



Evaluate the effectiveness of structured teaching program regarding smoking induced health hazards among young adults in selected college at Bangalore

¹Prabhu Kumar Y and ²Kalaiselvi

¹ Assistant Professor, College of Nursing, Baptist Hospital, Hebbal, Bangalore, Karnataka, India

² Professor, Sneha College of Nursing, Bangalore, Karnataka, India

Abstract

In India smoking expected to kill 1 million people annually by 2010 about 61 percent of men who smoke can expect to die between the ages of 30 and 69. The majority of the persons who become regular cigarette smokers begin smoking during adolescent. This study was conducted to evaluate the effectiveness of structured teaching program regarding smoking induced health hazards among young adults in selected college at Bangalore. Quasi experimental pretest and posttest design was adopted in this study without control group among male and female young adults between 18-24 years in selected college by purposive sampling technique. Results revealed that there is a gain in the knowledge of young adults after introducing STP at $p > 0.05$ level significance. Thus Structured Teaching Programme on smoking induced health hazards has very good impact among younger population in quitting tobacco.

Keywords: structured teaching programmer, smoking induced health hazards

Introduction

The changing socio-demographic and epidemiological transition in developing countries has brought non-communicable diseases (NCDs) to the forefront of health care delivery system. Tobacco usage has been identified as a major risk factor leading to several health conditions. World Health Organization estimates that nearly four million deaths can be attributed to tobacco usage every year. This figure is likely to increase to 10 million deaths by 2020 [1].

In India smoking expected to kill 1 million people annually by 2010 about 61 percent of men who smoke can expect to die between the ages of 30 and 69. About 62 percent of women who smoke can expect to die between the ages of 30 and 69. The majority of the persons who become regular cigarette smokers begin smoking during adolescent [2].

WHO's tobacco free initiative and the Global Youth Tobacco Survey (GYTS) is a major effort to understand and document the problem and determinants of tobacco use in many countries. In India, the ministry of health in collaboration with World health Organization has launched the "Tobacco Free Initiative" amongst all the states. Incidentally, NIMHANS is one of the centers in the country involved in delivery of services for individuals with tobacco dependence [3].

The global youth tobacco surveys reported that the common age at initiation of smoking was higher for current smokers are mainly teenagers and the young college students [4].

The smoke is the most dangerous component of cigarette. And Nicotine is the main pharmacological agent in tobacco is one of the most addictive substances. Smoke contains nitrogen oxide and carbon monoxide which are harmful

gases, when people inhales into their lungs.

After going through many relevant studies researcher felt that there is a need to educate the teenagers, young adults to obtain from the tobacco use. Hence the study was taken by researcher and to find out effectiveness of STP on smoking induced health hazards.

Statement of the Problem

"A Study to Evaluate the Effectiveness of Structured Teaching Program Regarding Smoking Induced Health Hazards among Younger Adults in Selected College at Bangalore"

Objectives

1. To assess the pretest knowledge regarding smoking induced health hazards among young adults.
2. To assess the post test knowledge regarding smoking induced health hazards among young adults.
3. To find out the association between pretest and posttest knowledge scores regarding smoking induced health hazards among young adults.
4. To find out the association between scores regarding smoking induced health hazards with selected socio demographic variables.

Methods

Quasi experimental design was chosen for this study with pretest and posttest design was adopted in this study without control group. The study was conducted among male and female young adults between 18-24 years in selected college by purposive sampling technique. Structured knowledge

questionnaire Part 1 (Demographic Variables) and Part 2 (structured knowledge questionnaire with 30 items of multiple choice questionnaires) was used for data collection after getting consent from the student. The structured teaching program was administered on second day of the pre-test. The post-test of the study was carried out seven days later using the same tool as used in pre-test. The data collected and tabulated for analysis.

Results

The distribution of aspect wise pretest and posttest knowledge scores of younger adults. The mean knowledge

on smoking scores (62%) before teaching programme of all aspects was comparatively lesser than the mean knowledge scores (92%) after teaching programme.

The mean knowledge on signs and symptoms scores (58%) before teaching programme of all aspects were comparatively lesser than the mean knowledge scores (77%) after teaching programme.

The mean knowledge on management, prevention and complications scores (60%) before teaching programme of all aspects were comparatively lesser than the mean knowledge scores (74%) after teaching programme. Hence research hypothesis accepted.

According to the aspects wise knowledge scores regarding smoking induced health hazards among college students were:

Aspects	Test	Statement	Max. score	Mean	Mean %	S.D
Knowledge on Smoking	Pre Test	9	6	3.73	62%	1.08
	Post Test	9	9	8.27	92%	0.75
Knowledge Related to Signs and Symptoms	Pre Test	7	4	2.32	58%	0.74
	Post Test	7	7	5.38	77%	1.05
Management, Prevention and Complications	Pre Test	14	10	7.32	60%	1.64
	Post Test	14	14	10.30	74%	1.83

- Regarding Knowledge smoking the mean 3.73, mean 62%, SD1.08.
- Regarding sign symptoms mean 2.32, mean 58%. SD 0.74.
- Regarding management, Prevention and Complication mean 7.32; mean 60%, SD 1.64.

Hence, the paired ‘t’ test value between the pretest and posttest knowledge score of younger adults is found to be a satisfactorily significant at 0.05 level for all the aspects.

Table 2: Paired ‘t’ test value between pretest and posttest knowledge scores N=60

Test	Maximum	Range	Mean	S.D	Paired ‘T’
Pre Test	19	8-19	13.37	2.36	32.15
Post Test	28	20-28	23.95	2.15	P<0.001

The data shows the overall mean of the posttest knowledge score (23.95) is apparently higher than overall mean of pre test scores (13.37). The mean difference is (10.58). The paired ‘t’ value at df (59) obtained is 32.15 significant at 0.05 level. Therefore the null hypothesis is rejected and research hypothesis is accepted. Therefore the teaching programme is effective.

Conclusion

This study was carried out to find out the effectiveness of Structured Teaching Programme on smoking induced health hazards. Results revealed that there is a gain in the knowledge of young adults after introducing STP at 0.05 level significance. In pre test the socio demographic variables like age, type of family, amount of pocket money, smoking habit and present a smoker in the family is significant. In post test association between demographic variables and post test knowledge scores of young adults regarding smoking induce health hazards shows the variables like age, education, pocket money and Position of individual and presence of a smoker in the family are significant. This study revealed that Structured Teaching Programme on smoking induced health hazards has very

good impact among younger population in quitting tobacco.

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