adjust

Table 15: Life skills education

Sl. No.	Statements	Total N=66				Mean
		Strongly Disagree	Disagree	Agree	Strongly Agree	
1	I deserve the way I live my life	2 (4)	16 (24)	32 (48)	16 (24)	2.9
2	I can control my weaknesses	2 (4)	44 (66)	12 (18)	8 (12)	2.4
3	I am what people think I am	2 (4)	34 (51)	22 (33)	8 (12)	2.5
4	I care for others opinion	0 (0)	20 (30)	30 (45)	16 (25)	2.9
5	I adjust myself according to others opinion	2 (4)	28 (42)	16 (24)	20 (30)	2.8
6	I interact with people respectfully	0 (0)	20 (31)	24 (36)	22 (33)	3.0
7	I have a voice in my own family	0 (0)	20 (31)	28 (42)	18 (27)	3.0
8	I cause problem to the one who help me	0 (0)	20 (30)	26 (39)	20 (31)	3.0
9	I express my feelings to others	2 (4)	18 (27)	36 (54)	10 (15)	2.8
10	I regret hurting others	4 (6)	6 (9)	36 (55)	20 (30)	3.1
11	I find it hard to co-operate with others	2 (3)	16 (24)	38 (58)	10 (15)	2.8
12	I like to spend time with friends	4 (6)	12 (18)	36 (55)	14 (21)	2.9
13	I like to think of new ideas	4 (6)	12 (18)	34 (52)	16 (24)	2.9
14	I make plans and decision quickly	2 (3)	10 (15)	42 (64)	12 (18)	3.0
15	I express my opinion to my friends	0 (0)	8 (12)	44 (67)	14 (21)	3.1
16	I support others opinion	4 (7)	24 (36)	24 (36)	14 (21)	2.7
17	I care for others opinion if its right	0 (0)	26 (39)	22 (33)	18 (28)	2.9
18	I respect different opinion	0 (0)	34 (36)	20 (31)	22 (33)	3.0
19	I have a confidence in decision making	0 (0)	22 (33)	32 (48)	12 (19)	2.8
20	I take time to make decision	2 (4)	26 (39)	24 (36)	14 (21)	2.8
21	I make decision without thinking twice	2 (4)	24 (36)	26 (39)	14 (21)	2.8
22	I find it hard to cope with my problems	0 (0)	16 (25)	32 (48)	18 (27)	3.0
23	I manage to solve my problems	0 (0)	16 (24)	34 (52)	16 (24)	3.0

24	I used to avoid problems	0 (0)	22 (33)	24 (36)	20 (31)	3.0
25	Responsibility is executing accordance to rate of excitement	2 (3)	14 (21)	32 (48)	20 (30)	3.1
26	Sometimes I feel lonely	0 (0)	6 (10)	32 (48)	28 (42)	3.3
27	I tend to do wrong things when I get angry	0 (0)	8 (13)	32 (48)	26 (39)	3.3
28	I feel down when things don't go my way	0 (0)	8 (12)	38 (58)	20 (30)	3.2
29	I don't engage in things which I cannot fix	0 (0)	18 (27)	32 (48)	16 (25)	3.0
30	I tend to work hard rather than to fail	2 (4)	10 (15)	22 (33)	32 (48)	3.3

*Figures in parentheses are percentages
Source: Computed*

myself according to other opinion, I interact with people respectfully. The respondents in the present study do not care and do not adjust towards other opinion, as most of the substance abusers are not accepted by society and this type of behavior is mostly associated with substance abusers. However, the respondents in the present study always interact with people respectfully. This clearly shows that the skill for empathy is not so low but the craving for substances pushes them beyond their limit.

Effective communication:

The third core life skills studied is effective communication with others. Effective communication with others is rated with three statements viz., I have a voice in my own family, I cause problem to person who help me, I express my feelings to others. The respondents agree that they have someone in the family who could hear them out although they may have hurt them. In the meantime, the respondents feel that they always could express their feelings to

others however; the level of communication was not effective.

