



A study to evaluate the effectiveness of structured teaching programme on level of knowledge regarding problems of substance abuse among higher secondary school students at selected schools in Etawah district

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Abstract

Substance abuse refers to use of drugs, alcohol and any other mind – altering agent to such an extent that it interferes with the person's biological, psychological, or social integrity. Substance abuse is growing problem throughout the world and unfortunately this is more common among young children and adolescents. Some teenagers regularly use drugs or alcohol to compensate for anxiety, depression, or a lack of positive social skills. Teen use of tobacco and alcohol should be minimized because they can be “gate way drugs” for other drugs (marijuana, cocaine, hallucinogens, inhalants, and heroin).¹ Prevalence of substance abuse is high among adolescents as they are keen to experiment the drugs to fulfill their curiosity. If their experimentation could be prevented by making them aware about the abuse & its consequences, the prevalence of the substance abuse can be reduced. According to NDDTC, AIIMS submits report “Magnitude of Substance use in India” to M/O Social Justice & Empowerment. At the national level, about 14.6% of people (among 10-75 year old) are current users of alcohol, i.e. about 16 Crore people. Prevalence is 17 times higher among men than women. About 2.8% of Indians (3.1 Crore individuals) report having used any cannabis product within past 12 months (Bhang – 2% or 2.2 crore people; Ganja/Charas – 1.2% or 1.3 Crore people). At the national level, the most common opioid used is Heroin, (current use 1.14%) followed by Pharmaceutical opioids (current use 0.96%) and then Opium (current use 0.52%). About 1.08% of 10-75 year old Indians (approximately 1.18 crore people) are current users of sedatives (non-medical, non-prescription use). Cocaine (0.10%) Amphetamine Type Stimulants (0.18%) and Hallucinogens (0.12%) are the categories with lowest prevalence of current use in India.² The latest National Sample Survey (NSS) data, put out in January 2014, have revealed a stark reality: The proportion of child labor in Gujarat in both urban and rural areas is one of the highest in India which leads to substance abuse specially alcoholism.

Keywords: Effectiveness, structured teaching programme, knowledge, problems of substance abuse, higher secondary school students

Introduction

- To assess the level of knowledge regarding Problems of Substance Abuse before and after Structured Teaching Programme among Higher Secondary School Students.
- To implement structured teaching Programme.
- To find out the association between pre-test knowledge score of students with their selected demographic variables.
- To evaluate the effectiveness of Structured Teaching Programme on the level of Knowledge regarding Problems of Substance abuse among Higher Secondary School Students ^[4].

Hypotheses

- **H1:** There was a significant increase in the level of knowledge regarding Problems of Substance abuse among Higher Secondary School Students after Structured Teaching Program at p<0.05 level of Significance.

- **H2:** There was a significant association between the pre-test scores on the level of knowledge regarding Problems of Substance abuse with the “sex” demographic variables at p<0.05 level of significance.

Methodology

Research Approach: Quantitative Evaluative Research approach was used for this study^[4].

Research Design: one group pre-test and post-test design was used in this study.

Population: In this study the population was the Higher Secondary Students of different Inter College at Saifai, Etawah.

Sample: The Sample of this study was Higher Secondary Students

Sample Size: 60 Higher Secondary Students

Sampling Technique: Convenient Sampling Technique was used for this study.

Research Setting: The study was conducted at SS Memorial Inter College Saifai, Etawah

Ethical Permission

Ethical permission was taken on dated 15 oct. 2019 from the Ethical committee of Nursing College, UPUMS Saifai, Etawah

Sample Selection Criteria

Inclusion Criteria

- Students who are willing to participate in this study.
- Both male and female students.
- Students who are present at the time of data collection.
- Students of class 11th and 12th standard at S.S. Memorial Inter College Saifai, Etawah.
- Students of age between 15-20 years of age.

Exclusion criteria:

- Students who are physically ill and absent during data collection period.
- Students who are not willing to participate in this study.
- Students who are below 15 years or above 20 years of age.

Description of the tool

The data collection tool consists of two parts.

Part I: The first part of the tool consists of demographic variables such as age, sex, religion, education of the parents, occupation of the parents, family income, type of family, area of stay, place of staying, family members habits of smoking, alcoholism and drug addiction.

Part II: It consists of Self Structured knowledge questionnaires regarding Problems of Substance abuse. There was one correct answer and 3 distracters for each question. For every correct answer a score of one awarded and for every wrong answer a score of zero awarded. The total possible score was 20. The total score of each item was calculated and converted in to percentage and interpreted as follows:-

0-10	50% and below	Inadequate knowledge
11-15	51- 74%	Moderately adequate knowledge

The tool was evaluated by 4 experts from the department of

Mental health Nursing. The suggestions were incorporated. To ensure the reliability of the tool, it has been administered to 6 students who met the inclusive criteria. The reliability of the tool established by test-retest method and reliability was $r=0.88$.

Result

Table 1: The pre-test 10(16.66%) of them had inadequate knowledge, 39(65%) had moderate knowledge and 11(18.33) had adequate knowledge regarding Problems of Substance Abuse.

