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Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding the Opioid abuse among the Adolescents in selected communities of Baramulla Kashmir

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Abstract

Introduction: Adolescents are a large and growing segment of the world's population. More than half of the world's population is below the age of 25, and one in every two young people in the world is adolescent. Opioid misuse has emerged as a significant global public-health concern, with young adults representing a particularly vulnerable group. College students experience transitional stress, academic pressure, peer influence, and increased autonomy, which increase their susceptibility to experimenting with both prescription and illicit opioids. Despite growing media reports and health warnings, research on opioid usage among college student populations remains limited, especially in many regions where institutional surveillance systems are weak. Identifying the prevalence of opioid use in this age group is critical for planning preventive interventions and promoting healthier behaviours. This study intends to determine how widespread opioid usage is among college students and the demographic factors associated with it.

Aim: The aim of the study is to determine the effectiveness of structure teaching programme on knowledge regarding Opioid abuse in terms of gain in knowledge score among the adolescent in Communities of Baramulla, Kashmir.

Materials and Methods: A pre experimental one group pre-test post-test research approach was used to conduct this research study. A sample of 100 adolescents as subjects selected from community areas of Baramulla, Kashmir using Simple random Sampling technique.

Results: The Study articulated that the overall post-test mean with SD (13.05±3.43) was higher than pre-test mean with SD (9.67±2.98) with mean difference of 3.38. 't' value was computed to find the level of significance between the means and it was observed highly significant ('t'_{99}=13.55) at $p<0.05$.

Conclusion: This result reveals that the planned teaching programme was effective in increasing the knowledge among regarding opioid abuse adolescent in selected Communities of Baramulla, Kashmir

Keywords: Planned Teaching Program, Knowledge, Opioid abuse, adolescents

Introduction

"Continuous effort, not strength or intelligence is the key to unlocking our potential."

Adolescents are a large and growing segment of the world's population. More than half of the world's population is below the age of 25, and one in every two young people in the world is adolescent. Adolescence is a transitional period marked by rapid biological, emotional, and social development. During this phase, individuals are highly vulnerable to experimenting with risk-taking behaviors, including substance use. Opioids, which include prescription pain relievers and illicit substances such as heroin, have emerged as a major public health concern due to their addictive potential and adverse physical and psychological effects. Globally, opioid misuse has reached alarming levels, with adolescents increasingly being affected. In India, especially in northern regions including Jammu and Kashmir, opioid use among young people is rising due to easy availability, peer pressure, unemployment, stress, and socio-political instability. Baramulla district has reported increasing numbers of substance users seeking treatment, yet community-based data on adolescents remain scarce. Understanding the pattern of opioid usage—including type, frequency, duration, and source—is crucial for developing effective preventive and educational interventions. Nurses, especially mental health nurses, play a pivotal role in early identification, awareness creation, and prevention of substance abuse.

Review of Literature

Samina Farhat, Syed Sajad Hussain, Yasir Hassan Rather *et al* [1] conducted

A study on Sociodemographic profile and pattern of opioid abuse among patients presenting to a de-addiction centre in tertiary care Hospital of Kashmir. It was a cross-sectional target population-based study that was conducted at de-addiction Centre of Institute of Mental Health and

Neurosciences, Government Medical College, Srinagar, between March 2013 to August 2014. Two hundred treatment seeking subjects, fulfilling American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders - IV-TR criteria for opioid-dependence were included in the study. Materials and Methods: To find out various socioâÃ‚Ã‚Ã‚demographic variables and pattern of opioid abuse, a predevised questionnaire was administered to 200 opioid patients who presented to deâÃ‚Ã‚Ã‚addiction center for treatment. The results suggested that majority of the participants (75%) were of young age group (20-30 years) and the mean age of subjects was 27.6 years. More than half of participants (55%) were abusing the opioid substances for < 3 years followed by 30% of the abusers who were using the opioids for 4-6 years. Oral route was the most common route (35%) of substance administration followed by chasing (13%) and intravenous (11%) routes. Diverted pharmaceuticals emerged as one of the common substances of abuse, and peer pressure was found to be the main reason to start substance abuse. Conclusion: A comprehensive preventive program targeting young adults needs to be formulated and strict laws against sales of diverted pharmaceuticals to be implemented [1].

