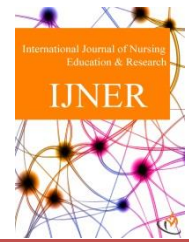




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### EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON LEVEL OF KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED COLLEGE, BANGALORE

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#### ABSTRACT

**Introduction:** - Substance abuse is a growing problem throughout the world and unfortunately that is more common among young children and adolescents, where they are about to being their career but get involved in these problems due to various reasons. 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. [1] Adolescence is described as teenager between the years 13 to 19 and can be considered the transitional stage from childhood to adulthood. However the physical and psychological changes that occur in adolescence can start earlier during the “pre-teen” or “teen” ages (9-12 years). Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self identity. Sometimes adolescents may be experimenting with drugs, alcohol and sexuality.[2] Substance abuse means using psychoactive substance in a way cause physical, psychological, economic, legal or social harm to users themselves/ to people directly/ indirectly associated with them. The risks of substance abuse relate chiefly to the specific dangers of the particular substance the damage that it can do to user’s health and related social impacts. Substance abuse when it impairs the user’s physical and psychological health, aggravates certain illnesses, or even causes premature death. Social risks endangers/harms the user or other people.[3] **Design:**-Pre-experimental design (one group pre-test post-test design) was used for this present study of effectiveness of structured teaching programme on knowledge regarding substance abuse among Adolescent in Selected Nursing College, Bangalore. 60 Nursing students were recruited by non-probability convenient sampling technique. Necessary administrative permission was obtained from concerned authority. Structured interview schedule was used to elicit the baseline data and structured questionnaires were used to elicit the knowledge regarding substance abuse, among of Adolescents **Setting:**-The study was conducted in selected College, Bangalore, 60 samples were selected for the present study. **Result:** - The study revealed that among 60 Adolescents, 20 (33.3%) Adolescents had adequate knowledge, 40 (66.6%) Adolescents had moderately adequate knowledge & there was no inadequate knowledge found in the post-test score. The mean pre-test knowledge score of Adolescents was 13.9, whereas the mean post-test knowledge score was 20.8. The obtained ‘t’ value was 14.05 which was found statistically significant 0.05 levels. **Conclusion :-** The study concluded that the structured teaching programme on knowledge regarding substance abuse among adolescents from selected college, Bangalore carried out, the study was found to be



effective in the improving knowledge of adolescents as evidenced by the significant change between pre-test and post-test knowledge score.

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## INTRODUCTION

People abuse substances such as cigarette, Alcohol, Tobacco etc. Substance Abuse is a social problem, not in India alone but the entire world. The problem of substance abuse is growing at an explosive rate and in just little over a decade it has spread its malevolent tentacles to almost every part of the globe surrounding almost all barriers of race, caste, religion, sex, educational status, economic strata etc. Use and abuse of substances such as cigarette, alcohol and may be in gin childhood to the teen years.[4]

Etiology include ineffective parenting, lack of nutritioning, parental attached, shy behavior in classroom, poor social coping skills, poor school performance, associated with a deviant peer group, perception of approval of drugs use behavior, working parents, neglected child, chaotic home environment.[5]

Symptoms of substance abuse includes giving up past activities such has sports, homework or hanging out with new friends, declining grades in exams, aggressiveness and irritability, forgetfulness, disappearing money/valuables, feeling run down, hopeless, depressed or even suicidal thoughts, sounding selfish and not caring about others, getting drunk/ high on drugs on regular basis, lying, particularly about how much alcohol/other drugs he/she is using, avoiding friends or family in order to get drunk, planning to drunk in advanced, hiding alcohol, frequents hang overs, pressuring others regarding money and alcohol, taking risk including sexual risk, having blackouts, drinking and driving, suspension from school or work for an alcohol or drug related incident.[6]

Nurse plays an important role in early identification of health problems; nutritional screening for adolescents and nutritional education through structured teaching programme, the nurse educates the adolescents regarding health hazards of substance abuse and helps to develop right attitude and practice healthy life styles. This data about adolescents sheds new light on how deeply substance use pervades the lives of many young people and their families, while other studies indicates that significant progress has been made in lowering the levels of some forms of substance use among adolescents in the past decade. This report shows that for too many young people are still at risk.[7]

Substance abuse among adolescents has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address

the substance abuse problem. This demand has led to the development of multiple primary, secondary and territory substance abuse prevention programmers.[8]

