

# Effectiveness of a Structured Teaching Program on Knowledge and Attitude Regarding Substance Abuse and Its Consequences among Adolescents: A Pre-Post Analytical Study in a Selected College at Anekal Taluk, Bengaluru

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## Abstract:

**Title:** Effectiveness of a Structured Teaching Program on Knowledge and Attitude Regarding Substance Abuse and Its Consequences Among Adolescents: A Pre-Post Analytical Study in a Selected College at Anekal Taluk, Bengaluru.

**Background:** Substance abuse is a major public health concern associated with significant physical, psychological, and social consequences<sup>[1]</sup>. Adolescents are particularly vulnerable due to developmental and environmental factors, highlighting the need for effective educational interventions to improve knowledge and attitudes regarding substance abuse and its consequences<sup>[2-4]</sup>.

**Objectives:** To assess the effectiveness of a structured teaching program on knowledge and attitude regarding substance abuse and its consequences among adolescents, and to determine the association between baseline knowledge, attitude, and selected demographic variables.

**Methods:** A pre-experimental one-group pre-test–post-test study was conducted among 60 adolescents in a selected college at Anekal Taluk, Bengaluru. Participants were selected using a convenience sampling technique. Data were collected using a structured knowledge questionnaire and a five-point Likert attitude scale. The structured teaching program was administered as the intervention. Descriptive and inferential statistics were used for data analysis, with significance set at  $p < 0.05$ .

**Results:** In the pre-test, 51.67% of participants had inadequate knowledge, which decreased to 30% in the post-test. The proportion of participants with moderate knowledge increased from 40% to 56.67% following the intervention. Positive attitudes improved from 61.67% in the pre-test to 86.67% in the post-test. Significant associations were found between pre-test knowledge and demographic variables such as gender, educational level, and place of residence ( $p < 0.05$ ). Attitude was significantly associated with mother's occupation and family type ( $p < 0.05$ ).

**Conclusion:** The structured teaching program was effective in improving knowledge and enhancing positive attitudes regarding substance abuse and its consequences among adolescents. These findings support the use of educational interventions in adolescent populations for substance abuse prevention.

**Keywords:** Substance Abuse, Adolescents, Structured Teaching Program, Knowledge, Attitude Substance Abuse Consequences

## References

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