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RESEARCH ARTICLE

"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED SCHOOL (JAWAHAR NAVODAYA VIDIYALIA KHANPORA) OF DISTRICT BUDGAM, JAMMU AND KASHMIR".

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Key words:-
Substance Abuse, Adolescents, Knowledge, Structured Teaching Programme.

Abstract

Background: Adolescents are at high risk of drug abuse related problems as compared to other population. The prevalence rate of drug abuse is highest among young adolescents, a large majority of whom are students. Substance abuse by students in secondary schools is a serious problem. As it is gaining gradual popularity among 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. **Aim of the study:** The aim of the study was to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents **Materials and Methods**: A pre-experimental study was chosen, one group pretest-post test design was used for this study. Simple random sampling technique was used. Sample size was 60 adolescents with age of <16 to 20.Both male and female students were selected, Self administered Knowledge questionnaires (Pre test – Post test) were administered. The collected data were analyzed by using descriptive & inferential statistics based on predefined objectives of the study. **Results:** Present study shows that pre test knowledge level of students was significantly (P<0.05) less towards substance abuse the mean score of the pre-test knowledge of students was (8.35). After giving the intervention (structured teaching programme) the mean score of post test knowledge score increased to (24.03). So, there was significant difference in level of knowledge in pre-test and post-test. Study reveals that proper education (STP) enhance post test knowledge among students regarding substance abuse. **Conclusion:** The investigator observed that the adolescents are at high risk for substance abuse.STP was an effective method for providing adequate knowledge and the knowledge about substance abuse will help them to prevent themselves from engaging into the evil of substance abuse and to enable them to live quality of life.

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Introduction:-

Today's children are tomorrow's citizen it is necessary for us to prevent adolescents to become prone towards substance abuse. An adolescent is a period when lots of changes take place in body & mind. Adolescents start using harmful and illegal substances at younger age. Drinking, smoking, and drug use by adolescents affect general health, physical growth, emotional development and school performance. Continues use of such substance lead physical & psychological harm, and is difficult to stop.[1]

This may lead changes in a teen's alertness, perceptions, movement, judgment, and attention, making the teen more likely to engage in high-risk behaviors. Alcohol and drug use among adolescents is a leading cause of death and disability from automobile accidents, suicide & violence.[2]

Following declines in the late 1980s and early 1990s, prevalence rates of alcohol and other drug (AOD) use among adolescents are increasing again. The proportion of eighth graders using an illicit drug in the past year nearly doubled in the period from 1991 to 1995 (11% to 21%). Almost 40% of 1995 high school seniors reported use of some type of illicit drug in the past 12 months (up from 30% in 1991). Overall, one of every two adolescents has tried an illicit drug by the time he or she graduates from high school. [3] It has been reported that the substance use in 2002 and 2003, 51 percent of high school seniors and 59 percent of young adults admitted to having used an illicit substance including about 45 percent of each who had used cannabinol e.g Marijuana, and almost 15 percent have taken amphetamines. 2.5 percent of world population confirms cannabis use compared with cocaine 0.2 percent consuming cocaine and 0.2 percent consuming opiates.[4]

According to UN report, One million heroin addicts are registered in India, & un- officially there is as many as five million. Cannabis, heroin & Indian produced pharmaceutical drugs are the most frequently abuse drugs in India. The International Narcotic Control Board reported that in India person addicted to opiates are shifting their drug of choice from opium to heroin.[5]

Various studies in India shows that 80% of adults start using psychoactive substance before 18 years of age & if they continue with it addiction may be develop within three years with increase risk of physical & mental illness.[6]

Substance abuse is a major public health problem all over the world. The use and abuse of drugs by adolescents have become one of the most disturbing health related phenomena in Kashmir valley. It is estimated that there are about 70000 drug addicts in Kashmir including 4000 women. Also 65 to 70% students in Kashmir are drug addicts who include gateway drugs too and around 26% female students. In 2004 in a study on "Changing socio-demographic and clinical profile of substance use disorder patients in Kashmir Valley" compared the substance abuse in 1980 to 1988 and 2002 in patients it was found that there has been an alarming increase in the use of opiod-based preparations (9.5 to 73.61%) along with multiple substance use (15.8 to 41.6%) from 80's to the year 2002 respectively.[7]

According to drug addiction center srinagar: In January 2016 there were as 33,981 adolescents attended in drug de-addiction center. According to current data total no. of school going adolescents abused to multiple substances are 10187 in 2017 till date.

