

**A STUDY TO ASSESS THE IMPACT OF
SUBSTANCE ABUSE IN ADOLESCENT
ON FAMILY RELATIONSHIP IN A
SELECTED AREA OF MUMBAI**

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MUMBIA - 400020**

DECEMBER 2019

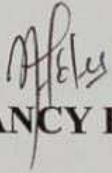
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IN PARTIAL, FULFILLMENT OF THE REQUIREMENT FOR THE
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DECEMBER 2019

**A STUDY TO ASSESS THE IMPACT OF ELECTRONIC
MEDIA ON THE LIFESTYLE OF ADOLESCENT
CHILDREN IN SELECTED SCHOOLS
OF MUMBAI**

BY

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**JANUARY
2018**

CHAPTER I

INTRODUCTION

"Families are the compass that guide us; They are the inspiration to reach great heights
And our comfort where we occasionally falter"

-Brad Henry

In today's world we are facing many challenges like corruption, unemployment, under development etc. and through all these problems emerges new problem i.e. substance abuse. It's a social problem across the world. The use of substances varies from culture, history and country. It's growing at an explosive rate, every part of the globe, crossing all barriers of race, creed, religion, sex, educational status, leaving no group untouched by its devastating effects. Substance abuse among adolescents is a serious problem which impacts cognitive and affective growth, school and work relationships and all family members. The effects are gradually increasing and contributing to social, physical, mental and public health problems. Thus it has a major impact on individual, families and communities. Adolescence is a period of experimentation and initiation of substance use and consequences are innumerable. It affects not only health, education, career but also augments a financial crisis. (WHO, 1994)

Substance abuse is "a maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by one (or more) of the following, occurring within a 12-month period: Recurrent substance use resulting in a failure to fulfill major role

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CHAPTER 1

INTRODUCTION

"We might define a technological revolution as a dramatic change brought about relatively quickly by the introduction of some new technology"

-Nick Bostrom

Media plays a central role in the day-to-day lives of children and adolescents. They are completely occupied and entertained by media. Their homes, mostly their bedrooms, are saturated with electronic media. The media accessed includes TV, movies, video games, smart phones, personal computers, internet connected gadgets etc. The electronic media attracts children and influences their growth and development in every aspects, like physical, psychological, social and spiritual. The electronic media and digitalization have a great impact on our values and on our mental and physical health. This generation is techno savvy and greatly immersed in technology. In recent times all our communication, entertainment, and leisure activities are based on technology and computers, mobile phones, television, videogames etc. are an integral part of a person's life.

The digital revolution is a change from mechanical and analogue electronic technology to digital electronics which began anywhere from the late 1950's to the late 1970's with the adoption and proliferation of digital computers and digital record keeping that continues to the present day. If

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**A STUDY TO ASSESS THE KNOWLEDE REGARDING ROAD
SAFETY AMONG ADOLESCENTS FROM SELECTED
JUNIOR COLLEGES IN MUMBAI.**

BY

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CHAPTER I

INTRODUCTION

“Safety is not a gadget but a state of mind”

Eleanor Evert

As children grow and their world extends beyond the home and out into local roads, they are exposed to hazards and risks. Despite the fact that children use roads as pedestrians, cyclists, motorcyclists and vehicle passengers, the road environment is rarely developed with consideration for their needs. Some children work, play or live on the road, and this exposure, along with other risk factors inherent to childhood, makes them particularly vulnerable in traffic. The result is millions of fatal or disabling injuries each year. In most countries, road traffic injuries are one of the top two causes of death from unintentional injury, with the highest rates among 15-19 year olds.

Today's children are tomorrow's citizens and healthy children are the wealth of the nation. Children below 15 years of age make up 40% of the total population of India. Children not only constitute a large group but they are also a vulnerable group or “special risk group” due to lack of health care, nutrition, immunization etc. Half of those dying on the world's roads are vulnerable road users, pedestrians, cyclists and motorcyclists. (Park, 2009).