Inter-personal relationship:

The fourth core life skills studied is inter-personal relationship. The inter-personal relationship skills of the respondents are rated with three statement viz., I regret hurting others, I find it hard to cooperate with others, I like to spend time with friends. The inter-personal relationship skill of respondents is rate as high, as the respondents have no problem to cooperate with friends and although they do not have many friends. They do not want to spent time with friends, except in a circle that is not activity related to substance abuse. However, they regretted that they have hurt their close friend and family.

Creative thinking:

The fifth core life skills studied is creative thinking. The level of creative thinking is rated with three statements viz., I like to think of new ideas, I make plans and decisions quickly, I express my opinion to

my friends. The respondents in the present study agreed that they could quickly express opinion to friends and make plans and decisions with friend. However, the craving for digging new ideas is absent as most of the respondents are school dropout where academic and productive thinking is not observed.

Critical thinking:

The sixth core life skills studied is critical thinking. The critical thinking skill is rated with three statements viz., I support others opinion, I care for others opinion if it is right, I respect others opinion. The respondents do not easily support other opinion and care for other opinion even if it seems right. However, they do respect others opinion. The force of individualism has a huge influence on the youth where others opinion is not taken or followed.

Decision making:

The seventh core life skills studied is Decision making. Decision making skill of the respondents is rated using three statements viz., I have confidence in decision-making, I take time to make decision, I make decision without thinking twice. The respondents declare that most of the decisions in their life is taken without second thought and they are taken easily. As their decision sometimes causes problem in their life they are not confident with the decision they made.

Problems solving:

The eighth core life skills studied is problems solving. The problems solving skill of the respondents is rated using three

statements viz., I find it hard to cope with my problems, I manage to solve my problems and I use to avoid problems. The respondents in the present study find it hard to solve problem and often void problems instead of facing it. Sometimes the respondents could manage their problems. The ability to adapt and skills to overcome problem is usually low.

Coping with emotion:

The ninth core life skills studied is coping with emotion. The skill of coping with emotion is rated using three statements viz., responsibility is executed according to the rate of excitement, sometimes I feel lonely, I tend to do wrong things when I get angry. The skill to cope with emotion is low as the respondents could not bear their loneliness and usually the nature of their work depends largely on their emotions. Mostly the respondents could not control their anger which usually results to making wrong decision and actions.

Coping with stress:

The tenth core life skills studied is coping with stress. The skill of coping with stress is rated using three statements viz., when things don't go according to my way I tend to feel down, I don't engage in things which I cannot fix, I tend to work hard rather than to fail. The respondent agrees that hard work is needed for success. However, they lost enthusiasm when things are not according to their opinion and they usually turn away from the thing that they believe cannot be fixed. They give up easily on certain things that are not under their control.

Conclusion

The paper highlighted the relationship of substance abuse and life skills education among youth. Youth substance abuse is not mainly due to family influence besides it is due to desire and eagerness to experience new things and to have feeling of acceptance among friends as well. Youth substance abusers did not much involve in community activities as they face stigmatization which hesitate them to participate though they try their best to work for the community. Surprisingly, they have no inferiority complex towards their family which shows that community can be a large obstacle and hindrance for the youth for development.

The study proved that the level of life skill is low among youth substance abusers who find hard to cope with difficult situation, challenges and stress of everyday life with lack of inadaptability and positive behaviour. Most young adults indulge in substance abuse due to the low level of life skills who find hard to face realities of life and lack of ability to adapt and behavior that support how to effectively manage the demands and stress in everyday life. The study finds the importance of effective and good parenting style for rearing a child as most of substance abusers are brought up from stable family with stable source of income who do not involve in substance abuse which proved youth substance abuse is not mainly due to family influence and poverty.

Students whose parents with higher educational orientation had better awareness on drug abuse, which clearly shows that

parents play crucial role while establishing a proper understanding towards substance abuse. Students whose parents with a higher academic level had possessed better information about substance abuse which shows that the crucial role is played by parents in establishing the formation of drug abuse preventive behaviors among their children. Majority of substance abusers are school dropouts which shows the importance of life skill education for students to prevent them from substance abuse or abstaining themselves from substance abuse. The attitude and interaction pattern of the community towards youth substance abusers could lead so far to become a large obstacle and hindrance of youth to attain what they are capable of.

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