Several school going adolescents experience mental health problems. Either temporarily or for a long period of time. Some become maladjusted to school situations and eventually drop out of school.[8]

Social pressures, from peer, family, and societal role models are at the top of the list of reasons why adolescents take drugs. Predisposition toward rebelliousness, nonconformity, and independence also figure prominently. Also, a high correlation has been found between parental drug use and abuse and drug abuse patterns among their children.[9]

This may lead changes in a teen's alertness, perceptions, movement, judgment, and attention, making the teen more likely to engage in high-risk behaviors. Adolescents are the future citizen of our country. The investigator observed that the adolescents are at high risk for substance abuse.Thus interest aroused in the researcher to conduct the study on substance abuse .

Objectives of the study:-

1. To assess pretest knowledge regarding substance abuse among adolescents in selected School.
2. To evaluate the effectiveness of structured teaching program me and
3. To find association between pre- test knowledge scores of adolescents' substance abuse with selected demographic variables.

Materials and methods:-

A quantitative approach was used. Pre-experimental one group pre- test, post- test design was chosen in this study. Simple random sampling technique was used. Sample size was 60 adolescents, 20 from each selected class of 9^{th},10^{th},11^{th} with age group of <16- 20 yrs. The self structured questionnaire was prepared which consists of three parts. **Part I,** Consists of 05 items of socio demographic data which includes information of respondents about Age, Gender, , Education, parental income, exposure to mass media. **Part II:** Consists of 30 items of objectives type related to knowledge of adolescents regarding substance abuse, Causes and Risk factors, Signs and symptoms, Complications and Treatment / prevention for substance abuse. All the items were scored as the each correct answer was given a score of '1' and wrong answers a score of '0'.

Data collection procedure:-

The data collection procedure was carried out from 16thSep.2017 to 30th Sep. 2017. Formal written permission obtained from college Principal from **jawahar Navodaya vidiyalia KHANPORA** Budgam. The investigator took consent from the adolescents. Confidentiality was maintained during data collection. The average time taken was 30 to 35 minutes. After an interval of seven days, the post test was administered by using the same knowledge questionnaire to evaluate the effectiveness of Structured Teaching Programme respectively.

O1 → X → O2
Pre-test Intervention Post-test

Figure 1:- Schematic representation of one group pre-test post-test research design.

Findings:-

Description of sample characteristics:-

Table 1 revealed that maximum(65%,) of respondents were less than 16 yrs of age group. Were as minimum 3.3% respondents were in age group of 18-20 yrs,50% participants were male and 50% were female. Table 3, reveals that 33.3% students were studying in 9^{th} standard,33.3% in 10th standard and 33.3 % in 11^{th} standard. Maximum (36.7%) respondents had parental income of <5000 income and minimum 11.7% of respondents had >15000 of parental income23.3%. Maximum (65%) of respondents had exposure to all the mass media and none of the respondents had exposure of print media

Distribution of student's knowledge regarding substance abuse:-

As shown in table 6**,** In pretest majority of the students (83.3%) had inadequate knowledge, (16.7%) average knowledge while as in post test majority of students (100.0%) had adequate level of knowledge.

Comparison of pretest and post test knowledge level (mean, median, standard deviation):-

As depicted in the table 7, the mean score of the pre-test knowledge of students was (8.35). after giving the intervention (structured teaching programme) the mean score of post test knowledge score increased to (24.03).so, there was significant difference in level of knowledge in pre-test and post-test

Association of demographic variables with pretest knowledge:-

As depicted in table 9. There is significant association of only one demographic variable that is parental income, as pvalue is .016 at ($p<0.05$).However there was no statistically significant association between pre-test knowledge with demographic variables like age, gender, academic qualification , and parental income as ($p>0.05$).

