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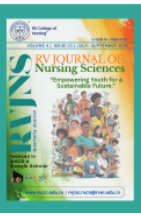

A Study to Assess the Effectiveness Of Structured Teaching Program me On Knowledge Regarding Substance Abuse Among Adolescent Boys In Selected Nursing School, Bangalore

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ABSTRACT

The study was intended to assess the knowledge about substance abuse among adolescent boys with an objective to find the effectiveness of structured teaching programme regarding substance abuse. A Quantitative research approach with pre-experimental-one group pre-test and post-test was adopted for this study with a sample size of30 adolescent students selected using purposive sampling technique. Data collection was done using structured knowledge questionnaires and analysis was done using descriptive and inferential statistics technique. Results revealed that a substantial increase in knowledge following the intervention. The mean pre-test score was 28.24% (SD=3.13), while the mean post test score was 71.76% (SD=1.96). The calculated t-value was 22.46 for the pre-test, which is statistically significant at $p<0.05$ level. The study concluded that there is significant difference between the pre-test and post-test knowledge score and study was effective in increasing knowledge among the adolescents in selected schools.

Introduction:

Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social change. Addressing underlying psychosocial factors is essential for promoting resilience and preventing substance abuse1.Adolescence is the age of curiosity and experimentation. As the first experience of substance abuse often starts in adolescence, studies have shown that drug use is mainly related to cigarette and alcohol consumptio2.The Magnitude of Substance Use in India, 2019 (National Drug Use Survey 2019, NDUS) was the first-ever comprehensive attempt to document the extent and pattern of substance use at the level of states of India. The WHO assist screening questionnaire was used to interview 200,111 households in 36 states and Union Territories (UTs). Alcohol emerged as the most prevalent psychoactive substance, with 14.6% of the population aged 10–75 using it, including 5.2% with problematic usage and 2.7% dependent. Men had notably higher usage rates at 27.3% compared to women at 1.6% and children aged 10–17 at 1.3%. Country liquor and spirits were the most consumed types3

The substance abuse among adolescents is a growing concern in India, with early initiation leading to long term physical, psychological and social consequences. Substance abuse should receive primary attention in school-based prevention programmes, as nursing students are future health educators and they must be aware of the implications of substance abuse to promote preventive aspect. Therefore, it seems prudent for school and public health officials to focus prevention efforts, policies, and concentrate more on addressing adolescent alcohol use.4

Objectives

- To assess the pre-test of knowledge regarding substance abuse among adolescent boys in a selected nursingCollege, Bangalore.
- To evaluate the effectiveness of structured teaching program regarding substance abuse by comparing pretest and post test scores.
- To find the association between the pre-test knowledgescore with selected demographic variables.

Research Methodology:

The present study adopted a quantitative research approach with a pre-experimental one group pre-test post-test design. The study was conducted in a selected nursing school in Bangalore, targeting nursing students enrolled in the General Nursing and Midwifery (GNM) program.

The sample consisted of 30 first-year GNM students selected through a non-probability purposive sampling technique. Inclusion criteria involved students aged 17–19 years who were studying in the selected school, present during data collection, and willing to participate. Students who were not available at the time of the study, had previously been exposed to a substance abuse program, or were uncooperative were excluded.

Data was collected using a structured tool consisting of two parts: Part A for demographic information and Part B, a structured knowledge questionnaire on substance abuse. The collected data was analyzed using

descriptive and inferential statistics to assess the effectiveness of the intervention. The data collected with Part a-Demographic variables and Part B has structured knowledge questionnaire regarding substance abuse and the data was analysed using descriptive and inferential statistics

Results:

Table 1: Distribution of respondents according to socio demographic variables.

