

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Alcoholism and Its Hazards among the Adolescent Boys in Selected Senior Secondary Schools, Kota, Rajasthan

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Abstract: Background of Study: Alcohol is a direct multisystem toxin which produces a sedative effect by depressing the central nervous system. Depending on the amount of alcohol ingested, the effect can range from feelings of mild sedation and relaxation to a serious impairment of motor function, speech, confusion and severe intoxication that can result in coma, respiratory failure and death. Alcoholism is called a "dual disease" since it includes both mental and physical components. The biological mechanisms that cause alcoholism and its hazards are not well understood. Social environment, stress, mental health, family history, age, ethnic group, and gender all influence the risk for the condition.

Objectives of the study

- 1) To assess the level of knowledge regarding alcoholism and its hazards among adolescent boys.
- 2) To develop and administer structured teaching programme on knowledge regarding alcoholism and its hazards among adolescent boys.
- 3) To determine the effectiveness of structure teaching programme regarding alcoholism and its hazards among the adolescents boys.
- 4) To determine the association between the post - test knowledge scores of adolescents boys regarding alcoholism and its hazards with their selected socio - demographic variables.

Research hypothesis

H₁ . The mean post test knowledge score of adolescent boys regarding alcoholism and its hazards will be significantly higher than the mean pre - test knowledge scores.

H₂ . There is a significance association between post Test level of knowledge with selected socio - demographic variables.

Null hypothesis

H₁ . The mean post test knowledge score of adolescent boys regarding alcoholism and its hazards will not be significantly higher than the mean pre - test knowledge scores.

H₂ . There is a no significance association between post test level of knowledge with selected socio - demographic variables.

Methods

An evaluative study was conducted using pre experimental one group pre test – post test research design, non probability convenient sampling technique was used to select 60 adolescents boys study at selected Govt. senior secondary schools, Kota (Raj.). Data was collected using structured knowledge questionnaires during the month July & August 2017.

Results

The result reveals that the overall score was 55.0% of adolescent boys had poor knowledge, 31.7% adolescent boys had average knowledge and only 13.37% adolescent boys had good knowledge in the pre test and after structured teaching programme, 41.7% of adolescent boys had good knowledge and 25.0% of adolescent boys had average adequate knowledge regarding alcoholism and its hazards. Paired 't' test showed that there was a significant improvement between pre test and post test scores with 't' value of 14.996, which is more than tabulated value at 0.05 level of significance.

Interpretation and Conclusion

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The study finding reveals that structured teaching programme on alcoholism and its hazards is effective in improving knowledge of adolescent boys.

The study also reveals that there is no significant association between the post test level of knowledge with selected socio - demographic variables. Adolescent boys are the turning period for an individual's career. It is the responsibility of the student, family, society and government responsibility to make this life healthy, smooth, colorful and successful, by preventing alcoholism and its hazards. Improve the knowledge of adolescent's boys and thereby alcoholism problems can be prevented.