Discussion:-

This study suggests that maximum(65%,) of respondents were less than 16 yrs of age group. Were as minimum 3.3% respondents were in age group of 18-20 yrs,50% participants were male and 50% were female. Table 3 reveals, that 33.3% students were studying in 9^{th} standard,33.3% in 10th standard and 33.3 % in 11^{th} standard.

Maximum (36.7%) respondents had parental income of <5000 income and minimum 11.7% of respondents had >15000 of parental income23.3%. maximum (65%) of respondents had exposure to all the mass media and none of the respondents had exposure of print media. In Pre-test maximum of the adolescents (83.3%) had inadequate knowledge, (16.7%) average knowledge while as in post test maximum of adolescents (100.0%) had adequate level of knowledge. The mean score of the pre-test knowledge of students was (8.35). After giving the intervention (structured teaching programme) the mean score of post test knowledge score increased to (24.03).so, there was significant difference in level of knowledge in pre-test and post-test **thus it portrays that the intervention (STP) has been effective in increasing the knowledge of students. And since the p-value is 0.001 which means it is significant. Hence the hypothesis is accepted. The mean post –test knowledge scores of the high school students regarding substance abuse is significantly higher than their mean pretest knowledge scores at 0.05 significant level.**

Findings of the study are supported by a study conducted by Y P Goswami etal[10]. " to assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Substance Abuse among Adolescents." Findings revealed that In relation to the knowledge of the pre –test none of the subjects had adequate knowledge, where as in post test knowledge score reveled that majority of them had [83.35%] adequate knowledge regarding substance abuse.
There is significant association of only one demographic variable that is parental income at ($p<0.05$).However there was no statistically significant association between pre-test knowledge with demographic variables like age, gender, academic qualification, and parental income ($p>0.05$)

Nursing implication:-

1. Nursing education programmes should prepare nurses(school health nurses) to understand the importance of prevention programmes about substance abuse, so that they will be able to plan best care for the students.
2. Community health nurses are key persons of the health team they play a major role in health promotion and maintenance in community. The investigator felt need for nurses acting facilitator to educate the vulnerable students about substance abuse.
3. The structured teaching programme can be further developed in the form of an information booklet, pamphlets etc. and made use in the community to impart knowledge to the public. Every nurse has a responsibility in teaching the public about maintenance and promotion of health.

Nurse researcher can develop a teaching module and material on various aspects of substance abuse for students in schools, colleges, coaching institutes through in depth research studies**.**

Conclusion:-

Drug abuse is a problem that is causing serious concern to both individuals and government all over the world. The problem is prevalent among adolescents who in most cases are ignorant about the dangers inherent in drug abuse. Many of them engaged in drug abuse out of frustration, poverty, lack of parental supervision, peer influence and pleasure. However, with effective counseling programme the problems of substance abuse can be tackled. Although few studies have been conducted about substance abuse in India. There is need to do more studies about substance abuse among adolescents.

Table 1:- Distribution of respondents according to their age:

Age	Frequency	Percent
<16	**39**	**65.0**
16-18	**19**	**31.7**
18-20	**2**	**3.3**
>20	**0**	**0**
Total	**60**	**100.0**