Cecilia Krüger, Johan Franck, Härje Widing, conducted A national cohort study of long-term opioid prescription and sociodemographic and health care-related risk factors. The aim of the study was to analyze the risk of long-term use after an initial opioid prescription and examine associated sociodemographic and health care-related risk factors. Methods used were identification a strictly defined, five-year opioid-naïve population of adults aged 18-64 years who received an initial opioid prescription between 2016 and 2020 in Swedish national registers. They modeled the association between individual characteristics and odds of long-term (> 3 months) versus short-term (≤ 3 months) use, and odds of different durations of use (> 3-6, >6-12, and >12 months) using logistic regression analyses. Results suggested that out of 754,982 opioid-naïve individuals with an initial opioid prescription, 8.1% use opioids long-term. Individuals treated for a recent external injury have lower odds of long-term opioid use (e.g., >12 vs ≤3 months: OR 0.55, 95% CI 0.52-0.59), whereas those who initiated treatment in primary care have higher odds (e.g., >12 vs ≤3 months: OR 3.02, 95% CI 2.90-3.14). Individuals with a history of substance use disorders and greater use of psycholeptic drugs have higher odds of long-term use. Sociodemographic factors, including older age, lower education level, and not cohabiting are also associated with longer durations of use. It was Concluded that of opioid-naïve individuals, 8.1% develop long-term prescription opioid use, with higher odds among individuals with psychiatric history and whose opioid treatment initiated in primary care. Careful evaluation of patient health and regular follow-up are essential to reduce the risk of long-term opioid use [2].

Anju Dhawan Rachna Bhargava Piyali Mandal and *et al* conducted a study on Opioid Use Among Treatment-Seeking Adolescents in a Tertiary Care Hospital in India: A Comparative Retrospective Study. Aim The retrospective study was carried out to examine the substance use patterns and associated behaviour among adolescents who had used opioids and who had never used opioids and were seeking treatment in a drug treatment center. Method Adolescents (<19 years) visiting treatment center between 2003 and 2014 comprised the sample ($N = 723$). The data obtained were analyzed using SPSS; *t*-test and chi-square were applied to compare the two groups on various variables. The results suggested that Out of 723 adolescents seeking treatment, 291 had ever used opioids (40.2%) and 432 (59.75%) had never used opioids. Tobacco and alcohol use rates were similar in both groups, inhalant use was significantly higher among those who had never used opioids while cannabis use and benzodiazepines were significantly higher in those who had used opioids. Complications in occupational, financial, and legal realms due to substance use were significantly higher among those who had used opioids. It was discussed that the findings showed that adolescents who had used opioids and sought treatment for addiction had more significant problems like morbidity, occupational, educational, and financial problems. The study concluded that the findings have significant implications from not only from a prevention and treatment perspective but also emphasize the need to prospectively and longitudinally examine the nature of onset and progression of substance use among adolescents who use opioids [3].

Aims and Objectives of The Study

1. To assess the level of knowledge regarding opioid abuse among adolescents.
2. To prepare guidelines to create awareness among adolescent about opioid abuse.
3. To intervene the structure teaching programme (STP).
4. To evaluate the effectiveness of structure teaching programme regarding opioid abuse among adolescents.
5. To determine the relationship between knowledge and demographic variables.

Hypothesis

- **H_1**: The mean post-test knowledge score will be significantly higher than the mean pre-test knowledge score at the 0.05 level of significance.
- **H_2**: There will be significant relationship between knowledge of substance and selected demographic variables at the 0.05 level of significance.

