

Effectiveness of Structured Teaching Programme Regarding Knowledge on and Attitude towards Substance Abuse among Adolescent in Selected Schools at Puducherry

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*“Substance abuse is injurious to health and our family and the nation”
“prevention is better than cure”*

1. Introduction

Adolescence is a fluctuating period wherein there is total confusion regarding everything that is supposed to be performed. It is a period wherein the adolescent loves to be popular among their peers and ready to do things as they wish and something that gives them thrill. They have their own social grouping, new values in selection of friends and social acceptance etc. This may lead to changes in a teen's alertness, perception, movement, judgement and attention, making the teen more likely to engage in high risk behaviours. Alcohol among adolescents is one of the leading causes of death and disability than from automobile accidents, suicide and violence.

Substance abuse is a growing problem in India. Earlier considered to be a problem of street children, working children and trafficked children, it has now become a widespread phenomenon affecting all segments of the society. Substance abuse among adolescents has become a concern throughout the world (UNDCP, World Drug Report).

Need for the study

According to reports of substance use in India, the epidemic of substance abuse in the young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are leading to initiation into substance use. According to the World Health Organization, substance abuse, persistent or sporadic drug use, is inconsistent with or unrelated to acceptable medical practice.

Statement of the problem

“A study to evaluate the effectiveness of Structured Teaching Programme on knowledge on and attitude towards substance abuse among adolescents in selected schools at Puducherry”

Objectives

- To assess the existing level of knowledge on and attitude towards substance abuse among adolescents in selected schools at Puducherry.
- To evaluate the effectiveness of Structured teaching program on substance abuse among adolescents.

- To compare the post test level of knowledge and attitude of the experimental group with control group.
- To associate the post test level of knowledge on and attitude towards substance abuse with selected demographic variables.

Assumptions

- Substance abuse impairs developmental tasks of adolescents.
- Substance abuse during adolescence leads to maladaptive behaviour among them.
- Adolescents abuse substances due to peer pressure and other environmental influences.

Hypothesis

H1 There will be a significant difference between the pretest and post test level of knowledge on and attitude towards substance abuse among experimental group and control group.

H2 There will be a significant difference in the posttest level of knowledge and attitude between the experimental group and control group.

H3 There will be a significant association between posttest level of knowledge and attitude in experimental group with selected demographic variables.

Delimitation

The study is limited to

- Selected schools in Puducherry
- Period of one month
- 266 adolescents

2. Review of Literature

The literature was searched from an extensive review from various sources and was depicted under the following headings;

Section A: Reviews related to knowledge and attitude of substance abuse.

Section B: Review related to effectiveness of structured teaching programme on substance abuse.

Section C: Literature Review related to ill effects of substance abuse.

3. Research Methodology

3.1 Research approach: Quantitative research approach

3.2 Research design: Quasi experimental design pre and post test with control group

3.3 Population: The study population comprises all school going adolescence

3.4 Sample: School going adolescent between the age group of 13to 17 years who fall under the inclusion criteria and those who are available during data collection.

3.5 Sample size: A sample consisted of 266 subjects in selected areas of Puducherry. In that control group 133 and experimental group 133.

3.6 Sampling technique: Convenience sampling technique was used to select the schools and randomly assigned to experimental and control group.

