



A STUDY ON EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME REGARDING SUBSTANCE ABUSE AMONG HIGHER SECONDARY STUDENTS IN OF AHMEDABAD CITY

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ABSTRACT

Adolescence is the period between the onset of puberty and the cessation of physical growth, the passage from childhood to adulthood. According to WHO "the age between 10 to 19 years is a unique phase of life during which a child goes through tremendous physical, emotional and social changes." Substance abuse usually begins in adolescence, the time for discovery challenge and experimentation. Adolescents are poorly substance abuser. They mostly widely use tobacco, alcohol & smoking. According to "Global Youth Tobacco Survey about 30 to 40 percent of tobacco consumption India is in smokeless form. Prevalence of smokeless tobacco use in students varies between 6% in goa to 68% Bihar, overall 4.2 percent of student in India currently. Smoke cigarettes and 13.6 percent currently used tobacco products. As per WHO report (2000) tobacco and alcohol related disorder accounted for 4% each of the global burden of disease." Aim of this study is to assess the knowledge of the higher secondary students about substance abuse.

KEYWORDS: Motivation, Ahmedabad, Healthcare

INTRODUCTION:

Substance abuse is found in all age groups. But its prevalence is higher among adolescence and young adults, a larger majority of who are students. They most widely use tobacco, alcohol and smoking, which often open the gates to further heavier drugs. Their drug of choice is often related to drug fashion, which are lethal substance. The teen who abuse drugs and alcohol are at risk of physical and mental health problem.

The prevalence of alcohol and drug use disorder among adolescent is 32 according to National Institute on drug abuse, 81 percent of people in United States age 12 and old have alcohol sometimes in their lives, 63.5 million American aged 12 and older 29.3 percent use tobacco product (2000) 55.7 million cigarettes India, Gujarat, Ahmadabad.

According to "Global Youth Tobacco Survey about 30 to 40 percent of tobacco consumption India is in smokeless form. Prevalence of smokeless tobacco use in students varies between 6% in goa to 68% Bihar, overall 4.2 percent of student in India currently. Smoke cigarettes and 13.6 percent currently used tobacco products. As per WHO report (2000) tobacco and alcohol related disorder accounted for 4% each of the global burden of disease."

Substance abuse is associated with other problem behaviour such as criminality and sexual promiscuity. It provides the teenager a maladaptive way to escape frustration, disappointment, boredom and emptiness. Teen who abuse drug and alcohol are at higher risk of physical health problem, depression, suicide and accident. Thus substance abuse is a worldwide problem, which has direct impact on health. Indirectly causes violence, crime, accident and legal problems. But the youths, unaware of these problems became the victims of the various substance abuses.

Ram Ray Sharma (2001) conducted a comparative descriptive research study on 50 male and 50 female college students on knowledge of psychoactive substance use disorders. The major findings of study revealed that female student had less knowledge score than male students. ($t=2.27$) and middle class family income group students had less knowledge. The following conclusions were drawn, students of lower age group, lower family income and with lower father's education need health education regarding psycho active substance used disorder.

Anwar Williams S.A. Scuft Smith J (2006), a descriptive study conducted on comparison of attitudes and practices of gutka users and non-users in Chitrakot, India. A pilot objective of study aimed at investigating attitudes and practices concerning gutka. It was hoped that information gained would assist in formulating an appropriate health education programme to encourage gutka cessation. Main findings of the study was 57 (46%) of the respondents, of whom there were more males than females (103 Vs 21) reported current gutka use. Users found gutka helpful in reliving tension, aiding concentration, combating bad breath and as a leisure activity. However non-users were aware of the link of gutka with the cancer. So there are clear implications for health promotion in India.

Anil Goswami, Reddaiah Kapoor S.K., (2006), A descriptive study conducted on Tobacco and alcohol use in rural elderly Indian population. The aim of study was to find out prevalence of Tobacco and alcohol use among rural elderly population. The study shows that prevalence of smoking was 71.8% in men and 41.4% in women. Among men smokers, 41.5 % were light smokers (< 5 beedis day) and

15.6% were moderate smokers (6-20 beedis per day) and 15.6% were heavy smokers (> 20 beedis per day). Among women smokers 71.8% were light smokers, 23.8% were moderate smokers and 4.4% were heavy smokers. Regular alcohol intake was seen in 16.3% of the men compared with 8% of the women.

