

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Substance Abuse among Adolescents at Selected Nursing Colleges of Udaipur District, Rajasthan, India

Yogeshwar Puri Goswami¹, Dr. Jayalakshmi L.S.², Dr. D.M. Mathur³

¹PhD.(N) Scholar, Geetanjali College of Nursing, Udaipur, Rajasthan, India,

²Dean, Geetanjali College of Nursing, Udaipur, Rajasthan, India,

³HoD & Professor Dept. of psychiatry Geetanjali Medical College & Hospital, Udaipur, Rajasthan, India

Abstract- Adolescence is a stage of struggle for identity. It is evidenced by rebelliousness, adventure seeking behavior and oppositional defense. The future citizens are at great risk for early initiation to drugs and other psycho active substances. Therefore, a quasi experimental study to assess the effectiveness of structured teaching programme was used to assess knowledge of adolescents regarding substance use. One group pre-test post-test design was used for this study. Convenient sampling technique is used on the sample for the present study consists of 91 adolescents age of 17- 18 yrs. from selected B.Sc. Nursing colleges at Udaipur district of Rajasthan. Self administered Knowledge questionnaires (Pre test – Post test) were administered. The collected data were analyzed by using descriptive & inferential statistics based on predefined objectives of the study. Present study shows that pre test knowledge level of students was significantly ($P < 0.05$) less towards substance abuse. Study reveals that proper education (STP) enhance post test knowledge among students regarding substance abuse.

Index Terms- Substance abuse, Adolescents, Knowledge, Structured teaching programme.

I. INTRODUCTION

Today's children are tomorrow's citizen it is necessary for us to prevent adolescents to become prone towards substance abuse. An adolescent is a period when lots of changes take place in body & mind. Adolescents start using harmful and illegal substances at younger age. Drinking, smoking, and drug use by adolescents affect general health, physical growth, emotional development and school performance. Continues use of such substance lead physical & psychological harm, and is difficult to stop **Barking SL, smith KS, Durant RH 2002**¹

This may lead changes in a teen's alertness, perceptions, movement, judgment, and attention, making the teen more likely to engage in high-risk behaviors. Alcohol and drug use among adolescents is a leading cause of death and disability from automobile accidents, suicide & violence. **Vijayalakshmi IB 2004**²

Tobacco continues to be the substance causing the maximum health damage globally, According to WHO estimation these are around 1.1 thousand million smokers in the world, about 1/3 of

global population aged 15 and above. Tobacco products are available in smokable forms such as cigarettes, cigars, and pipers, and smokeless form of chewing tobacco and snuff.³

It has been reported that the substance use in 2002 and 2003, 51 percent of high school seniors and 59 percent of young adults admitted to having used an illicit substance including about 45 percent of each who had used cannabinal example Marijuana, and almost 15 percent have taken amphetamines. 2.5 percent of world population confirms cannabis use compared with cocaine 0.2 percent consuming cocaine and 0.2 percent consuming opiates. **Francis JL, Mullen K 2006**⁴

According to UN report, One million heroin addicts are registered in India, & un-officially there is as many as five million. Cannabis, heroin & Indian produced pharmaceutical drugs are the most frequently abuse drugs in India. The International Narcotic Control Board reported that in India person addicted to opiates are shifting their drug of choice from opium to heroin **Srivastava, A pal, HR Dwivedi et al 2003**.⁵

Various studies in India shows that 80% of adults start using psychoactive substance before 18 years of age & if they continue with it addiction may be develop within three years with increase risk of physical & mental illness **Singhi S, Broca JS, Mathur GM 2007**.⁶

This may lead changes in a teen's alertness, perceptions, movement, judgment, and attention, making the teen more likely to engage in high-risk behaviors. The investigator observed that the adolescents are at high risk for substance abuse and with the experience of working in De-addiction center made researcher to conduct a study on "SUBSTANCE ABUSE". Adolescents are the future citizen of our country, thus interest aroused in the researcher to assess the effectiveness of structured teaching programme regarding substance abuse among adolescents".

II. RESEARCH ELABORATIONS

Statement of the problem -

"A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Substance Abuse among Adolescents at Selected Nursing Colleges of Udaipur District, Rajasthan, India"

III. OBJECTIVES

1. To assess the level of knowledge regarding substance abuse among adolescents in selected nursing colleges.
2. To evaluate the effectiveness of structured teaching programme on substance abuse among adolescents in selected nursing colleges.
3. To find association between post test knowledge scores of adolescents' substance abuse with selected demographic variables.