3.7 Criteria for Sample Selection

The sample was selected based on the inclusion and exclusion criteria

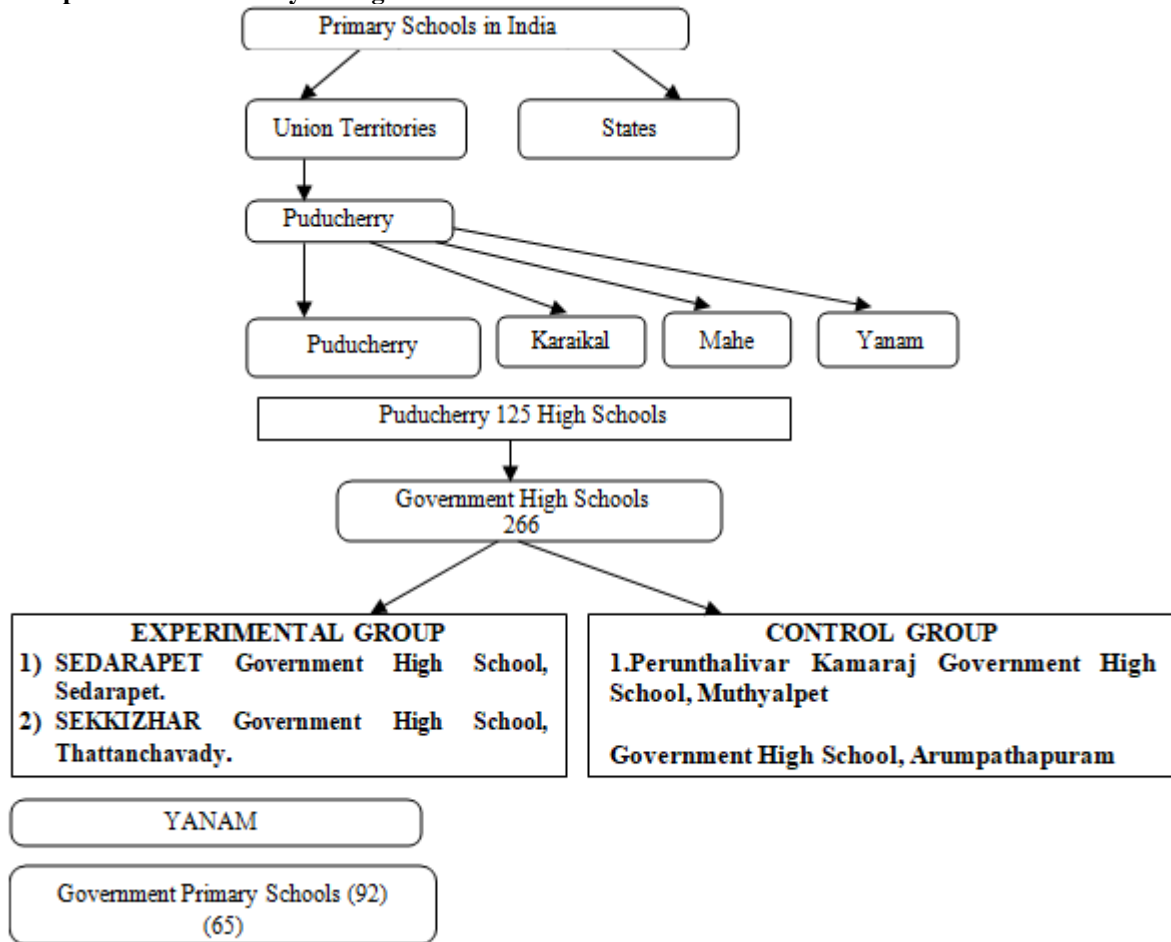
Inclusion criteria:

- Subjects
- In the age group of 13 to 17 years
- Both boys and girls
- Those who read and write English and tamil.

Exclusion criteria:

- Subjects
- Irregular for the class
- Long absenteeism
- With psychological and emotional problem.

Schematic representation of study setting



3.8 Development and description A Tool

The researcher developed a structured questionnaire to assess the level of knowledge and attitude towards substance abuse after reviewing the literature, books and considering the opinion of Nursing experts and Psychiatrist. The tool consist of three sections

Section A: Demographic variables

It includes age, gender, religion, residence, the class of the study, educational qualification of parents, type of family any substance abuser in the family and family income.

Section B: Structured questionnaire

Self administered structured questionnaire was used to collect the data. It contains thirty multiple choice questions to assess the level knowledge regarding substance abuse which consist of concepts, definition, types of substance

abuse, causes of substance abuse, ill effects and management of substance abuse. Each correct answer carries one mark and wrong answer carries zero mark. The scoring was categorized as

Level of Knowledge	Scoring
Inadequate	0-10
Moderately Adequate	11-20
Adequate	21-30

Section C: Attitude questionnaire

It is a five point likert scale it contains fifteen questions. Among that six positive items and nine negative items. Reverse scoring was given to the negative response

Strongly disagree	:	1
Disagree	:	2
Neutral	:	3
Agree	:	4
Strongly agree	:	5

Very poor	0-15	> 20%
Poor	16-30	21%-40%
Fair	31-45	41%-60%
Good	46-60	61%-80%
Very good	61-75	81-100%

3.9 Description of the intervention

Lesson plan was formulated regarding substance abuse on definition, abuse, classification of substance; causes of substance abuse ,commonly used substance in India and Pondicherry, ill effects of substance and management of substance abuse. The lesson plan was validated by experts in nursing. The intervention was given using audio visual aids for seven days followed with discussion. The intervention is for 30 minutes.