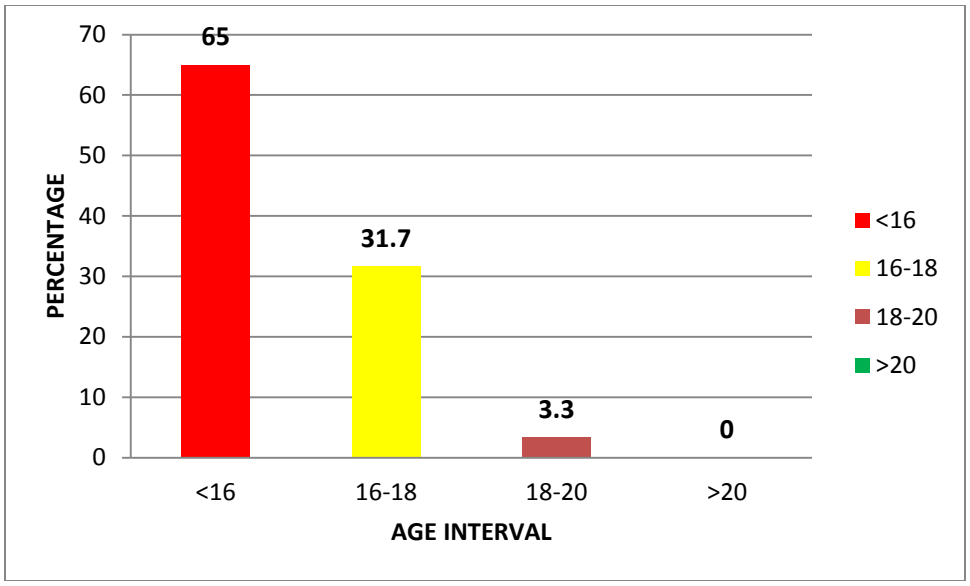

Table 2:- Distribution of respondents according to their gender:

Gender	Frequency	Percent
MALE	30	50.0
FEMALE	30	50.0
Total	60	100.0

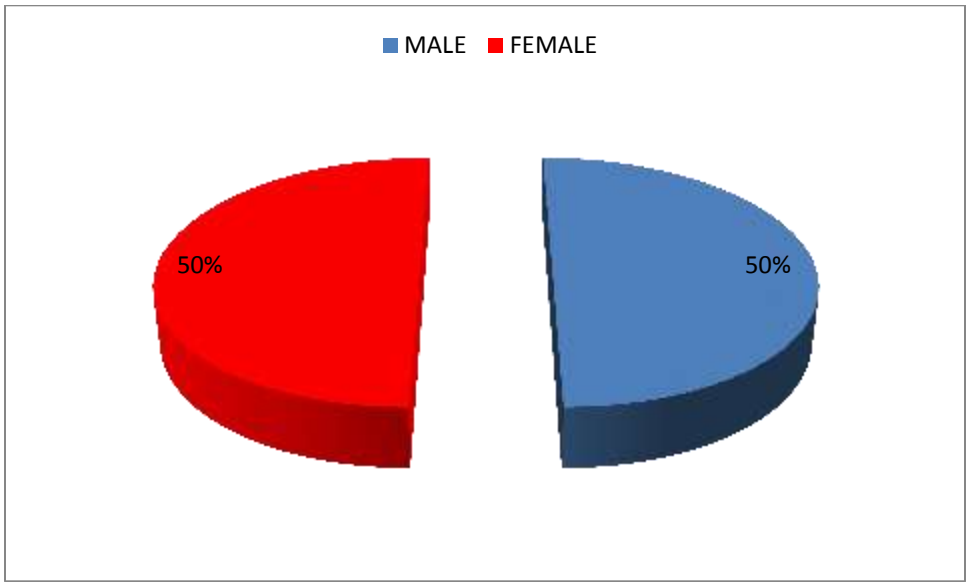

Table 3:- Distribution of respondents according to their educational qualification:

Educational qualification	Frequency	Percent
9TH	20	33.33%
10TH	20	33.33%
11TH	20	33.33%
Total	**60**	**100**