IV. HYPOTHESIS:

H_{01} :- There will be statistically no significant relationship between the score obtained on the level of knowledge regarding substance abuse in adolescents after structured teaching programme.

H_{02} - There will be statistically no significant relationship between selected socio demographic variables & score obtained on level of knowledge regarding substance abuse among Adolescents.

V. MATERIALS & METHODS

Research approach & design: quasi experimental one group pre- test, post- test design, to measure The Effectiveness of Structured Teaching Programme.

O1 → **X** → **O2**
Pre-test **Intervention** **Post-test**

Figure 1: Schematic representation of one group pre-test post-test research design.

Sample and sampling technique: Convenient sampling technique is used on the sample for the present study consists of 91 adolescents age of 17- 18 yrs. from selected B.Sc. Nursing colleges at Udaipur district of Rajasthan.

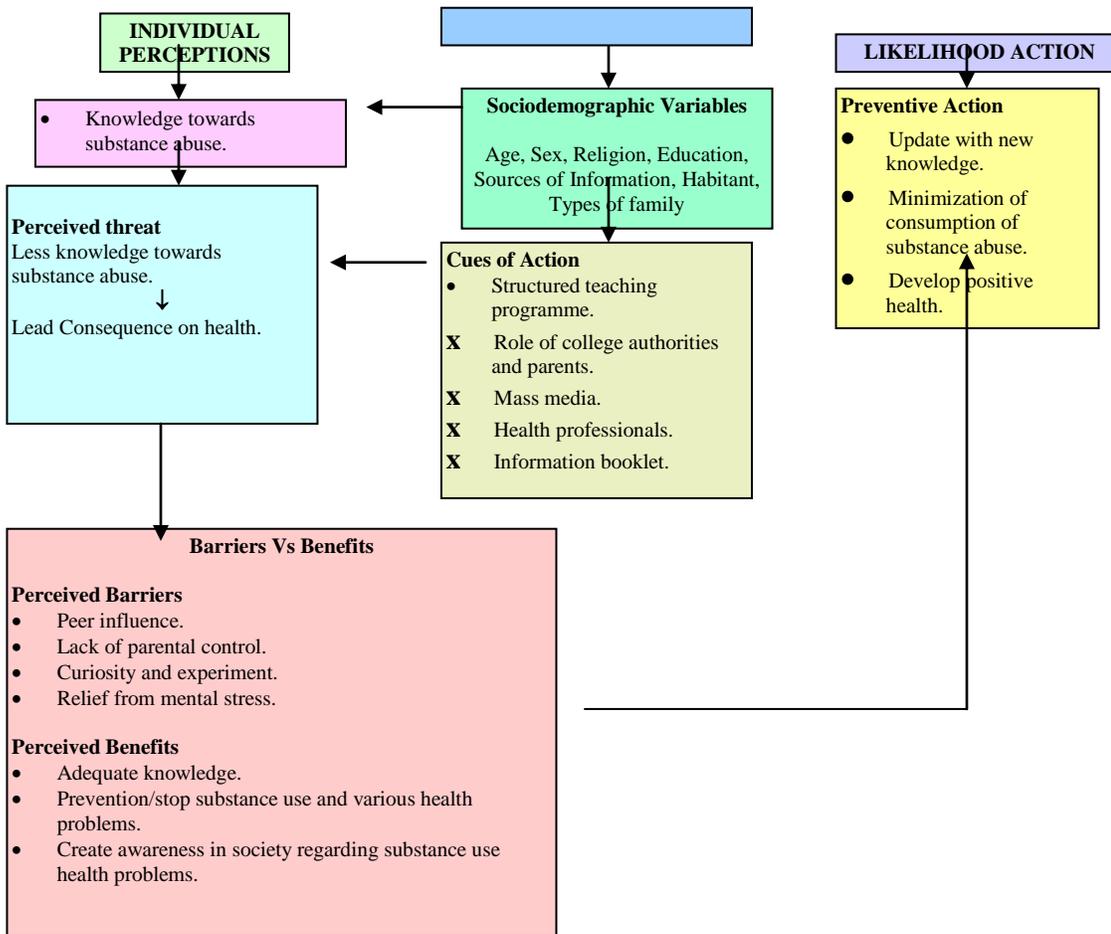
Tool: The self structured questionnaire was prepared which consists of three parts.

Part I: Demographic Proforma: Consists of 07 items of socio demographic data which includes information of respondents about Age, Gender, Religion, Education, Source of Information, Habitant and Types of family of adolescents.