3.10 Data Collection Procedure

The formal permission was obtained from concerned authorities for the data collection. The period of data collection was for one month. A total 266 samples were selected using convenience sampling technique. On the day one, the researcher gave the self introduction and obtained informed consent from the subjects. The pretest was conducted using socio demographic data sheet, questionnaire on knowledge and attitude towards the substance abuse. Intervention was given by power point presentation only to the experimental group for 30 minutes. Following the intervention programme the posttest was conducted on the seventh day for the experimental and control group using the same questionnaire. The intervention and the booklet was provided to the control group after the posttest.

4. Data Analysis & Interpretation

Data presented under the following headings.

Section I: Distribution of socio demographic variables of the subjects.

Section II: Frequency and percentage distribution of existing level of knowledge and attitude towards substance abuse among adolescent in experimental and control group.

Section III: Effectiveness of structure teaching programme on knowledge and attitude towards substance abuse among adolescent within experimental group.

Section IV: Comparison of post-test level of knowledge and attitude of experimental group with control group.

Section V: Association of posttest level of knowledge and attitude with selected socio demographic variables.

Section II: Distribution of existing and posttest level of knowledge and attitude in control and experimental group

Table 4.03: Frequency and percentage distribution of existing level of knowledge in experimental group and control group

Level of knowledge	Experimental Group		Control Group	
	Pre Test		Pre test	
	Frequency (n)	%	Frequency (n)	%
Inadequate knowledge	81	60.9%	38	28.6%
Moderate knowledge	43	32.3%	81	60.9%
Adequate knowledge	9	6.8%	14	10.5%
Total	133	100%	70	100%

Table 4.04: Frequency and percentage distribution of level of knowledge in post -test level of knowlrdegin control group.

Level of knowledge	Experimental Group		Control Group	
	Post TEST		POS TEST	
	Frequency(n)	%	Frequency(n)	%
Inadequate knowledge	2	1.5%	32	15.7%
Moderate knowledge	39	29.3%	91	72.9%
Adequate knowledge	92	69.2%	10	7.5%
Total	70	100%	70	100%

Table 4.05: Frequency and percentage distribution existing level of attitude in experimental group

Level of Attitude	Experimental Group		Control Group	
	Pretest		Pretest	
	Frequency(n)	%	Frequency(n)	%
Very Poor	25	18.8%	0	0%
Poor	57	42.9%	125	94%
Fair	39	29.3%	8	6%
Good	12	9%	0	0%
Very good	0	0%	0	0%
Total	70	100%	70	100%

Table 4.06: Frequency and percentage distribution post –test level of attitude in experimental and control group

Level of Attitude	Experimental Group		Control Group	
	Post Test		Post test	
	Frequency (n)	%	Frequency (n)	%
Very Poor	0	0%	0	0%
Poor	0	0%	78	58.6%
Fair	6	4.5%	55	41.4%
good	102	76.7%	0	0%
Very good	25	18.8%	0	0%
TOTAL	133	100%	133	100%

Section III: Effectiveness of structure teaching programme on knowledge and attitude towards substance abuse among adolescent with in experimental group.

Table 4.07: Comparison of the pre and post -test level of knowledge in experimental group

Experimental Group	Mean	SD	t -test	P Value
Pretest	1.458	0.621	-15.07	0.000***
Posttest	2.678	00		

Table 4.08: Comparison of the pre and post -test level of attitude in experimental group

Experimental Group	Mean	SD	t -test	P value
Pretest	2.285	0.875	-27.81	0.000***
Posttest	4.142	0.462		

Table 4.09: Comparison of the pre and post -test level of knowledge in control group

Control Group	Mean	SD	t -test	P Value
Pretest	1.271	.536	-8.574	0.102
Posttest	1.957	.522		

Table 4.10: Comparison of the pre and post -test level of attitude in control group

