



IMPACT OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ADVERSE EFFECT OF ALCOHOL AMONG ADOLESCENT IN SELECTED COLLEGE AT BANGALORE”KARNATAKA,INDIA

Prof. S.VIJAYAMALAR

Research scholar JJT University

Background

Alcoholism is a major health problem in the country and world over. Alcohol use is widespread among adolescents and continuous apprehension over youth drinking has been creating lots of physical, psychological problem and also imposes negative cultural values on the society. Hence there is a need to assess the knowledge of adolescent regarding adverse effects of alcoholism in a selected college in Bangalore.

Objectives

This study aimed at evaluate the effectiveness of STP regarding adverse effects of alcoholism among adolescent in selected college at Bangalore .

Material and Methods

The pre and post design study was conducted among 30 adolescent. Structured questionnaires was administered later STP was administered, after that post test was conducted with same sample. Data gathered was analyzed by using descriptive statistics.

Results

This represents the effectiveness of pre test and post test knowledge mean, mean% and mean difference. Out of the total knowledge score, the pre tests means and mean percentage is 12.16, 45.037% respectively. Whereas the post test knowledge score of mean and mean percentage is 24.23, 40.44% the mean difference of post test knowledge score is 27 as presented.

Conclusion

Bring about the behaviour changes among adolescent and realize the adverse effect of alcoholism.

INTRODUCTION

Alcohol is a depressant drug and slows down the activity of the central nervous system. Alcohol directly affects the brain and its action on the central nervous system affects concentration and co-ordination.

Alcohol has been consumed in India at least since the Vedic period of 2000-800BC and Islam did not allow their followers to drink. Although alcohol became more freely available in the Indian subcontinent under British rule, Indians did not generally incorporate drinking alcohol into their social or religious activities

It is difficult to generalize about alcohol consumption and harmful use across India given varied methodological approaches to research and diverse cultural practices and legal histories. The most consistent finding of all studies is that men are the main consumers of alcohol. No women were found to be in these categories.

It is increasingly apparent that the health burden as well as the social cost attributable to alcohol misuse, is due in greater measure to persons with dependent use. Hazardous use has been estimated at over 80 and 55% of all male and female users respectively.

Hazardous drinking has a significant adverse impact on drinkers and their families. Such drinkers display unique drinking patterns suggesting the role of stigma and preference for higher alcohol contain, but cheaper drinks available in India. Shore (1994) reported that primary preventions programs were significantly effective in increasing the knowledge and in declining the reasons for drinking.

Alcohol drinking is a common habit among both men and women. Those under pressure and stress tend to drink alcohol a lot. Alcohol is a depressant drug and slows down the activity of the central nervous system. Alcohol directly affects directly the brain and its action on the central nervous system affects concentration and co-ordination.

WHO (2004) stated that one forth to one third of the male population drinks alcohol while the population amongst the female is quite low. The consumption per drinker is 13-14 liters of absolute alcohol per annum. There is that evidence that drinking alcohol is being initiated at progressively younger ages. There has been a significant lowering of age at initiation of drinking in India. Alcohol use among adulthood and adolescence remains a prominent public health problem. Tribal areas had the highest prevalence of alcohol use in both men and women.

Increased consumption of alcohol over a period of several years increases the possibility of developing liver disease. Alcohol liver disease is caused after year of excessive drinking. Cirrhosis and alcohol provides empty calories to the body, which leads to fatty liver, and finally cirrhosis. Liver cirrhosis is the final stage of liver disease and causes irreversible damage to the liver tissue.

STATEMENT OF PROBLEM

Impact of structured teaching programme on knowledge regarding adverse effect of alcohol among adolescent in selected college at Bangalore”

OBJECTIVES OF STUDY

- ❖ To assess the knowledge regarding effects of alcoholism among the adolescents.
- ❖ To assess the effectiveness of self instructional module regarding effect of alcoholism among adolescents in a selected rural community area.
- ❖ To determine the association between the knowledge on effects of alcoholism among the adolescents with selected demographic variables.

HYPOTHESIS OF STUDY

H1: There will be significant difference between pretest and post test knowledge scores of adolescent on effect of alcoholism.

H2: There will be significant association of knowledge scores with selected demographic variables.

DELIMITATION

- ❖ The study is limited to 14 adolescents.
- ❖ The study is limited to rural community only.

RESEARCH APPROACH

An evaluative process is used for this study. Considering the purpose of the study that is to evaluate the effectiveness of STP in terms of gain knowledge an evaluative approach was to found to be best method for this study.

