

## Substance Use among Students of Tribal Populated District of India- A Cross Sectional Questionnaire Based Study

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### Abstract

**Introduction:** Today, there is no country in the world which is free from substance use and addiction. Millions of person with addiction are leading miserable lives. Substance use and addiction can halt progress of nation specifically tribal regions since these are neglected regions in most of the developing countries. **Aim:** There is dearth of knowledge regarding studies about substance use among students of Adilabad- a tribal district of Telangana; hence the present study was planned. **Materials and Methods:** In this cross sectional study 193 college going students from intermediate to bachelor degree of Adilabad, a tribal district of Telangana participated. They were given a questionnaire about substance use and addiction behavior. **Results:** A total of 73 (37.8%), out of 193 students between the age group of 16 to 20 were found to use various substances. Majority of respondent were male in teen age from rural and tribal background. Main substance was alcohol 46(63%) followed by Cigarette 20 (27.3%). Majority 36 (52.82%) were occasional alcoholic while only 8(10.2%) were chronic alcoholics. They feel it is good and take it either for enjoyment or to reduce feeling of sadness. Either their family member or neighbors are addicted to alcohol. They mentioned vomiting and hangover as main disadvantage. They use pocket money to purchase alcohol of local variety. **Conclusion:** Good number of college going students is using substances and the main purpose is enjoyment. They are using mainly alcohol and tobacco. The most important factors which promote them are peer pressure and use of these agents by close relatives or neighbors. Specific programs are needed to correct such practices among these students.