College students are the most vulnerable group and one at high risk of drug abuse related problems compared to other population. The prevalence rate of drug abuse is highest among young adolescents and young adults, a large majority of whom are students. Substance abuse by students in secondary schools and colleges is a serious problem. As it is gaining gradual popularity among college students, it would be vital to examine their knowledge towards substance abuse. Health education is an important strategy of all the programmes to prevent and control drug abuse.[9]

According to WHO experts, psychoactive substance use poses a significant threat to the health social and economic fabric of families, communities and nations. The extent of worldwide psychoactive substance use is estimated at 2 billion alcohol users, 1.3 billion smokers and 185 million drug users. In an initial estimate of factors responsible for the global burden of disease, tobacco, alcohol and illicit drug contributed together 12.4 % of all deaths worldwide in the year 2000. Looking at the percentage of total years of life lost due to these substances it has been estimated that there account for 8.9 %.[10]

## STATEMENT OF PROBLEM:-

“A study to assess the effectiveness of structured teaching programme on level of knowledge regarding substance abuse among adolescents in selected college, Bangalore”

## OBJECTIVES:

1. To assess the level of pre-test knowledge regarding substance abuse among adolescents in selected college, Bangalore.
2. To assess the level of post-test knowledge regarding substance abuse among adolescents in selected college, Bangalore
3. To evaluate the effectiveness of structured teaching programme on substance abuse among adolescents in selected college, Bangalore.
4. To find out the association between post-test knowledge scores regarding substance abuse with selected demographic variables.

## HYPOTHESIS:-

**H1:-** There will be significant difference between pre-test and post-test knowledge score regarding the substance abuse among adolescent girls at selected college, Bangalore.

**H2:-** There will be significant association between the post-test knowledge score and selected demographic variables regarding the substance abuse among adolescent girls at selected college, Bangalore.



## MATERIALS & METHODS:-

The research design adopted for this study is Evaluative research approach. The research design used for this study is one group pre-test post-test design which belongs to the Pre-experimental study.

The study was conducted in selected nursing college, Bangalore. The sample size of this study comprised of 60 nursing students from selected nursing college, Bangalore, who met the inclusive criteria were selected through the non-probability simple random sampling technique. Structured knowledge Questionnaire and structured teaching programme was used as a research tool. Since, it is considered to be the most appropriate instrument to elicit the response from subjects. The reliability of the tool was established by using split half method and Karl Spearson's formula. It was found 0.9 for structured knowledge questionnaire and tool was considered reliable for proceeding with main study.

A letter requesting permission was sent to the concerned authority of the selected nursing college, Bangalore prior to the data collection during the month of September 2021, and permission was granted for the same. The data was collected in the month of November 2021 at selected nursing colleges, Bangalore. The data was collected from 60 nursing students by using non-probability simple random sampling technique. The purpose of questionnaire was explained to the samples with self - introduction. The questionnaire was distributed to the nursing students and they took 15-20 minutes to fill up the answers for the questions and they were very co-operative. After conducting the pre-test, on the same day structured teaching programme was administer for the same and post-test was conducted after 7 days by using the same tool used for the pre-test.

## RESULTS:-

Description of pre-test and post-test knowledge of Adolescents regarding Substance abuse.

Table-1 depicts the 46 (76.6%) are fall in 17-19 years of age group, 36 (60%) Adolescents are Hindu religion, 36 (60%) are opt for the Science group and 41 (68.4%) are belongs to Nuclear family [11].

The data presented in the table-1 shows that 34 (56.6%) Adolescents had inadequate knowledge, 26 (43.3%) Adolescents had moderately adequate knowledge and no one found adequate knowledge in the pre-test. The mean is 13.9 and standard deviation was 3.3 in the pre-test knowledge.

Whereas 20 (33.3%) Adolescents had adequate knowledge, 40 (66.6%) Adolescents had moderately adequate knowledge and no one found inadequate knowledge in post-test. The mean is 20.8 and standard deviation of 4.08 was found in the post-test knowledge.

The data presented in a table-2 shows that the obtained [t] value was 14.05, which was found with statistically significant at 0.05 levels.

## IMPLICATION OF THE STUDY:-

The result of the study proceed that nursing students had inadequate knowledge regarding substance abuse. The findings of the study have scope in the following areas,

### Nursing Practice:

1. Nurses working in community fields should have enough knowledge about substance abuse among adolescent in selected colleges. They should be keen observers since the students cannot speak out about their problems.
2. Regular awareness classes can be conducted for adolescent's to increase the knowledge about substance abuse.
3. Not Only nurse but all the health care providers such as auxiliary nurse's and midwives, village nursing working in community centres should provide in services education regarding substance abuse.

### Nursing Education:

1. Nursing curriculum can be modified with increase emphasis on substance abuse.
2. Adolescents can also be trained to work in care under proper guidance.

