Impact of video assisted teaching on knowledge regarding health effect of alcohol and tobacco use among non-teaching staffs of SVU

Kansagra Charmesh A[*], Patel Bhakti M[*], Patel Bhavya S[*], Patel Dhruvika D[*], Patel Drashti S[*], 1. Varsha Hun[**]

[*] Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
[**] Assistant Professor, Department of Community Health Nursing, Sumandeep Nursing College, Sumandeep Vidhyapeeth, Vadodara, India

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***Abstract*- Background of the study:** Health is wealth as it has a strong and lasting impact on ones person as well as progress in life. People use tobacco and alcohol worldwide which creates dependency to tobacco and alcohol in people. Alcohol misuse not only harms the individual but damages relationships and society in general in terms of violence and crime & accidents. The knowledge of health effect of alcoholism & tobacco may be helpful to people of all ages.

***Index Terms*-** Knowledge, Non-Teaching Staff, Video Assisted Teaching, SVU, Health Effect, Alcohol & Tobacco

I. Aims and Objectives

The aim of this study was to assess existing knowledge through pre test, to administer video assisted teaching, to compare pre test and post test knowledge scores & to find association of knowledge level with selected demographic variables of nonteaching staffs of SVU regarding health effect of alcohol and tobacco use among non-teaching staff of SVU, Piparia, Vadodara.

II. Material And Methods

The evaluative approach & pre experimental-one group pre-test and post-test design was adopted to determine the impact of Video Assisted Teaching programme on knowledge regarding the health effect of alcohol and tobacco use among the non-teaching staff of Sumandeep Vidyapeeth University. The sample size was 50 non-teaching staff selected by using non probability convenient sampling technique. Data was collected through structured knowledge questionnaire. Video Assisted Teaching was conducted after the pre test as intervention. The collected data was tabulated and analyzed using descriptive and inferential statistics. The Bertalanffy's General System's Model was used as conceptual framework for this study. XV

III. Results

The findings of the study represented that in pre test among 55 respondents, majority of the respondents(93.3%) had average & 6.7% had poor knowledge score and in post test majority of the respondents(81.7%) had good knowledge & 18.3% had average knowledge score. The 't' value 25.55 was observed at 0.05 level & the P value =0.00 which is <0.05 that shows that there was increase in the post-test level of knowledge. This shows that the Video Assisted Teaching was effective on knowledge of non teaching staff regarding health effect of alcohol and tobacco use among non-teaching staffs of SVU. Among all socio demographic variables the obtained $\chi 2$ value was less than the table of $\chi 2$ at 0.05 level of significance. So there was no significant association between demographic variables and post test knowledge score of non-teaching staff regarding use of alcohol and tobacco.

IV. Conclusion

The study finding revealed that Video Assisted Teaching on health effect of alcohol and tobacco use was effective in improving knowledge among non-teaching staffs. The result of the present study represents that there is a great need for the non teaching staff of SVU to gain more knowledge regarding health effect of alcohol and tobacco use to prevent its harm full effects on their health**.**

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AUTHORS

First Author – Kansagra Charmesh A, Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
Second Author – Patel Bhakti M, Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
Third Author – Patel Bhavya S, Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
Fourth Author – Patel Dhruvika D, Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
Fifth Author – Patel Drashti S, Under graduate student, Sumandeep nursing college, Sumandeep vidhyapeeth vadodara, India
Sixth Author – Varsha Hun, Assistant Professor, Department of Community Health Nursing, Sumandeep Nursing College, Sumandeep Vidhyapeeth, Vadodara, India