

SMOKING AND TOBACCO- AN EVIL FOR ADOLSCENTS

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ABSTRACT

INTRODUCTION:-Tobacco is an agricultural product derived from the leaves of several species of Nicotina Plants. When combined with nicotina tartrate, tobacco becomes one of the most commonly abused recreational drugs. Tobacco is a serious threat to health and a proven killer and ranks second as a cause of death in the world taking its toll by killing some 5 million people globally. Cigarette smoking among adolescents remains a major public health concern given the frequent persistence of this behavior in to adulthood (Colditz & Hunter 2000). An estimated 150 million adolescent's worldwide use tobacco. Approximately half of the young smokers will die of tobacco related diseases in later life. WHO estimates that unless current smoking pattern is reversed, tobacco will be responsible for 10 million deaths per year, by the decade 2020-2030, with 70% of them occurring in developing countries (WHO 2007, 2.) Smoking harms nearly every organs of the body and diminishes a person 's overall health and one of the leading cause of cancer. Teenagers are attracted by the smoke and the smoking style, which tempts them to smoke. Friends and colleagues also encourage non-smokers, to smoke just once. They are also told that there are no harmful second-hand smoke effects. Smoking in movies is the main reason for adolescents acquiring this habit concerned about the health. The present paper is on a study to assess the effectiveness of planned teaching program on knowledge regarding ill effects of smoking among high school students of Roza, Yakubpur, in Greater Noida

OBJECTIVES:

1. Assess the pre-test level of knowledge regarding ill effects of cigarette . smoking and its prevention among adolescent boys.
2. To evaluate the effectiveness of structured teaching program on knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys.
3. To find out the association between pre- test knowledge score with their selected demographic variables.

METHODOLOGY: An evaluation experimental approach was adopted for this study and pre- experimental one group pre-test post-test design was taken for this study. The study was conducted at Janta Public School, Roza, Yakubpur. On 100 adolescent boys by using the non-probability purposive sampling technique . was used. Data were collected from the adolescent boys to assess the level of knowledge by using structured

knowledge questionnaire before and after the implementation of structured teaching program. The collected data were tabulated and analyzed by descriptive and inferential statistics.

RESULTS: The result shows, there was a significant difference between pretest and posttest level of knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys. The obtained t- value (58.86) was greater than the table value at 0.05 level of significance. Conclusion: The Structured teaching program was effective ($p < 0.05$) to improve the level of knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys.

CONCLUSION AND IMPLICATIONS OF THE STUDY

The study findings provide the statistical evidence which clearly indicate that Structured Teaching Program has significant effect on the level of knowledge in adolescent boys and Nurses can use the structured Teaching Program as a best teaching method for imparting the knowledge in adolescent boys. The present study has several implications in Nursing practice, nursing education, Nursing administration and Nursing Research

The nurses can play an important role on imparting preventive health care. Health education conducted by the nursing personnel in the college helps in imparting knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys. Staff Nurses can also educate the adolescent boys who visit the outpatient department or inpatient department and also do screening program regarding cigarette smoking. This education will help the adolescent boys to understand in-depth about preventive measures of cigarette smoking. Thereby they can adopt healthy life style practices, which help to prevent the disease.

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