Children, being less aware of danger, and are one of the most vulnerable groups. Younger children are more vulnerable indoors, while older ones are more at risk outdoors. Middle school

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APRIL 2020**

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KNOWLEDGE OF YOUNG ADULTS REGARDING DISASTER
PREPAREDNESS IN A SELECTED COMMUNITY OF
KHARGHAR, NAVI MUMBAI**

BY


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CHAPTER – I

INTRODUCTION

"A stitch in time saves nine"

- Dr. Thomas Fuller (1723)

In recent years of urbanization, technological innovations, developing infrastructures, knowingly or unknowingly the whole world is facing unexpected events. Disasters occur daily throughout the world, posing severe public health threats and resulting in tremendous impact in terms of deaths, injuries, infrastructure and facility damage and destruction, suffering, and loss of livelihoods. There is no city in this world free from risk or unexpected events.⁽¹⁾

We generally do not think about unexpected events that affect the whole world and later their consequences need to be handled. Floods are one of the most common and widespread of all-natural disasters.

A "disaster" can be defined as "any occurrence that causes damage, ecological disruption, loss of human life or deterioration of health and health services on a scale sufficient to warrant an extraordinary response from outside the affected community or area".⁽²⁾ (WHO)

Disaster is not confined to a particular part of the world; it can occur anywhere and at any time. Major emergencies and disasters have occurred throughout history and as the world's population grows and resources become more limited, communities are increasingly becoming vulnerable to the hazards that cause disasters.⁽³⁾

Many types of disasters such as earthquakes, cyclones, floods, tidal waves, landslides, volcanic eruptions, tornadoes, fires, hurricanes, snowstorms, severe air pollution (smog), heat waves, famines, epidemics, building collapse, toxicological accidents are predicted several hours or days, as in case of cyclones or floods, others such as earthquakes occur without warning.⁽³⁾

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KNOWLEDGE AND PRACTICE REGARDING THE
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CHAPTER I

INTRODUCTION

"Pure water is the world's first and foremost medicine."

-Slovakian Proverb

The renal system consists of two kidneys, two ureters, the bladder and the urethra. The kidneys are a pair of bean-shaped, brownish-red structures, located retroperitoneally (behind and outside the pelvic cavity). The right kidney is slightly lower than the left kidney due to the anatomical location of the liver.

A ureter originates from each kidney and connects the kidneys to the bladder. Ureters are composed of a smooth muscle layer and mucous-producing epithelial cells. Urine is transported along the ureters by hydrostatic forces, gravity and peristalsis. Stretch receptors in the wall of the bladder initiate the "micturition reflex".

A spinal cord reflex when urine volume exceeds 200-400ml leads to relaxation of the urethral sphincter and contraction of the muscles in the bladder wall (detrusor). There is also some voluntary cortical control. The urethra leads to the exterior of the body. The kidneys are complex organs. The primary roles of the kidneys are to maintain homeostasis by removing metabolic waste, excreting foreign substances, maintaining fluid and electrolyte balance, and helping achieve acid base balance. The kidneys also have an important role in blood pressure control, red blood cell synthesis, and bone metabolism.

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CHAPTER-1

INTRODUCTION

"An ounce of cancer prevention is worth a ton of cancer cure."

-Robert A Wascher.

Women are the most wonderful and sacred creation of God. As rightly said, "*She is a full circle. Within her is the power to create, nurture and transform*"- Diane Mariechild. Women are the backbone of the family. They play a very pivotal role in managing the home as well as meeting their professional goals. As we know, a healthy woman makes a healthy world, hence their health is the priority need of the family. Women manage to do their daily chores, reach professional goals, and socialize. However, in this entire process, they forget to take care of their health and ignore their health, which increases the risk of health problems and illnesses among women.

Rising illiteracy rates, economic poverty, unemployment, pollution, unhealthy lifestyle, poor food habits, social and personal stresses, negligence and ignorance, and many others are making health improvements for women extremely difficult and leading to an increase in morbidity and mortality rates of the women.

Cancer is one of the leading health disorders increasing the death rate among women worldwide. The forecast prevalence of patients with cancer in India among females is 712,758 (103.6 per 100,000) for the year 2020. 1 in 29 females (breast cancer), and 1 in 9 Indians will