LITERATURE REVIEW:

Ali NS, Knowaja A, Ali. T (2008), A cross-sectional study was conducted to estimate the use and the knowledge about smokeless tobacco consumption in relation to oral cancer and its differentials by socio-demographic and patients diagnostic categories, in Karachi, Pakistan. Adult patients of about 502 were randomly interviewed in family clinics. Results revealed that overall 52.4% subjects had used smokeless tobacco at least in one form. More males were using smokeless tobacco than females ($P=0.03$). Similarly higher proportion of patients with gastro-intestinal diseases were using smokeless tobacco compared with other diagnostic categories ($P=0.004$). Knowledge about the oral carcinogenic effect of smokeless tobacco consumption was higher among men and who had schooling of ≥ 10 years ($P<0.001$). The study concluded that, over half of the patients were using smokeless tobacco in various forms and had poor knowledge about its hazards. There is a need for socially and culturally acceptable educational and behavioural interventions for control of smokeless tobacco usages.

Mishra A, Shastri S, Uplam PA (2009), A interventional cohort study was conducted to assess the knowledge, attitude and practices regarding tobacco consumption was in Maharashtra for one year in a chemical industrial unit in Ratnagiri district. All employees 104 were interviewed and screened for oral neoplasia. Results revealed that 48.08% of the employees were found to use tobacco. Peer pressure and pleasure, avoiding physical discomfort and relieving stress were the main reasons for initiation of tobacco consumption. About 40% of tobacco users had oral precancerous lesions. Employees had poor knowledge 35.58% regarding the ill effects of tobacco. Even though 100% of the employees had a favourable attitude. Majority (83%) of the employees knew that tobacco was dangerous even when consumed infrequently. There is a significant difference in the knowledge regarding availability of professional help for quitting tobacco ($P<0.05$). The study concluded that assessment of knowledge, attitude, and practices regarding tobacco use, are important in formulating strategies for comprehensive workplace, tobacco cessation program among chemical industrial workers.

Ghuri S. (2010), A case study was conducted by a dental hospital in Kerala, India, to assess the effect of betel quid with and without tobacco on oral precancers that included 927 oral cases, 170 sub - mucous fibrosis cases, 100 erythroplakia cases, and 115 multiple oral precancerous cases. Subjects were interviewed and data was gathered using a structured questionnaire on betel quid chewing and demographic information. The results were compared with non-betel quid chewers of betel quid without tobacco. Furthermore, results showed that compared with non - chewers who smoke and drink, the risk of oral precancers was higher among chewers of betel quid without tobacco. The odds ratios were: for oral leukoplakia OR = 4.02 (95% CI = 2.65, 6.08); oral sub mucous fibrosis OR = 47.2 (95% CI = 3.70, 42.4); erythroplakia OR = 12.2 (95% CI = 3.70, 42.4); and for multiple oral precancers OR = 17.0 (95% CI = 4.72, 61.6). It was also shown that the odds ratios were even higher for chewers of betel quid that contained tobacco. The study concluded that chewing betel quid without tobacco increases the risk of oral precancers.

RESEARCH OBJECTIVE:

- To assess the knowledge of the higher secondary students about substance abuse.
- To evaluate the effectiveness of structured program on the level of knowledge about substance abuse.

SAMPLE SIZE:

The sample size of a statistical sample is the number of observation that constitutes it. Present study comprise of 60 samples of students who study in Ahmedabad Public School.

DATA ANALYSIS:

SR NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	AGE		
	16 Years	10	17%
	17 Years	14	23%
	18 Years	19	32%
	19 Years	17	28%
2	GENDER		
	Male	37	62%
	Female	23	38%
3	TYPE OF FAMILY		
	Nuclear Family	31	52%
	Joint Family	29	48%
4	RELIGION		
	Hindu	32	53%
	Muslim	12	20%
	Christian	9	15%
	Other	7	12%
5	FAMILY INCOME		
	Less than 10,000	8	13%
	10,001 to 20,000	14	23%
	20,001 to 30,000	17	28%
	30,001 & above	21	35%

ANALYSIS AND INTERPRETATION OF DATA RELATED TO KNOWLEDGE REGARDING SUBSTANCE ABUSE BEFORE AFTER ADMINISTRATION OF STRUCTURED TEACHING PROGRAMME AMONG STUDENTS.