Part II: Knowledge questionnaire : Consists of 30 items of objectives type related to knowledge of adolescents regarding substance abuse, Causes and Risk factors, Signs and symptoms, Complications and Treatment / prevention for substance abuse. All the items were scored as the each correct answer was given a score of '1' and wrong answers a score of '0'.

Conceptual Framework –

Maiman and Becker's Health Belief Model is used for framing the concept of the present study on the effectiveness of structured teaching programme regarding substance abuse among adolescents. This conceptual frame work provides a way that how people will react in relation to health care. This model proposes that people will not attempt to adopt the preventive practices unless the disease is not threatening to some aspect of their lives.



- Under Study X Not Under Study

**Figure 2: Conceptual Framework of the study
Maiman and Becker's Health Belief Model (1978)**

Data collection method & Ethical consideration: The data collection procedure was carried out from 16th Aug.2013 to 30th Aug. 2013. Formal written permission obtained from college Dean / principal from Geetanjali College of Nursing & Udaipur College of Nursing. The investigator took consent from the adolescents. Confidentiality was maintained during data collection. The average time taken was 30 to 35 minutes.

After an interval of seven days, the post test was administered by using the same knowledge questionnaire to evaluate the effectiveness of Structured Teaching Programme respectively.

Data analysis: The obtained data will be analyzed in terms of the objectives and hypothesis of the study by both descriptive and inferential statistics.

The mean post test scores (26.90%) was higher than the mean pre test scores (12.93%) with 't' value (t=18.9425) being significant at p 0.001% level on the finding of the data indicates that this study was feasible & enhance the knowledge of adolescents regarding substance abuse.

VI. RESULT

Section I: Description of demographic Proforma

Age of all participants 91 was 17-18 years, 65% participants were male and 35% were female, Majority of them 57% were Hindus, Most of them 58% participants were living in urban area and 42% participants were living in rural area. Students participated in this study were I yr. BSc.(N), Most of the participants that is 67% belonged to nuclear family and 33% belonged to joint family, Majority of them 44% participants had personal source of information, 34% got their information from electronic media & 22% participant had print media as their source of information.

Section II: Distribution of student's knowledge regarding substance abuse.

**Table – 1 Assessment of level of knowledge of adolescents on substance abuse in pre & post test:
N= 91**

Level of knowledge	Pre test		Post test	
	Frequency	%	Frequency	%
Adequate knowledge (>75 %)	-	-	76	83.35
Average knowledge (50 -75 %)	24	26.37	15	16.48
Inadequate knowledge (< 50 %)	67	73.62	-	-

knowledge score revealed that majority of them had [83.35%] adequate knowledge regarding substance abuse.

In relation to the knowledge of the pre –test none of the subjects had adequate knowledge, where as in post test

**Section III: Distribution to evaluate the effectiveness of structured teaching programme on adolescent’s substance abuse.
N= 91**

DOMAIN	Pre test		Post test		Improvement Mean	t – test
	Mean	SD	Mean	SD		
Knowledge	12.93	3.57	26.90	5.15	13.97	t = 18.9425

P> 0.0001 (extremely statistically significant)

The obtained post test mean value 26.90 is higher than the pre test 12.93. The improvement between pre-test and post-test was 13.97 and obtained paired‘t’ test value was 18.9425, it is highly significant at 1% level p>0.001. Hence it is inferred that there is significant increase in the knowledge level of the adolescents regarding substance abuse after the structured teaching programme.

Section IV: Determine the association between pre-test knowledge scores of adolescent’s substance abuse and their selected socio demographic variables

There was the significant association between post test knowledge scores and selected variables like age, religion, year of education (P >0.01), sex & types of family (P >0.05 level), but there was no significant association between post test knowledge score and source of information & area of residence.

VII. CONCLUSION

The investigator observed that the adolescents are at high risk for substance abuse and with the experience of working in De-addiction center made researcher to conduct a study on “SUBSTANCE ABUSE”. Adolescents are the future citizen of our country, thus interest aroused in the researcher to assess the effectiveness of structured teaching programme regarding substance abuse among adolescents”.

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AUTHORS

First author: Yogeshwar Puri Goswami' PhD(N) Scholar, Geetanjali College of Nursing, Udaipur, Rajasthan, India,
Second author: Dr. JayalakshmiL.S, Dean, Geetanjali College of Nursing, Udaipur, Rajasthan, India,
Third author: Dr. D.M. Mathur, HoD & Professor Dept. of psychiatry Geetanjali Medical College & Hospital, Udaipur, Rajasthan, India