### Nursing Administration:

1. Administration can organize structured teaching programmes in colleges to improve the knowledge regarding substance abuse.
2. The nursing administrator should concentrate on the proper selection, placement and effective utilization of the nurse in all areas giving opportunity for creativity, creating interest and enhancing ability in educating adolescent girls regarding substance abuse.

### Nursing Research:

1. The findings of the study had shown the majority of the Adolescents had in adequate knowledge regarding substance abuse.
2. The study motivates the beginning researcher to conduct the same study with the different variables on a large scale [12].

### ASSUMPTIONS:-

- ✓ Community Health Nurse has the role in educating adolescent about the prevention of substance abuse.
- ✓ Structured teaching programs may improve the knowledge among adolescent regarding prevention of substance abuse.



**LIMITATIONS:-**

1. The study was conducted in selected colleges
2. Sample was selected only from one institution; hence generalization can only be made for the selected sample.
3. The study did not use control group. The investigator had no control over the events that took place between pre-test and post-test.

**RECOMMENDATIONS:-**

Based on the study findings the following recommendations have been made for further study:

1. Similar study can be carried out on larger samples for broader generalization.
2. A comparative study may be conducted to assess the knowledge, regarding substance abuse among rural population.
3. A comparative study could be conducted in different settings to find out the effectiveness of structured teaching programme.
4. An experimental study could be replicated with a control group.
5. A study could be conducted on large group and different setting and students from various colleges.

**Table 1: Frequency and percentage distribution of sample characteristics****n=60**

Sl. No.	Demographic Variables	frequency	Percentage
1	<b>Age in years</b>		
	17-19	46	76.6%
	20-22	14	23.4%
2	<b>Religion</b>		
	Hindu	36	60%
	Christian	16	26.6%
	Muslim	8	13.4%
3	<b>Education in PUCspecialization</b>		
	Arts	24	40%
	Sciences	36	60%
4	<b>Family</b>		
	Nuclear	41	68.4%
	Joint	19	31.6%

**Table No. 2: Frequency, percentage, mean and standard deviation of pre-test and post-test knowledge score of Adolescents regarding substance abuse.****n=60**

Knowledge level	Category	Classification of Nursing students knowledge			
		Pre-test		Post-test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Adequate knowledge	75-100%	0	0%	20	33.3%
Moderate knowledge	50-74%	26	43.3%	40	66.6%
Inadequate knowledge	50% and below	34	56.6%	0	0
<b>Total</b>		<b>60</b>	<b>100</b>	<b>60</b>	<b>100</b>

**Table No.3: Mean, Standard Deviation and paired't' test to determine the effectiveness of structured teaching programme regarding knowledge on substance abuse among Adolescents.****n=60**

SL No	Demographic variable	No	%	Level of knowledge						Chi-square
				Adequate		Moderate		Inadequate		
1.	Age									x <sup>2</sup> =5.56*
	17-19	46	76.6%	9	19.5%	35	76%	2	4.3%	
	20-22	14	23.3%	7	50%	6	42.8%	1	7.1%	
2.	<b>Religion</b>									x <sup>2</sup> =2.86*
	Hindu	36	60%	8	22.2%	27	75%	1	2.7%	
	Christian	16	26.6%	6	37.5%	9	56.2%	1	6.2%	
	Muslim	8	13.3%	2	25%	5	62.5%	1	12.5%	



3.	<b>Education</b>									
	Science	36	60%	8	22.2%	26	72.2%	2	5.5%	x <sup>2</sup> =1.01*
Arts	24	40%	8	33.3%	15	62.5%	1	4.1%		
4.	<b>Family</b>									
	Nuclear	41	68.3%	8	19.5%	32	78%	1	2.4%	x <sup>2</sup> =5.94*
Joint	19	31.6%	8	42.1%	9	47%	2	10.5%		

NS\*\* Not significant

S\* Significant

#### DISCUSSION:-

Structured teaching programme was found to be an effective educative method for improving the knowledge of Adolescent in the selected college regarding substance abuse. The findings were similar to other studies, which shown that nursing students having good knowledge on substance abuse. In the present study results revealed that obtained [t] value was 14.05, which were found with statistically significant at 0.05 levels.

#### CONCLUSION:-

The study concluded that the Structured teaching programme on knowledge regarding substance abuse of adolescent in the selected college carried out was effective in improving the knowledge of adolescent as evidenced by the significant change between pre-test and post-test knowledge score.

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#### CONFLICT OF INTEREST:

Nil

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Obtained from Institutional ethical committee.

