

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EFFECTS OF TOBACCO CHEWING AND SMOKING AMONG YOUNG ADULT IN KAMDAR SCHOOL/COLLEGE OF NURSING RAJKOT DISTRICT

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Abstract

Young adult are the most vulnerable population to invite tobacco use. It is now well established that most of the adult users of tobacco start tobacco use in childhood. Young adults have their relationship with peers, family, and members of their social sphere play a vital role in social development. Tobacco use leads to most common diseases, affecting the heart, liver and lungs with smoking being major risk factors for heart-attack, stroke, C.O.P.D (including emphysema and chronic bronchitis, cancer, particularly lung cancer, cancer of larynx and mouth and pancreatic cancer) and effects on mental health also so, the investigator selected a study to evaluate the effectiveness of structured teaching Programme on knowledge regarding effects of tobacco chewing and smoking among young adult in Kamdar college of nursing Rajkot. A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EFFECTS OF TOBACCO CHEWING. The research approach adapted to this study is pre-experimental one group pre-test and post-test design. The setting is selected at specific hospital rajkot The present study evaluates the effectiveness of structured teaching programme knowledge on effect of tobacco chewing and smoking Thus, the structured teaching programme was effective in improving the knowledge of adolescents regarding ill effects of tobacco chewing and smoking. On the basis of the findings the researchers concluded that the structured teaching programme was very effective.

Keywords: Knowledge, staff nurse, psychosocial stress related disorders

INTRODUCTION & BACKGROUND OF STUDY

Tobacco use may be defined as any habitual use of the tobacco plant leaf and its products. The predominant use of tobacco is by smoke inhalation of cigarettes, pipes, and cigars. Smokeless tobacco refers to a variety of tobacco products that are either sniffed, sucked, or chewed.

On environmental perspective. The tobacco industry damages the environment in ways that go far beyond the effects of the smoke that cigarettes put into the air. Tobacco growing, the manufacture of tobacco products and their delivery to retailers all have severe environmental consequences, including deforestation, the use of fossil fuels and the dumping.

India has one of the highest incidences of oral cancer in the world. The highest incidence of oral cancer and oral pre- cancerous lesions in India has long been linked with the habit of betel liquid chewing incorporating tobacco. Tobacco use has predominantly negative effects on human health and concern about health effects of tobacco has a long history. Research has focused primarily on cigarette tobacco smoking. Tobacco smoke contains more than 70 chemicals that cause cancer. Tobacco also contains nicotine, which is a highly addictive psychoactive drug.

Human being has been using tobacco since 600 A.D. Tobacco was first used by the people of the pre-Columbian Americas. Native- Americans apparently cultivated the plants and smoked it in pipes for medicinal and ceremonial purposes. It was introduced in India by Portuguese. Earlier tobacco was generally smoked using different types of pipes or cigar or was consumed orally. "Smokeless tobacco" paper cigars and cigarettes were introduced in mid-19th century. Nicotine was isolated from the tobacco leaves as early as 1828A.D. Chewing tobacco is a type of smokeless tobacco products consumed by placing a portion of the tobacco between the cheek and gum or upper lip teeth and chewing. Unlike 2 dipping tobacco, it is not ground and must be manually crushed with the teeth to release flavour and nicotine.

Adolescents are the most vulnerable population to invite tobacco use. It is now well established that most of the adult users of tobacco start tobacco use in childhood or adolescents. Adolescents have their relationship with peers, family, and members of their social sphere play a vital role in social development. Social sphere develops rapidly as they distinguish the differences between friends and acquaintances, they often become having emotionally invested in friends. This is not harmful, however if these friends exposed an individual to potentially harmful situation this an aspect of peer pressure.

OBJECTIVE OF THE STUDY

1. To assess the existing knowledge regarding ill effects of tobacco chewing and smoking among adolescents.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding effects of tobacco chewing and smoking among adolescents.
3. To associate the level of knowledge of adolescents on ill effects of tobacco chewing and smoking along with their selected demographic variables.

HYPOTHESIS

H1: There will be a significant increase in the post-test knowledge score on effects of smoking and tobacco chewing among adolescents of the selected colleges of Rajkot district.

H2: There will be significant association between the knowledge scores of adolescents on effects of smoking and tobacco chewing with selected demographic variables.

MATERIAL AND METHOD

The research approach adapted to this study is pre-experimental one group pre-test and post-test design. The setting is selected at specific hospital Rajkot. The sample size was 60 students. The tool consists of

section – I demographic Performa consisting of eight items, section – II self-administered questionnaire consisting of twenty items. The content validity was established by subjecting the tool to experts in this field. The final data was collected from 27th September to 5th October 2021.

ETHICAL CONSIDERATION

Written permission was taken from kamdar college of nursing rajkot before conducting the study. Written permission was taken from ethical committee of the college. Informed consent was taken from students. Student who were absent during the process of data collection were not included in the study.

RESULTS

Table -1

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EFFECTS OF TOBACCO CHEWING AND SMOKING AMONG YOUNG ADULTS N=60

LEVEL OF KNOWLEDGE					Paired t-test	
	Mean	±SD	Mean D	t Value	df	P value
PRE TEST	8.70	2.702	7.37	13.81	59	0.001*
POST TEST	16.07	3.013				

Table 1 shows the effectiveness of structured teaching programme on knowledge regarding ill effects of tobacco chewing and smoking among young adults which was tested by using paired t test. Mean pre-test knowledge score was 8.70 ± 2.702 and in post test mean knowledge score was 16.07 ± 3.013 with mean difference of 7.37 and obtained (t value=13.81, df-59, p=0.001) was found statistically highly significant at $p < 0.05$ level. Findings indicates that structured teaching programme was effective in improving the knowledge regarding ill effects of tobacco chewing and smoking among adolescents.

TABLE 2: PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING ILL EFFECTS OF TOBACCO CHEWING AND SMOKING AMONG YOUNG ADULTS N=60

Level of knowledge	Pre test		Post test	
	f	%	f	%
Inadequate knowledge (0-7)	22	36.7%	0	0
Moderate knowledge (8-14)	38	63.3%	16	26.7%
Adequate knowledge (15-20)	0	0	44	73.3%

Table 2: depicts the pre-test and post-test level of knowledge regarding ill effects of tobacco chewing and smoking among young adults. Results revealed that in pretest majority 38(63.3%) had moderate knowledge and 22(36.7%) had inadequate knowledge where as in posttest majority 44(73.3%) had adequate knowledge and 16(26.7%) had moderate knowledge regarding ill effects of tobacco chewing and smoking.

DISCUSSION

- The knowledge of staff nurses regarding ill effects of tobacco chewing and smoking among young adults was inadequate as assessed during the pretest, whereas the knowledge has considerably improved during the post test stage.

CONCLUSION

Findings indicates that structured teaching programme was effective in improving the knowledge regarding ill effects of tobacco chewing and smoking among adolescents. Thus, the structured teaching programme was effective in improving the knowledge of adolescents regarding ill effects of tobacco chewing and smoking. On the basis of the findings the researchers concluded that the structured teaching programme was very effective

- **Conflict of Interest:** Nil
- **Source of Funding:** Self

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