Control Group	Mean	SD	t -test	P value
Pretest	3.200	.437	-1.425	0.512
Posttest	3.257	.471		

Section IV: Comparison of the post-test level of knowledge and attitude of experimental group with control group

Table 4.11: Comparison between control and experimental group post test level of knowledge

Posttest	Mean	SD	t -test	P value
Control	1.834	0.539	-13.19	0.212
Experimental	2.676	0.500		

Table 4.11: Comparison between control and experimental group post test level of attitude

Posttest	Mean	SD	t -test	P value
Control	2.413	0.494	-8.54	0.000
Experimental	4.412	0.462		

Section V: Association of posttest level of knowledge and attitude with selected demographic variables

Table 4.13: Association of post-test level of knowledge with selected demographic variables in experimental group

Experimental Group				
S. no	Demographic Variables		df	p value
1.	Age	1.926	6	.000***
2.	Gender	2.51	2	0.004
3.	domicile	5.32	6	0.503
4.	Education	2.436	4	0.656
5.	Occupation of guardian	1.61	6	0.952
6.	Religion	2.24	6	.000***
7.	Family history of substance abuse	4.86	6	0.000***

Table 4.14: Association of post-test level of attitude with selected demographic variables in experimental group

Experimental Group				
S. No	Demographic Variables		Df	p value
1.	Age	3.898	6	.001***
2.	Gender	1.05	2	1.05
3.	Domicile	2.83	6	.000***
4.	Education	2.95	4	.065
5.	Occupation of the guardian	5.10	6	.0031
6.	Religion	12.9	6	.043*
7.	Family history of substance abuse	9.37	6	.000***

5. Discussion, Summary and Conclusion

5.1 Findings based on the objectives

Discussion

This chapter deals with the discussion of the study findings and comparing with appropriate review of literature. The aim of the present study was to evaluate the effectiveness of structured teaching programme on substance abuse towards adolescent in selected school at puducherry.

The study was conducted using quantitative research approach and quasi experimental research design. Schools were selected using simple random sampling technique, the sample size of the study 266. The structured teaching programme was given to improve the knowledge and attitude regarding substance abuse among adolescents in selected schools at puducherry.

The effectiveness was analyzed using descriptive statistics (frequency, mean, and standard deviation) and inferential statistics (paired t test).the data were analyzed based on the objective of the study.

5.2 Major Findings of the Study

Considering the distribution of demographic variable- with respect to the subject based on the age group .majority 47 (35.3%) of the subjects were between the age of 15 – 16 years and minority 9 (6.8%) of the subjects belongs to the age category of 16 – 17 years. And in control group majority 44(33.1%) of the subjects were between the age of 15 – 16 years and minority 7(5.3%) of the subjects were 16-17 years. Considering the variable related to gender majority 71(53.4%) of the subjects were male and minority 62(46.6%) were female. In control group variable related to gender majority 88(66.2%) of the subjects were male and minority 45(33.8%) of the subjects were female.

With regards to the domicile area, majority 65(48.9%) were belongs to urban area and minority 8(6%) were belongs to slum area. And in control group majority 98(73.7%) were belongs to urban area and 14(10.5%) of the subjects were belongs to slum.

As per the data pertaining to their education level majority 55(41.4%) belongs to 10th standard and minority 37(27.8%) belongs to 8th standard. And in control group majority 58(43.6%) belongs to 10th standard and minority 34(25.6%) were belongs to 9th standard.

Considering subjects related to the occupation of the guardian majority 58(43.6%) were belongs to private employees and minority 12 (9%) subjects were house wife. And in control group majority 44(33.1%) were belongs to business and minority 21(15.8%) of the subjects were house wife.

As pertaining the particular data of religion, around 116 (87.2%) of the subjects were Hindus

And nearly 2(26%) of the subjects were other religion. and in control group around 112(84.2%) of the subjects were

hindus and nearly 3(2.3%) of subjects belongs to other religion.

Considering the family history of substance abuse around 60 (45.1%) of the subjects were never use the substance, nearly 23 (17.3%) of the subjects were regularly using the substance. And in control group around 67(50.4%) of the subjects were never used the substance and nearly 15 (11.3%) of the subjects were occasionally they use the substance.

