

STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING HAZARDS OF ALCOHOL CONSUMPTION AMONG ADOLESCENTS FROM SELECTED SCHOOL

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Abstract

Alcohol is the most used and abused drugs worldwide. One of the major public health issues worldwide among adolescents is alcohol consumption. Still, the extent of consumption among adolescents and their understanding of its hazards on health remain fairly unknown in numerous metropolises.

This study aims to assess the effectiveness of structured teaching programme on knowledge regarding hazards of alcohol consumption, among adolescents from selected schools at Jaipur. This study was based on quantitative approach, true-experimental research design was used. The Simple random sampling method was adopted and total sample size was 100 (50-experimental group, 50- control group). Data collection method was structured questionnaire. The result of the study shows, in experimental group the pre-test mean score was 12.96 and the post-test mean score was 24.89, the standard deviation score in pre test and post test of experimental group was 2.48 and 2.29 respectively, the paired 't' test value was 15.76 at which was higher than Table Value (2.05). Hence, null hypothesis was rejected and concluded in experimental group. There was significant increase in knowledge after structured teaching programme on hazards of alcohol consumption. The study results suggested that educating adolescents on hazards of alcohol consumption will be effective in increasing their knowledge on the same.

Keywords: Structured teaching programme, hazards of alcohol consumption, adolescents.

INTRODUCTION

Alcohol is the world's third largest risk factor for disease and contributes to 4% of the global burden of disease. It is estimated that 2.5 million deaths each year are directly attributable to alcohol, with 9% of deaths in the 15- to 29-year age group being alcohol-related.

Alcohol as an intoxicant affects a wide range of structures and processes in the central nervous system and increases the risk for intentional and unintentional injuries and adverse social consequences. Alcohol has considerable toxic effects on the digestive- and cardiovascular systems. Alcoholic beverages are classified as carcinogenic by the International Agency for Research on Cancer and increase the risk of several cancer types. Alcohol as an immunosuppressant increases the risk of communicable diseases, including tuberculosis and HIV. Both the volume of lifetime alcohol use and a combination of context, frequency of alcohol consumption and amount consumed per occasion increase the risk of the wide range of health and social harms. The risks increase largely in a dose-dependent manner with the volume of alcohol consumed and with frequency of drinking, and exponentially with the amount consumed on a single occasion. Surrogate and illegally produced alcohols can bring an extra health risk from toxic contaminants.

Background of the study:

Adolescence is a critical period in which exposure to adversities such as poverty, family conflict and negative life experiences (e.g., violence) can have long-term emotional and socio-economic consequences for adolescents, their families and communities. Substance use, including alcohol, is typically established during adolescence and this period is peak risk for onset and intensification of substance use behaviours that pose risks for short- and long-term health.

The health problems for which alcohol is responsible are only part of the total social damage which includes family disorganization, Crime and loss of productivity.

Adolescents are the citizens of tomorrow on whom the future of the nation stands. It is a challenge to meet their health needs. 18 to 20 % of Indian population constitutes the age group of between 10 - 20 years.

Adolescence is a challenging period of both children and their parents. 3 stages of adolescence - early (12-14 years), middle (15-17 years) and late (18-21 years) are experienced by most teens. But the age at which each stage is reached varies greatly from child to child. These different rates of maturation are connected to physical development and hormones balance, neither of which the child can control. For this reason, adolescence should be treated as individuals and any guidelines should be adapted to the particular child.

Globally, the world Health organization (2012) has reported alcohol as one of the leading risk factors for morbidity and mortality world-wide, with approximately 3.3 million deaths in India were attributed to alcohol consumption, and representing a considerable economic problem for many communities around the world.

In 2014, the world health organization released its global status report on alcohol and health. According to the report, about 38.3% of the world's population is reported to consume alcohol regularly. On an average an individual consumption amounts to 6.2 liters of alcohol each year. The report only considers individuals over 15 years of age. The reports say that about 30% of India's population, just less than a third of the country's population consumed alcohol regularly. Globally, the extent of world-wide psychoactive substance abuse is estimated as 2 billion alcohol users, 1.3 billion smokers, 129 million cannabis users and 185 million drug users. About 76.3 million are diagnosed with alcohol related disorders and 3.2 % of overall human deaths are caused by alcohol consumption.

As a result of the above studies, Researchers found that the prevalence of alcohol in the country is increasing at an alarming rate. This is one of the leading causes of morbidity and mortality in the country, and also a lowering of the age at which people begin drinking.

If we are to curb the problem, we must create awareness among the adolescents about alcoholism and its hazards on health.

Statement of Problem

Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Hazards of Alcohol Consumption among Adolescents from selected School at Jaipur.

OBJECTIVES

1. To assess the pre test and post test knowledge regarding hazards of alcohol consumption in experimental group.
2. To assess the pre test and post test knowledge regarding hazards of alcohol consumption in control group.
3. To evaluate the effectiveness of structured teaching programme regarding hazards of alcohol consumption in experimental and control group.
4. To find out the association between pre test knowledge regarding hazards of alcohol consumption with their selected socio demographic variables of adolescents in experimental and control group.