SR NO.	GROUP	MEAN	MEAN DIFFERENCE	STANDARD DEVIATION (SD)	"t" VALUE
1	PRE-TEST	13.85	5.93	4.1	t = 21.73 df = 59 p = 2.00
2	POST-TEST	19.78			

Pre-test mean scale is 13.85 and Post-test mean scale is 19.78. The over all mean difference is 5.93 Pre-test standard deviation (SD) is 4.10 and Post-test standard deviation (SD) is 3.56. The calculated "t" value 21.73 is > tabulated "t" value 2.00. So, null hypothesis is rejected and alternative hypothesis is accepted.

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME REGARDING SUBSTANCE ABUSE AMONG HIGHER SECONDARY STUDENTS

KNOWLEDGE	PRE-TEST		POST-TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Adequate (21-30)	12	20%	36	60%
Moderate (11-20)	40	67%	24	40%
Inadequate (0-10)	8	13%	-	-

Above table shows that 20% of the students' members have adequate knowledge regarding substance abuse in pre-test while 60% of the students has adequate

knowledge regarding substance abuse in post-test which is very positive sign about knowledge gained by the students regarding substance abuse. 67% of the students has moderate knowledge regarding substance abuse in pre-test while 40% students has moderate knowledge regarding substance abuse whereas none of the students has inadequate knowledge regarding substance abuse in post-test hence it can be seen that students have been educated regarding substance abuse after teaching program.

ASSOCIATION BETWEEN POST TEST KNOWLEDGE SCORE REGARDING SUBSTANCE ABUSE AMONG HIGHER SECONDARY STUDENTS

SR NO	DEMOGRAPHIC VARIABLE	DISTRIBUTED FREQUENCY	CHI SQUARE VALUE	TABLE VALUE	REMARKS
1	AGE	4	1.18	5.35	Not Significant
2	GENDER	2	7.82	4.61	Significant
3	TYPE OF FAMILY	2	1.4	4.61	Not Significant
4	RELIGION	4	4.7	5.35	Not Significant
5	FAMILY INCOME	4	6.8	5.35	Significant

FINDINGS:

- Among higher secondary school students group, 32% of the students have 18 years age group
- Among higher secondary school students group, most of the students are male
- Among higher secondary school students group, majority of the students living in Nuclear family
- Among higher secondary school students group, majority of the students are following Hindu religion
- Among higher secondary school students group, 63% of the students' family income is more than 30,000Rs
- Level of knowledge classified as adequate, moderate and inadequate. 67% of the students has moderate knowledge regarding substance abuse, 20% of the students has adequate knowledge regarding substance abuse while 8% of the students has inadequate knowledge regarding substance abuse.
- Level of knowledge classified as adequate, moderate and inadequate. 60% of the students has adequate knowledge regarding substance abuse, 40% of the students has moderate knowledge regarding substance abuse while none of the students members have inadequate knowledge regarding substance abuse.
- Level of knowledge classified as adequate, moderate and inadequate. 20% of the students' members have adequate knowledge regarding substance abuse in pre-test while 60% of the students has adequate knowledge regarding substance abuse in post-test which is very positive sign about knowledge gained by the students regarding substance abuse. 67% of the students has moderate knowledge regarding substance abuse in pre-test while 40% students has moderate knowledge regarding substance abuse whereas none of the students has inadequate knowledge regarding substance abuse in post-test hence it can be seen that students have been educated regarding substance abuse after teaching program.

CONCLUSION:

In this study improvement of knowledge regarding substance abuse among higher secondary students can be observed through pre-test and post-test study. So it's proved that there is very position correlation between education and knowledge regarding substance abuse among higher secondary students. So the research conclude that education is the very important to improve the knowledge regarding substance abuse among higher secondary students.

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