Assumptions

- There will be some knowledge regarding the opioid abuse among adolescents.
- Structure teaching program is an accepted strategy for enhancing the knowledge.
- Improvement in knowledge will enable the adolescent to avoid the opioids.
- Subject will be cooperative in the study**.**

Materials and Methods

The present study was conducted to assess the effectiveness of Planned Teaching Program on knowledge regarding the opioid abuse among the adolescents in selected communities of Baramulla Kashmir.

Research Design

The researcher overall plan for obtaining answers to research questions for testing the research hypothesis and is

referred to as research design. One group pre-test, post -test design was adopted to assess the knowledge.

Population
In present study, population consist of adolescents of age group 18-20 years of selected communities of Baramulla Kashmir.

Sample size
100 adolescents of age group 18- 20 years, who met the criteria formed the sample for the study.

Sample techniques
Purposive convenient sampling technique was found appropriate and all the 100 adolescents of age group 18- 20 years, who could understand Urdu, English was selected as sample for study.

Criteria for selection of samples
A) Inclusive criteria:

- Adolescents of age group 18-20 years in Communities of Baramulla, Kashmir.
- Those who are willing to participate in study.

B) Exclusive criteria

- Those who are suffering from major mental disorder.
- Those who are not available during the period of data collection.
- Those who are not studying in the Communities of Baramulla Kashmir.

Variables
Variable is defined as an attribute of a person or object that varies that takes on different values.

a) Independent variables
The variable that is believed to cause or influence the dependent variable in this study was structured teaching programmer (STP) or knowledge about the Opioid Abuse.
Dependent variable of this study was the knowledge gained by adolescents of communities of Baramulla Kashmir Measured by structured teaching questionnaire.

B) Dependent variables
The presumed effect is reffered to as dependent variable.

Setting
The study was conducted in Dungdara of Baramulla Kashmir. The total population of the study is 100.

Findings of the study

Table 1: Demographic characteristics of the participants

Variables	Opts	Percentage	Frequency
Age	18-20 years	80.6%	50
	21-23 years	19.4%	12
	24-26 years	0.0%	0
	Above 26 years	0.0%	0
Gender	Female	64.5%	40
	Male	35.5%	22
Education of father	Illiterate	16.1%	10
	Primary education	29.0%	18
	Secondary education	30.6%	19
	Graduate or above	24.2%	15
Education of mother	Illiterate	41.9%	26
	Primary education	37.1%	23
	Secondary education	12.9%	8
	Graduate or above	8.1%	5
Socio economic status	Good	56.5%	35
	Average	41.9%	26
	Poor	1.6%	1
Type of residence	Rural	71.0%	44
	Urban	29.0%	18
Occupation of father	Govt. employee	37.1%	23
	Employee in private sector	4.8%	3
	Self-employed	37.1%	23
	Other	21.0%	13
Occupation of mother	Govt. employee	4.8%	3
	Employee in private sector	1.6%	1
	Self-employed	3.2%	2
	Home maker	90.3%	56
Previous source of information	Print media (Newspaper, Magazine)	6.5%	4
	Mass media (Internet, TV, Radio)	32.3%	20
	Educational programmers	61.3%	38

The present study showed that demographic characteristics were examined in this research, and it was found that 80.6% of adolescents were between the ages of 18-20 and 19.4% were between the ages of 21-23 years old, 64.5% of adolescents were females and 35.5% were males, 16.1% adolescents were those whose fathers were Illiterate, 29% of