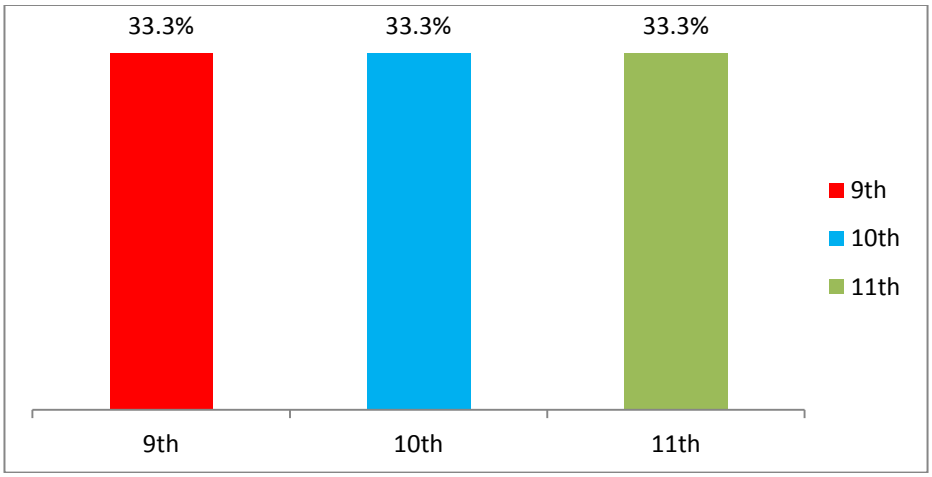

Table 4:- Distribution of respondents according to their parental income:

Parental income	Frequency	Percent
<5000	**22**	**36.7**
5000-10000	**16**	**26.7**
10000-15000	**15**	**25.0**
>15000	**7**	**11.7**
Total	**60**	**100.0**

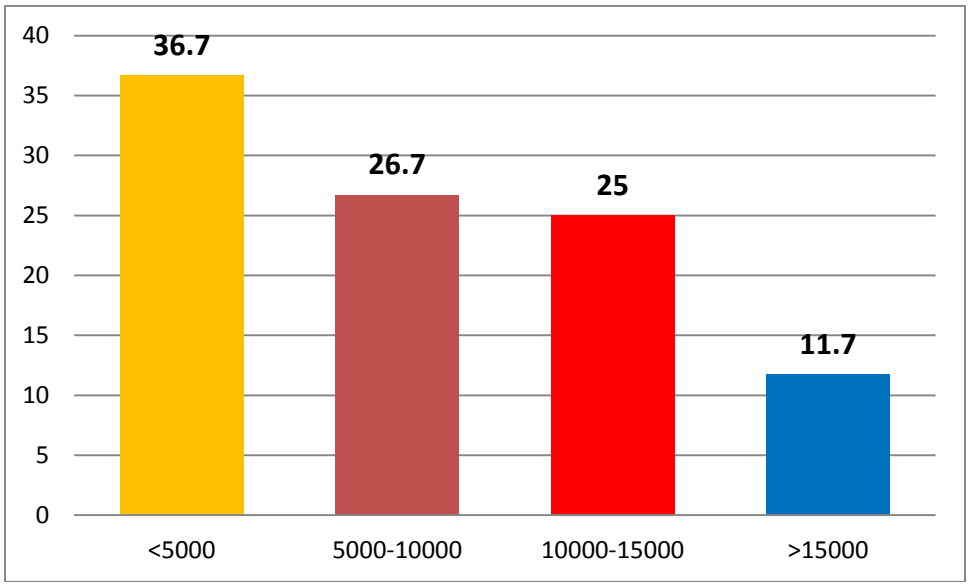

Table 5:- Distribution of respondents according to their exposure to mass media:

Exposure To Mass Media	Frequency	Percent
Radio &tv	14	23.3
Internet	7	11.7
Print media	0	0
All	39	65.0
Total	60	100.0

