



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON LEVEL OF KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG STUDENTS IN SELECTED SCHOOL, BANGALORE

Dr. Tejeshwari B.V

Guide, HOD & Professor, Department of Community Health Nursing, RajaRajeswari College of Nursing, Bangalore, Karnataka, India.

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 begin 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. **Objectives:** - 1. To assess the level of pre-test knowledge regarding substance abuse among students in selected school Bangalore, Karnataka. 2. To assess the level of post-test knowledge regarding substance abuse among students in selected school Bangalore, Karnataka. 3. To evaluate the effectiveness of structured teaching programme regarding substance abuse among students in selected school Bangalore, Karnataka. 4. To find out association between post-test knowledge score regarding substance abuse with selected demographic variables. **Design:** - Evaluative research approach was used for the study. Sixty students were recruited by non-probability purposive sampling method. Necessary administrative permission was obtained from concerned authority. Written informed consent was obtained from all subjects. Then the investigator collected the data pertaining to the demographic variables by using structured interview schedule. Ethical clearance was obtained from Institutional ethical committee. Content validity of the tool was established by split of method. The obtained score was 0.90 & it was found to be reliable. Pre-testing of the tools was done. **Setting:** - The study was conducted in selected primary schools, Bangalore, Karnataka. **Result:** - The findings of the study was revealed that the mean score of knowledge substance abuse was 16.8 in pre-test and 22.6 in post-test out of maximum score of 20, which proved that structured teaching programme was effective in increasing the knowledge level of students regarding substance abuse. The paired 't' test found to be statistically significant at 0.05 levels. **Conclusion:** - The present study attempted to assess the effectiveness of structured teaching programme on knowledge of students regarding substance abuse and it was found that the structured teaching programme was effective in improving the knowledge of students.

Key words: Effectiveness, Knowledge, STP and substance abuse.

Corresponding Author
Dr. Tejeshwari.B.V

Email:- tejeshwinirajesh@gmail.com

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INTRODUCTION

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. [1]

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. A social risk endangers/harms the user or other people.

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 being in childhood to the teen years. [2]

Etiology includes 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. [3]

Symptoms of substance abuse includes giving up past activities such as 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 hangovers, 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. [4]

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 lifestyles. This data about adolescents sheds new light on how deeply substance use pervades the lives of many young people and their families, while 2 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. [5]

OBJECTIVES

1. To assess the level of pre-test knowledge regarding substance abuse among students in selected school Bangalore, Karnataka.

2. To assess the level of post-test knowledge regarding substance abuse among students in selected school Bangalore, Karnataka. [6]
3. To evaluate the effectiveness of structured teaching programme regarding substance abuse among students in selected school Bangalore, Karnataka.
4. To find out association between post-test knowledge score regarding substance abuse with selected demographic variables. [7]

HYPOTHESES

H₁ – There's a significant difference in a pre-test and post-test level of knowledge regarding substance abuse among students in selected schools, Bangalore.

H₂– There's a significant association of post-test level of knowledge regarding substance abuse among students with their selected demographic variables.

MATERIAL AND METHODS

Evaluative research approach was used for the study. Sixty students were recruited by non- probability purposive sampling method. Necessary administrative permission was obtained from concerned authority. Written informed consent was obtained from all subjects. Later the investigator collected the data pertaining to the demographic variables by using structured interview schedule in the following three phases. [8]

Phase I: Assess the pre-test knowledge of students regarding substance abuse by using structured questionnaire.

Phase II: A STP was administered on knowledge regarding substance abuse.

Phase II: Assess the post-test knowledge after a period of week within the group followed by same procedure.

Ethical clearance was obtained from Institutional ethical committee. Content validity of the tool was established by split of method. The obtained score was 0.90 & it was found to reliable. Pre-testing of the tools was done. A pilot study was conducted to see the feasibility. The obtained data were analyzed based on the objectives and hypothesis by using descriptive and inferential statistics. [9]

The above table no.2 shows the distribution of students according to the level of knowledge regarding substance abuse before and after structured teaching programme. It revealed that in pre-test, majority of the respondents 48 (80%) had inadequate knowledge, 12 (20%) had moderate knowledge and none of them had adequate knowledge regarding substance abuse. And in post-test most of the respondents 40 (66.6%) had adequate knowledge and 20 (33.4%) had moderate knowledge regarding substance abuse. [10]



Table1: Frequency and percentage distribution of demographic variables of students n=60.