them was whose fathers had primary education, 30.6% of them were whose fathers had secondary education and 24.2% of adolescents were those whose fathers had education of graduate or above. 41.9%% adolescents were those whose mothers were Illiterate, 37.1% of them was whose mothers had primary education, 12.9% of them were whose mothers had secondary education and 8.1% of students were those whose mothers had education of graduate or above, 56.5% adolescents belong to families with good socio economic status, 41.9% of them belong to the families with average socio economic statues and 1.6% of them belong to the family of poor socio economic statues, 71% of adolescents were residing rural areas and 29% of the were residing in urban areas, 37.1% of adolescents were those whose fathers were working as govt. employees, 4.8% were those whose fathers were working in private sector, 37.1% of them were those whose fathers were self-employed and 21% of adolescents were those whose fathers were working in other sectors, 4.8% of adolescents were those whose mothers were working as govt. employees, 1.6% were those whose mothers were working in private sector, 3.2% of them were those whose mothers were self-employed and 90.3% of adolescents were those whose mothers were home makers and 6.5% of adolescents have gained some previous information through print media, 32.3% of them have gained it from mass media and 61.3% of students have gained some information regarding opioid abuse through educational programmes.

Section I

Based on the findings of the study, analysis of the objectives revealed the below mentioned results:

Table 2: Descriptive statistics of pre-test level of knowledge

Descriptive Statistics	Mean	S.D.	Median Score	Maximum	Minimum	Range	Mean%
Pretest Knowledge	11.60	2.755	11.5	18	4	14	36.20
	Maximum=	32	Minimum=	0			

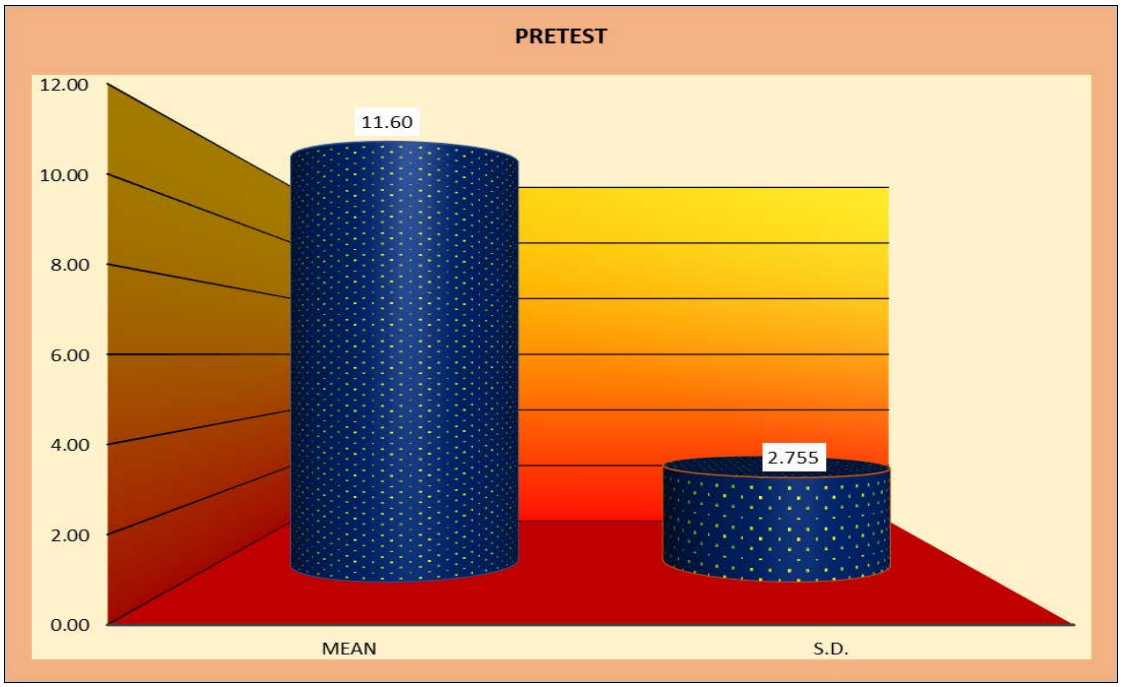

Fig 1: Cylindrical Diagram representing descriptive statistics of pre-test level of knowledge