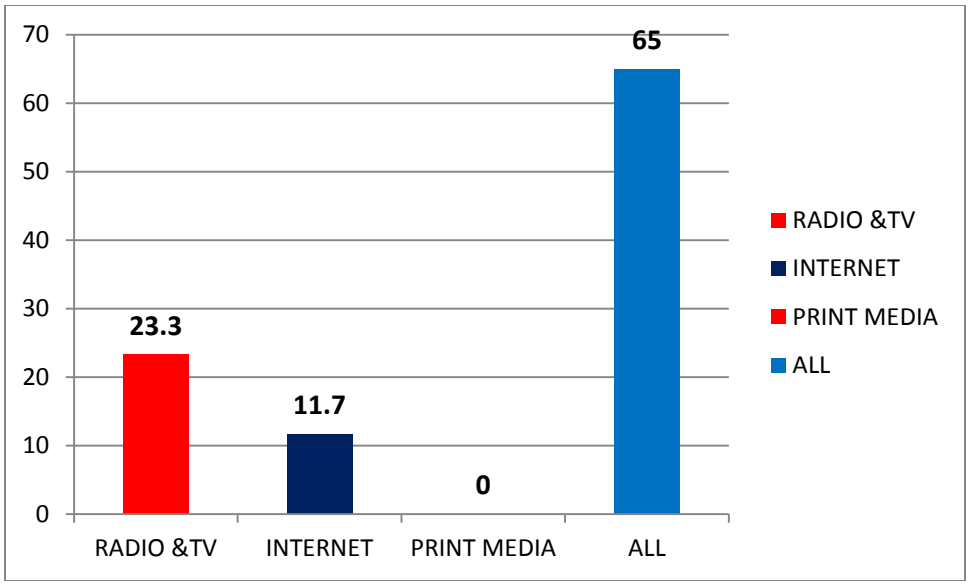

Table 6:- Section III: Distribution to evaluate the effectiveness of structured teaching programme on adolescent's substance abuse.

Domain	Pre-test		Post-test		Improvements	p-value
knowledge	Mean	SD	Mean	SD	Mean	
knowledge	8.35	2.015	24.03	5.00	15.68	P<0.0001