Evaluation research is the process of collecting and analyzing information relating to the function of program, policy or procedure in order to assist decision makers in choosing a course of action.

RESEARCH DESIGN

Research design is the overall plan for addressing a research question, including specification for enhancing the integrity of the study.

Pre experimental that is one group pre test post test design was adopted for the study. This study was intended to ascertain gain in knowledge by the clients who were subjected to STP. Here only one group was observed twice, i.e. before and after including the independent variable; the effect of the treatment would be equal to the level of the phenomenon after the treatment minus the level of phenomenon before treatment.

VARIABLES UNDER STUDY

Variables are qualities, properties or characteristics of person, things situation that changes or vary.

INDEPENDENT VARIABLES

Independent variable is the variable that stands alone and does not depend on any other. In this study planned teaching programme was the independent variable.

DEPENDENT VARIABLE

The dependent variable is the variable the researcher is interested in understanding, explaining or predicting. In this study, it refers to the level of knowledge of 2nd year BSC students

EXTRANEOUS VARIABLE

All the variables, which are present in research environment that may interfere with research findings.

In this study it refers to the selected demographic variables such as age, course, religion, family income, education of parents.

SETTING OF THE STUDY

The present study was conducted in 2nd year B.SC nursing students. The selection of these was done on the basis of

- Inadequate knowledge of the 2nd year BSC students
- Feasibility of conducting study
- Availability of samples

POPULATION

In the present study, the population comprises of 2nd year students in selected college at Bangalore

SAMPLE

The sample consist of a subset of a population selected to participate in a research study. The samples of the present study comprised of 30 2nd year BSC nursing students.

SAMPLING TECHNIQUE

“A simple random sampling is a type of the probability sampling that ensures that each element of the population has an equal and independent chance of being choose,”

Simple random sampling method was used to select the samples for the study the study, the experimental group comparing of 1st year BSC nursing students.

CRITERIA FOR SELECTING THE SAMPLE

1. INCLUSIVE CRITERIA

- Students who are studying nursing.
- Students who are willing to participate in the study

2. EXCLUSIVE CRITERIA

- Students who are not co-operative
- Students are absents at the time of data collection

DEVELOPMENT OF THE TOOL

Tool was prepared on the basis of the objectives of the study. A structure knowledge questionnaire was selected to collect the data on the knowledge regarding the adverse effect of alcoholism among adolescent boys. It was considered to be the most appropriate instrument.

PREPARATION OF THE BLUE PRINT

The items of blue print pertain to the cognitive domain of learning. These are 30 knowledge items.

DESCRIPTION OF THE TOOL

In the present study the tool consist of parts;

Part1; Demographic variables of BSC nursing students

Part2; Structured knowledge questionnaire regarding adverse effect of alcoholism.

DEVELOPMENT OF STP

The STP was developed based on the review of the following steps were adopted to develop the STP.

- Preparation of draft of STP
- Preparation of final draft of teaching plan
- Description of STP

PREPARATION OF FIRST DRAFT OF STP

A first draft of STP was developed keeping in mind the objectives, criteria, review of literature and the opinion of the experts. Main factors that were kept in mind by preparing STP were the level of understanding of samples, simplicity of language.

DESCRIPTION OF STP

The STP was titled as “adverse effect of alcoholism”. The STP was prepared to enhance the knowledge regarding adverse effect of alcoholism. It consist of the following content such as alcoholism definition, types, causes, effects of alcohol in human body, treatment of alcoholism and prevention of alcoholism.

SCORING TECHNIQUE

Each item carry 1 mark for correct response and wrong answers will give as a 0. The total score was 30, which is classified as follow in study.

Adequate - >20.5

Moderate - 13.5-20.5

Inadequate – <13.5

CONDENT VALIDITY

Content validity of the tool was obtaining the suggestion from nursing lecture. The experts were requested to give their opinion and suggestion regarding the relevance of the tool for modification. The suggestions were incorporated in the tool and STD was further modified and finalized under the guidance of guide.

RELIABILITY OF THE TOOL

The tool was subjected for the test of its reliability the structure knowledge was administered to 2nd year BSC students in Manjunatha College of nursing, Bangalore. The reliability is established by using the half split half method. The findings suggested that the result is highly reliable

PILOT STUDY

The pilot study is a small preliminary investigation of the same general character as the major study which its design to acquaint the researcher with problem or is done to provide the researcher with an opportunity to try out the procedure for collecting data.