Table 3: Frequency & Percentage distribution of post-test level of knowledge

Group	Pre-Test	Intervention	Post-Test
Adolescents aged 18-20 years from communities of Baramulla, Kashmir	O_1: Structured knowledge questionnaire	X: Structured teaching programme	O_2: Structured knowledge questionnaire

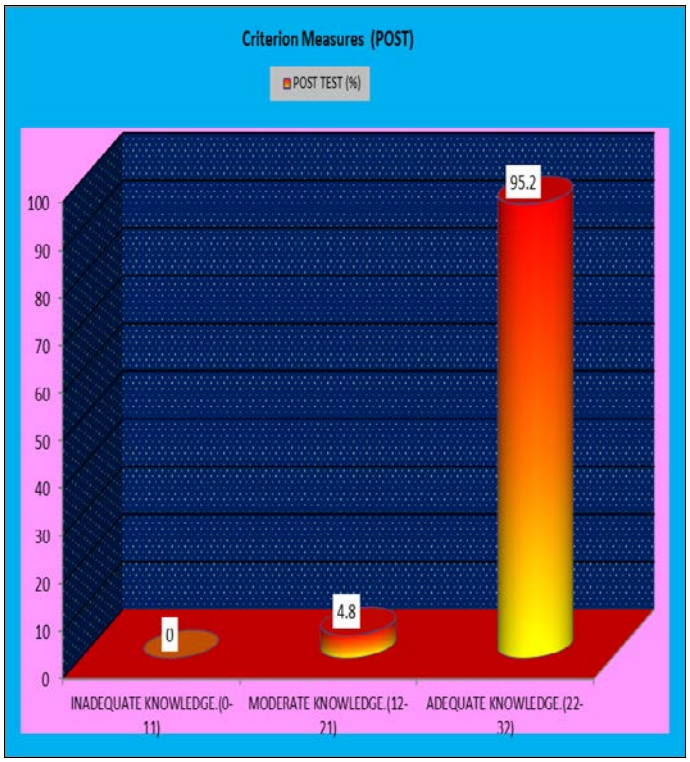

Fig 2: Cylindrical Diagram representing percentage distribution of post-test level of knowledge

Table 4: Descriptive statistics of post-test level of knowledge

				N=	62		
Descriptive Statistics	**Mean**	**S.D.**	**Median Score**	**Maximum**	**Minimum**	**Range**	**Mean%**
Posttest Knowledge	25.26	2.268	25	29	18	11	78.90
	Maximum=	32	Minimum=	0			

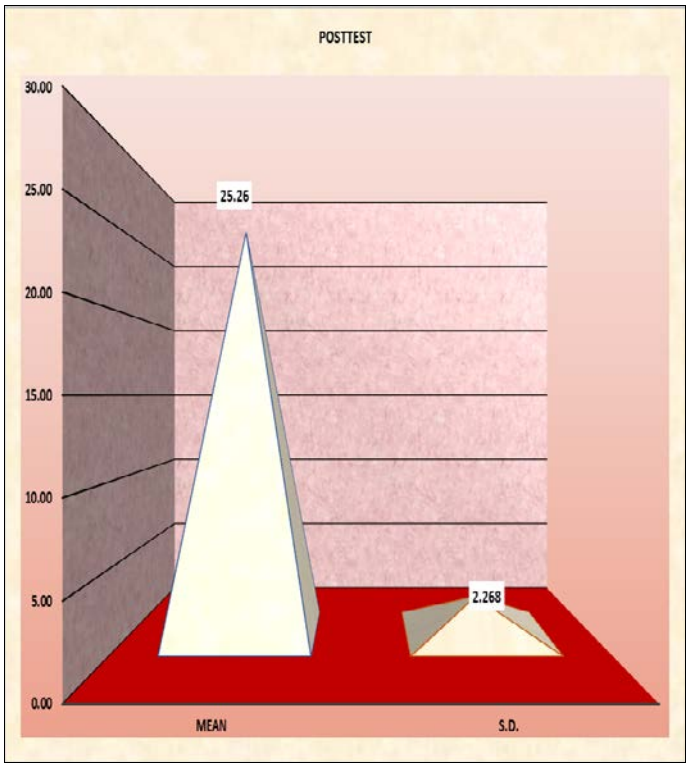

Fig 3: Triangle Diagram representing descriptive statistics of post-test level of knowledge