Out of 133 subjects majority 94(70.7%) of the subjects were nuclear family and minority 3(2.3%) of the subjects were single parent. And in control group out of 133 subjects majority 87(65.4%) of the subjects were nuclear family and minority 1(0.8%) Of the subjects were from others.

With regards to the monthly income majority 73(54.9%) of the subjects were <5000 per month and minority 8 (6%) of the subjects were >15000. And in control group 84(63.2%) of the subjects were <5000 and minority 7(5.3%)of the subjects were >15000.

The data was analyzed as per objectives:

The first objective of the study is to assess the level of knowledge and attitude towards substance abuse among school going adolescent in selected schools at puducherry. In experimental group Pre test indicates that 81(60.9%) of the subjects with inadequate knowledge, 43(32.3%) of the subjects with moderate knowledge, 9(6.8%) of the subjects with adequate knowledge. In control group pre-test indicates 38(8.6%) of the subjects with inadequate knowledge, 81(60.9%) with moderate knowledge and 14(10.5%) with adequate knowledge.

The present study was supported by Naresh nebhinani, mamta nebhinani et, al.2017 Conducted a study to assess the drug related knowledge and attitude among school and college students. The result revealed that total sample consist of 192 students, out of these 92 high school students were enrolled from 8, 9, and10 and 100 were college students pursuing graduation. the students appeared to have adequate knowledge about addictive substance and their harmful effects but only a minority had knowledge about the available treatment.

In hypothesis there will be significant difference in knowledge and attitude level on substance abuse among adolescents before and after the structured teaching programme intervention was accepted.

The second objective was to evaluate the effectiveness of structure teaching programme on substance abuse among school going adolescent. in experimental group the study findings shows that the pre-test mean was 1.458 and post test mean was 2.676 in knowledge and in Attitude pre test finding mean is 2.285 and the post test mean was 4.142. and in control group the pre test finding the mean is 1.819 and post test mean is 1.834 in knowledge and in attitude the pre test mean was 2.060 and post test mean was 2.413.this shows high statistical difference at $p < 0.001$. Hence the study

concluded that structure teaching programme is effective among adolescents.

It is consistent with the study stated by the author R. Snehalatha et, al. 2017 conducted a study to assess the structured teaching programme on knowledge regarding alcohol use and its harmful effects among high school children. result revealed that among 60 high school children 15 (25%)had inadequate knowledge, 24 (40%) had moderate knowledge and 21 (35%)had adequate knowledge in pre-test after administration of structured teaching program, the post-test findings revealed that 8 (13.3%) had inadequate knowledge, 28 (46.7%) had moderate knowledge and 24 (40%) had adequate knowledge. That the pre-test means value and standard deviation scores was 15.40+2.499 and the post-test means value and standard deviation was 24.08+2.499 and the Calculated t-value was 15.846. Which was statistically significant at $p = 0.01$. The above results revealed that there was a significant difference between pre-test and post-test scores among scores among high school children after structured teaching program.

Hence hypothesis stated there will be a significant difference in knowledge and attitude among substance abuse among adolescent in selected schools in puducherry is accepted.

The third objective was To associates the post test level knowledge and attitude towards substance use with selected demographic variables. Chi-square test has been applied to find the association between the post test levels with selected demographic variables.

The present study findings showed that there was association exist between the selected demographic variables age, sex, domicile, education, occupation of the guardian , religion, family history of substance abuse, type of family , and family income is significant at $p < 0.001$

6. Conclusion

The present study was to evaluate the effectiveness of structured teaching programme on knowledge and attitude towards substance abuse among school going adolescent in selected school at puducherry. The study findings shows that in knowledge pre test mean was 1.819 and post test mean was 1.834 in attitude pre test mean was 2.060 and post test 2.413 in control group and in experimental group the knowledge pre test mean was 1.458 and post test mean was 2.676. in attitude pretest mean was 2.285 and pos test mean was 4.142 .paired t test was used to compare the pre test and post test level of knowledge and attitude level among the study subjects. The comparison of pre and post test level of knowledge and attitude towards substance abuse revealed that calculated t value is 15.07 and 27.81 This shows high statistical significant that difference at $p < 0.000$.hence the study concluded that structure teaching programme was effective among the study subjects.