S.N	Demographic variables	Frequency	Percentage
1.	Age:		
	8-10 years	55	92%
	10-12 years	5	8%
2.	Gender:		
	Male	43	72%
	Female	17	28%
3.	Religion:		
	Hindu	55	92%
	Muslim	5	8%
5.	Father's education:		
	Primary	32	53%
	Secondary	28	47%
6.	Mother's education:		
	Primary	33	55%
	Secondary	27	45%
7.	Occupational status of father:		
	Farmer		
	Business	35	58%
	Profession	23	38%
		2	4%
8.	Occupational status of mother:		
	Farmer	24	40%
	Housewife	36	60%
9.	Type of family:		
	Joint	37	62%
	Nuclear	23	38%
10.	Income of family:		
	Below Rs.5000	35	58%
	Rs.5000-10000	18	30%
	Rs.10000-15000	7	12%

Table 2: Frequency and percentage distribution of students according to the level of knowledge regarding substance abuse before and after structured teaching programme n=60

Sl.No	Level of Knowledge	Respondents Knowledge			
		Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
1.	Inadequate (< 50%)	48	80	-	-
2.	Moderate (50-75%)	12	20	20	33.4
3.	Adequate (> 75%)	-	-	40	66.6
	OVERALL	60	100	60	100

Table 3: Mean, Standard Deviation and paired 't' test to determine the effectiveness of structured teaching programme regarding knowledge on substance abuse among students. N=60

Max score	Mean	SD	Mean difference	paired "t" test	Significance
Pre-Test	6.32	3.87	8.16	16.50	0.05*
Post-Test	14.48	5.37			



Table 4: Comparison of pre-test and post-test level of knowledge among students regarding substance abuse n=60

Level of knowledge	Pre-test		Post-test		Chi square test
	No. of students	%	No. of students	%	
Adequate knowledge	0	0	40	66.6	$\chi^2 = 8.37$ Df=3 P=0.05**
Moderately adequate knowledge	12	20	20	33.4	
Inadequate knowledge	48	80	0	0	
Total	60	100	60	100	

IMPLICATION OF THE STUDY

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

Nursing Practice

1. Nurses working in the community field should have enough knowledge about substance abuse & able to find an opportunity to teach & improve knowledge regarding substance abuse.
2. Nursing professionals can play a key role in the enhancement of knowledge of students regarding substance abuse, which could improve the knowledge of students. [11]

Nursing Education

1. Nursing curriculum can be modified with increased emphasis on substance abuse.

Nursing Administration:

1. Administrators can organize the educational programs in students and community areas to provide knowledge regarding substance abuse.
2. The nurse administrator in the higher-level authority must hold discussions and meetings on substance abuse. Based on that, the knowledge of the students can be assessed and the program can be planned and implemented in school & community at various levels.

Nursing Research

Management & administration authorities give encouragement, motivation & also provide financial support to do research.

ASSUMPTIONS

- ✓ Students will have some knowledge regarding selected aspects substance abuse.
- ✓ Structured teaching programme may enhance the knowledge of students regarding selected aspects of substance abuse.

LIMITATIONS

- The study was conducted in selected school, Bangalore.
- Sample was selected only from one institution; hence generalization can only be made for the selected sample.

- The study did not use control group. The investigator had no control over the events that took place between pre-test and post-test. [12]

RECOMMENDATIONS

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

- Similar study can be carried out on larger samples for broader generalization.
- A comparative study could be conducted in different settings to find out the effectiveness of structured teaching programme.
- An experimental study could be replicated with a control group.
- A comparative study could be undertaken to evaluate different teaching strategies, self-instructional module (SIM), peer evaluation and education by students.

DISCUSSION

Structured teaching programme was found to be an effective educative method for improving the knowledge of students in the selected schools regarding substance abuse. [13] The findings were similar to other studies, which shown that students having good knowledge on substance abuse. In the present study results revealed that obtained [t] value was 16.50, which were found with statistically significant at 0.05 levels.

CONCLUSION

The study concluded that the structured teaching programme on knowledge regarding substance abuse among students in the selected schools carried out was effective in improving the knowledge of students 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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