Section - II

Table 5: Comparison of frequency & percentage distribution of pre-test and post-test level of knowledge

Criteria measure of knowledge score		
Score level (n= 62)	**Pre test f(%)**	**Post test f(%)**
Inadequate knowledge. (0-11)	31(50%)	0(0%)
Moderate knowledge. (12-21)	31(50%)	3(4.8%)
Adequate knowledge. (22-32)	0(0%)	59(95.2%)
Maximum score=32 minimum score=0		

Table 6: Comparison of descriptive statistics of pre-test and post-test Scores of knowledge

					N=62		
Paired T Test	**Mean ± S.D.**	**Mean%**	**Range**	**Mean Diff.**	**Paired T Test**	**P value**	**Table Value at 0.05**
Pretest Knowledge	11.6±2.755	36.20	4-18	13.660	29.305 *Sig	<0.001	2.00
Posttest Knowledge	25.26±2.268	78.90	18-29				
** Significance Level 0.05 Maximum=32 Minimum=0							

Table 7: Comparison of descriptive statistics of pre-test and post-test Scores of knowledge

Diagram Showing Individual Score Gain (Effectiveness)						
Mean%	**Pre-test knowledge**	**Post-test knowledge**	**Difference**	**Pre-test knowledge score %**	**Posttest knowledge score %**	**Difference%**
Average	11.60	25.26	13.66	36.24	78.93	42.69

Table 8. Table Showing Association of Scores and Demographic Variables. This section deals with the findings related to the association between score and selected demographic variables. The chi-square test was used to determine the association between the score levels and selected demographic variables

Table 8: Association of Posttest Knowledge Scores with Selected Socio-Demographic Variables.

Variables	OPTS	Adequate knowledge	Moderate knowledge	Inadequate knowledge	Chi Test	P Value	df	Table Value	Result
Age	18-20 years	49	1	0	4.521	0.033	1	3.841	Significant
	21-23 years	10	2	0					
	24-26 years	0	0	0					
	Above 26 years	0	0	0					
Gender	Female	39	1	0	1.339	0.247	1	3.841	Not Significant
	Male	20	2	0					
Education of father	Illiterate	10	0	0	2.626	0.453	3	7.815	NotSignificant
	Primary education	17	1	0					
	Secondary education	17	2	0					
	Graduate or above	15	0	0					
Education of mother	Illiterate	25	1	0	1.342	0.719	3	7.815	Not Significant
	Primary education	22	1	0					
	Secondary education	7	1	0					
	Graduate or above	5	0	0					
Socio economic status	Good	34	1	0	0.809	0.667	2	5.991	Not Significant
	Average	24	2	0					
	Poor	1	0	0					
Type of residence	Rural	42	2	0	0.028	0.866	1	3.841	Not Significant
	Urban	17	1	0					
Occupation of father	Govt. employee	23	0	0	2.295	0.513	3	7.815	Not Significant
	Employee in private sector	3	0	0					
	Self-employed	21	2	0					
	Other	12	1	0					
Occupation of mother	Govt. employee	3	0	0	0.338	0.953	3	7.815	Not Significant
	Employee in private sector	1	0	0					
	Self-employed	2	0	0					
	Home maker	53	3	0					
Previous source of information	Print media (Newspaper, Magazine)	4	0	0	1.991	0.370	2	5.991	Not Significant
	Mass media (Internet, TV, Radio)	20	0	0					
	Educational programmers	35	3	0					

Conflict of Interest
Not available

Financial Support
Not available

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