N=60

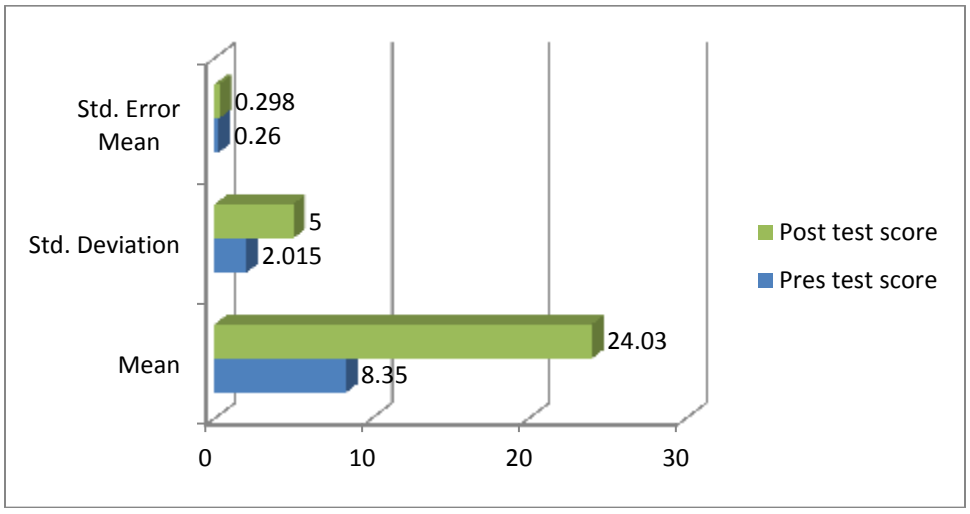

Table 7:- Descriptive Statistics of Pre and Post Test Score

SCORE	N	MEAN	SD	MEDIAN	MIN	MAX
PRE-TEST	60	8.35	2.01	8.00	5	13
POST TEST	60	24.03	5.00	24	20	29

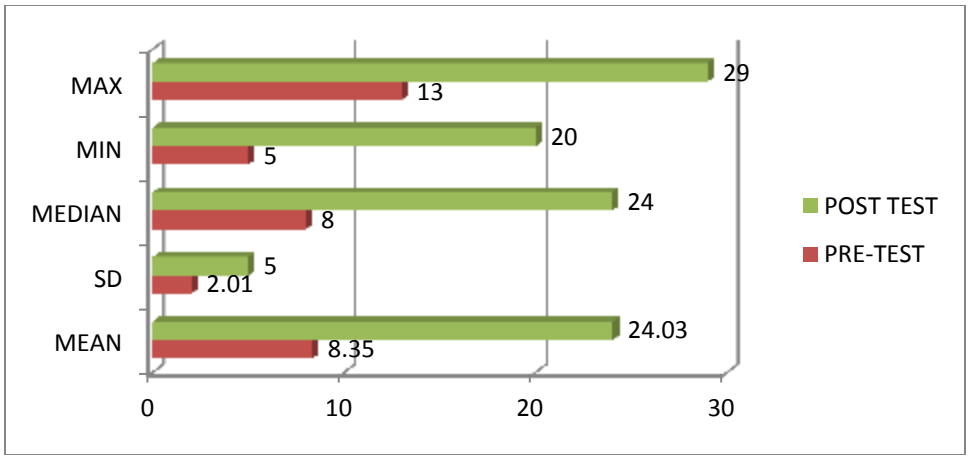

Table 8:- Assessment of Pre and Post test Knowledge Score

SCORE	PRETEST		POSTTEST	
	NUMBER	%	NUMBER	%
Fair (1-10)	**50**	**83.3**	**0**	**0**
Good (11-20)	**10**	**16.7**	**0**	**0**
Excellent (21-30)	**0**	**0**	**60**	**100**

N=60

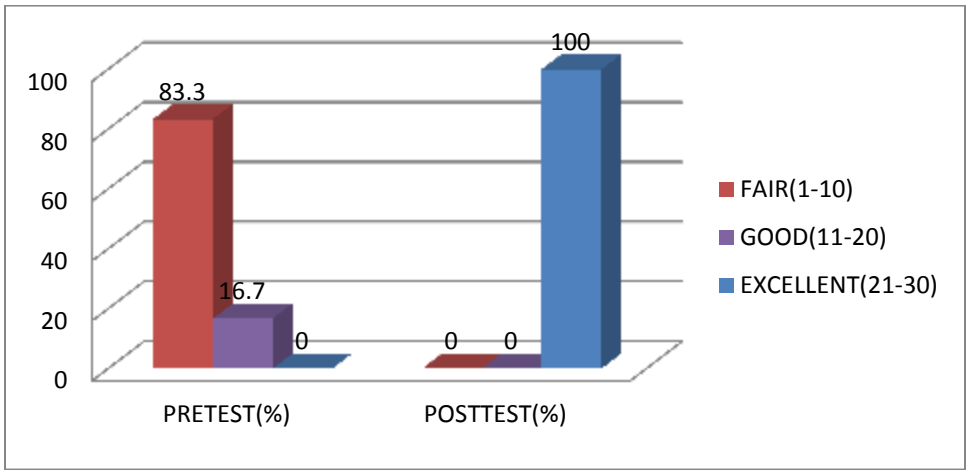

Table 9:- Association of Pre- test Score.

VARIABLE	category	LEVELS OF KNOWLEDGE			CHI-SQUARE	DF	P-VALUE	REMARK
		FAIR	GOOD	EXCELLENT				
AGE		35 13 02	4 6 0 -	- - - -	4.59	2	.100	N.SIG.
GENDER		24 26	06 04	- -	.480	1	.731	N.SIG
EDUCATIONAL QUALIFICATION		27 14 09	2 4 4	- - -	4.25	2	.119	N.SIG
PARENTAL INCOME		22 13 09	0 3 6	- - -	10.35	3	.016	SIG

		06	1	-				
EXPOSURE TO MASSMEDIA		13 7 0 30	1 0 0 9	- - - -	3.46	2	0.177	N.SIG

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