HYPOTHESIS

All the hypotheses will be tested at 0.05 level of significance

- H1: The mean post test knowledge scores regarding hazards of alcohol consumption will be significantly higher than mean pre test knowledge score in experimental group.
- H2: The mean post test knowledge scores regarding hazards of alcohol consumption will be significantly higher than mean pre test knowledge score in control group.
- H3: There is a significant difference in mean post test knowledge scores regarding hazards of alcohol consumption in experimental and control group.
- H4: There is a significant association between the mean pre test knowledge scores with their selected knowledge regarding hazards of alcohol consumption with their selected socio demographic variables in experimental and control group.

CONCEPTUAL FRAMEWORK

The conceptual framework of the study is based on modified Imogene King goal attainment theory. Imogene King explains the concept of the nurse and the patient mutually communicating information, establishing goals and taking action to attain goals.

Research Methodology

Research Approach: Quantitative research approach

Setting of the Study: Selected Schools at Jaipur.

Sample Technique and Sample Size:

Sampling technique: Simple random sampling technique

RESEARCH VARIABLES

1. Independent Variable: Structured Teaching Programme
2. Dependent Variables: In this study demographic variables such as Age, Gender, Religion, Place of living, Health Status, Family Income.

Tools for Data Collection- Researcher used self-structured knowledge questionnaire to measure knowledge on hazards of alcohol consumption. Procedure for Data Collection- Self Structured Knowledge Questionnaire

STP given to sample in experimental group on day 1 following pre-test. On 7-day post-test was done among samples in both groups. Data Analysis- Descriptive and inferential statistics

Data Analysis and Interpretation

Table - I: Frequency and Percentage Distribution of Samples According to Pre-Test Level of Knowledge in Experimental and Control Group. (N = 100)

SL.NO.	Pre-Test Level of Knowledge	Experimental Group		Control Group	
		F	%	F	%
1.	Adequate	0	0.00	0	0.00
2.	Moderate Adequate	43	86	44	88
3.	Inadequate	7	14	6	12

The above table shows the following:

With regard to pre - test level of knowledge among samples in experimental group. An overwhelming majority of the samples 43 (86. %) had moderately adequate knowledge, similarly in control group 44 (88%) of the samples were with moderately adequate knowledge. Very few samples in experimental group 7 (14%) and 6 (12%) in control group were with inadequate knowledge. None of the samples were with adequate knowledge in both the groups.

Table-II: Frequency and Percentage Distribution of Samples According to Post - Test Level of Knowledge in Experimental and Control Group. (N = 100)

SL.NO.	Post-Test Level of Knowledge	Experimental Group		Control Group	
		F	%	F	%
1.	Adequate	41	82	5	10
2.	Moderate Adequate	09	18	43	86
3.	Inadequate	0	0	2	4

Table-II: Shows the post - test knowledge level among samples in experimental and control group. In experimental group an overwhelming majority 41 (82 %) had adequate knowledge and less number off samples 9 (18%) had moderate knowledge. None of the samples in experimental group were with inadequate knowledge.

In control group majority of the samples 43 (86 %) were with moderately adequate knowledge and very less 2 (4. %) were with adequate knowledge and only one sample were with inadequate knowledge.

Table - III: Effectiveness of structured teaching programme regarding ill effects of alcohol consumption in experimental and control group.

(N = 100)

S. No.	Groups	Mean Post - Test	Post - Test Mean Difference	Post - Test Standard Deviation	Independent 't' test Value	'P' Value
1.	Experimental group	24.89	9.15	2.29	12.62*	0.0001
2.	Control group	15.74		3.27		

(*) Significant at 'P' value < than 0.05

From the above table we interpret the mean post-test scene in experimental group was 24.89 where as in control group it was 15.74. The standard deviation value was 2.29 in experimental

group and 3.27 in control group. Independent 't' test value was 12.62, which was statistically significant at 'P' value < than 0.05. This shows the effectiveness of structured teaching programme. Chi square test was used to find the level of association between pre test knowledge selected socio demographic variables. It was found none of the socio demographic variables have been associated with the pre-test knowledge among samples in both the groups.

DISCUSSION

Current study findings were discussed according to the objectives. In pre - test, an overwhelming majority of the samples in experimental group 41 (82 %) had moderately adequate knowledge, similarly in control group 43 (86 %) of the samples were with moderately adequate knowledge. Very few samples in experimental group 7 (14%) and 6 (12%) in control group were with inadequate knowledge. The study findings showed that there is increase in post-test knowledge scores regarding hazards of alcoholism compared to pre-test knowledge scores. In the present study the mean post-test score in experimental group was 24.89 where as in control group it was 15.74. The standard deviation value was 2.29 in experimental group and 3.27 in control group. Independent 't' test value was 12.62 for df 58. which was statistically significant at 'P' value < than 0.05. This shows the effectiveness of structured teaching programme.

CONCLUSION

Teenagers need to be educated about the harmful effects of alcoholism. Without education, adolescents may not be aware of the harmful effects of alcoholism and they may not develop health knowledge and awareness about it. Therefore, every nursing professional should develop an education plan to make adolescents aware of the harmful effects of alcoholism.

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