N= 30

Variables	No of respondents	Percentage %
Age (in years)		
17-18 years	25	83.3
19-20 years	5	16.7
Religion		
Hindu	11	36.7
Christian	15	50
Muslim	4	13.3
Area of residence		
Rural	15	50
Urban	5	16.7
Semi urban	10	33.3
Educational qualification of father		
Primary education	5	16.7
PUC	15	50
Graduate and above	10	33.3
Illiterate	0	0
Educational qualification of mother		
Primary education	12	40
PUC	10	33.3
Graduate and above	8	26.7
Illiterate	0	0
Occupation of father		
Coolie	20	66.7
Agriculture	2	6.6
Official	5	16.7
Business	3	10
Occupation of mother		
Coolie	5	16.7
Agriculture	0	0
House wife	18	60
Business	7	23.3
Annual Family income		
<30000	2	6.6
30000-40000	10	33.4
40001-50000	15	50
Above 50000	3	10

Table 1 presents the sociodemographic characteristics of the study participants. The data shows that the majority of the participants were aged between 17-18 years(83.3%), majority belongs to Christian religion(50%) and residing at Rural (50%).

Majority of the Father has an educational qualification of PUC (50%) with occupation of Coolie (66.7%), majorityof mother has primary education (40%) with occupation of Housewife (60%) with majority has an annual income range between 40,001-50,000/- (50%)

Table 2: Effectiveness of structured teaching programme in terms of knowledge gain.

Test	N	Mean %	SD	SE	t-value	df	p-value
Pre-test	30	28.24	3.13	0.57	22.46	29	<0.001
Post-test	30	71.76	1.96	0.36	60.24	29	<0.001

Tableshowed a significant improvement in knowledge after the intervention. The mean pre-test score was 28.24% (SD = 3.13), and the mean post-test score was 71.76% (SD = 1.96). The calculated t-value was 22.46 (df = 29) with a p-value < 0.001, indicating a statistically significant difference. These findings support the research hypothesis (H1), confirming the effectiveness of the structured teaching program.

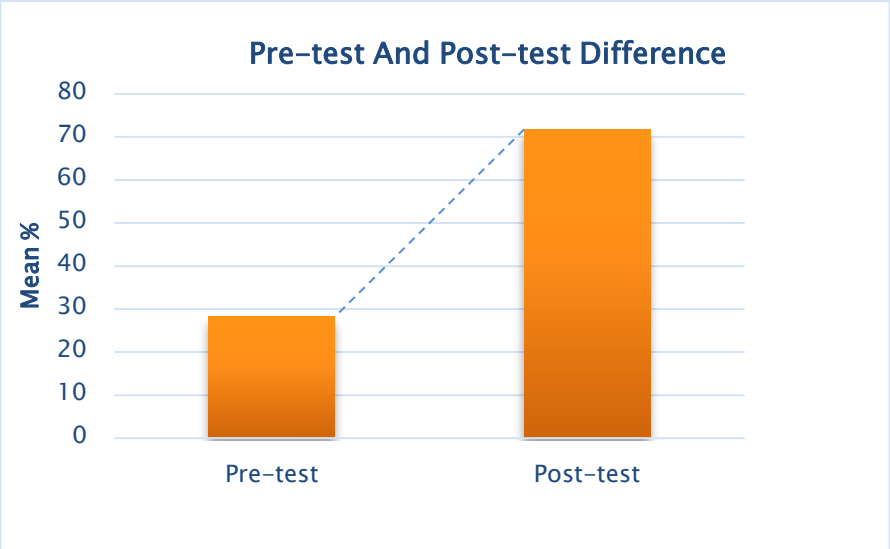

Fig 1: Stacked column diagram depicting the results of pre-test and post-test

The third objective is to find the association between the pretest knowledge with selected Socio-demographic variables.

The finding revealed that there was no statistically significant association between demographic variables such as age, gender, income, educational qualification, occupation with the knowledge scores (P >0.05).

Conclusion:

The study demonstrated that the structured teaching program significantly improved the knowledge of adolescent boys regarding substance abuse. The marked increase in post-test scores compared to
pre-test scores indicates the effectiveness of the intervention. Therefore, structured educational programs
can be a valuable tool in enhancing awareness and understanding of substance abuse among nursing students.

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