	Inadequate		Moderately Adequate		Adequate	
	F	%	F	%	F	%
Pre-Test	10	16.67	39	65	11	18.33
Post-Test	1	1.67	35	58.33	24	40

Above table shows that, in the pre-test 10(16.66%) of them had inadequate knowledge, 39(65%) had moderate knowledge and 11(18.33) had adequate knowledge regarding Problems of Substance Abuse. In the post-test 1(1.66%) of them had inadequate knowledge, 35(58.33%) subjects of them had moderate knowledge and 24(40%) of them had adequate knowledge regarding Problems of Substance Abuse.

Table 2: shows the effectiveness of Structured Teaching Programme on knowledge regarding Problems of Substance abuse. In the pre-test the mean score of knowledge was 12.97 (± 2.67) and In the Post-test the mean score of knowledge was 14.80 (± 1.88).

S. No.	Variables	Maximum Score	Pre-Test		Post-Test		Mean Difference	‘t’ Value	DF
			Mean	SD	Mean	SD			
1	Knowledge	20	12.97	2.67	14.80	1.88	1.83	6.95	59

Above table shows the effectiveness of Structured Teaching Programme on knowledge regarding Problems of Substance abuse. In the pre-test the mean score of knowledge was 12.97 (± 2.67) and In the Post-test the mean score of knowledge was 14.80 (± 1.88).

The paired t’ test value was (6.95) which is greater than the Table value (1.684) at ($p<0.05$) level of significance. Hence the Structured Teaching Programme is more effective in changing the level of knowledge regarding Problems of Substance abuse.

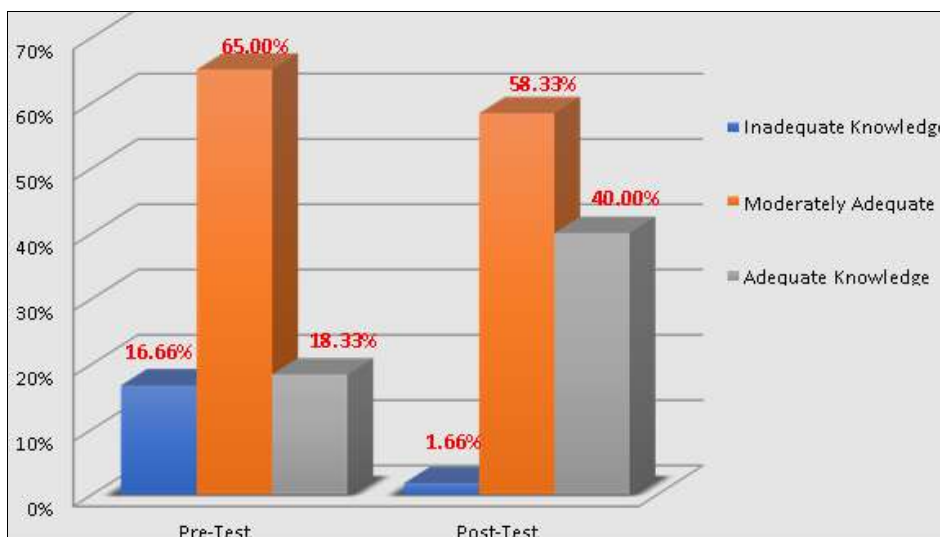


Fig 1: Comparison of Pre-test and post-text knowledge score

Discussion

This chapter presents the interpretation to the statistical findings. It has been discussed based on the objectives of the study.

The first objective of the study was to assess the level of knowledge regarding Problems of Substance Abuse before and after Structured Teaching Programme among Higher Secondary School Students. Among 60 students, in the pre-test 10(16.66%) of them had inadequate knowledge, 39(65%) had moderate knowledge and 11(18.33) had adequate knowledge regarding Problems of Substance Abuse. In the post-test 1(1.66%) of them had inadequate knowledge, 35(58.33%) subjects of them had moderate knowledge and 24(40%) of them had adequate knowledge regarding Problems of Substance Abuse ^[5].

V. Vinoth Chandran. (2012) conducted a study to evaluate the effectiveness of structured teaching programme on level of knowledge regarding problems of substance abuse among higher secondary school students (15-17 years) at selected schools in Dindigul district. A Pre-experimental design was employed using a self-administrated questionnaire to collect the data from 50 higher secondary school students. Convenience sample technique was used. Students of both sexes were knowledgeable about aspects of substance abuse, including its harmful effects on the body and society or frequent use of cigarettes, alcohol, and other drugs was extremely harmful. The results were that the students lack in-depth knowledge of substance abuse ^[6].

The Second objective of the study was to evaluate the effectiveness of Structured Teaching Programme on the level of Knowledge regarding Problems of Substance abuse among Higher Secondary School Students.

In the pre-test the mean score of knowledge was 12.97 and In the Post test the mean score of knowledge was

14.80. Paired 't' test was used to find the difference between the pre-test and post-test knowledge score was significant. The analysis showed that the 't' value (6.95) is greater than the table value (1.684) at (p<0.05) level of significance. Hence the Structured Teaching Programme is more effective in changing the level of knowledge.

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The third objective of the study was to associate the pre-test scores the level of knowledge regarding Problems of Substance abuse with their selected demographic variables.

There was a significant association between the levels of knowledge regarding Problems of Substance abuse with the "sex" demographic variable.

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