The objectives of the pilot study

- To evaluate the constructed tool
- To find out the feasibility of conducting the final study in term of time, sample availability and cooperation from adolescent boys.
- To determine the method of statistical analysis

ETHICAL CONSIDERATION

For this study, the investigator took in to consideration the ethical issues. No ethical raise by conducting this study.

- ❖ Oral consent was obtained from the study samples. Explanation was given regarding the purpose of the study
- ❖ The subjects were informed that the confidentiality of the data will be maintained
- ❖ The subjects were informed that the participation was purely on the voluntary basis and can withdraw from the study at any time.

PLANS FOR DATA ANALYSIS

- Organization of data in master sheet
- Analysis of the demographic characteristics of the samples.
- Representation of the data in the graphs.

RESULTS

This chapter deals with analysis and interpretation of data collected through self administrated questionnaire from the study population. The study was intended to identify the level of knowledge and of adolescents regarding adverse effect of alcoholism. The objectives of the study were;

- ✓ To assess the knowledge regarding adverse effect of alcohol among the adolescents.
- ✓ To evaluate the effectiveness of STP regarding adverse effect of alcoholism.

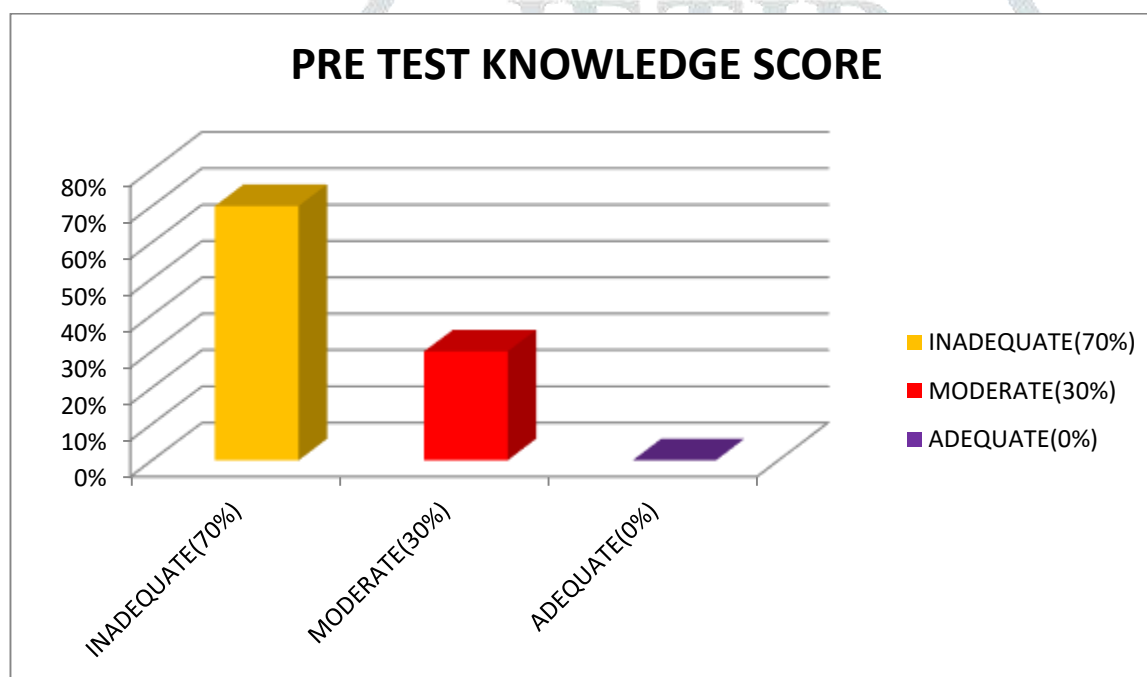
The obtained were analyzed by using descriptive and inferential statics, presented on tables and diagrams and interpreted

ASSESSMENT OF PRETEST KNOWLEDGE SCORE

TABLE NO 1: PRETEST KNOWLEDGE REGARDING ADVERSE EFFECTS OF ALCOHOLISM AMONG 2ND YEAR BSC NURSING STUDENTS

SL NO	KNOWLEDGE	FREQUENCY	PERCENTAGE
1	INADEQUATE <13.5	21	70%
2	MODERATE 13.5-20.5	9	30%
3	ADEQUATE >20.5	0	0%
	TOTAL	30	100%

TABLE 1 and figure 10 shows that majority of respondent 21(70%) had moderate knowledge, 9(30%) had adequate knowledge and 0% had inadequate knowledge

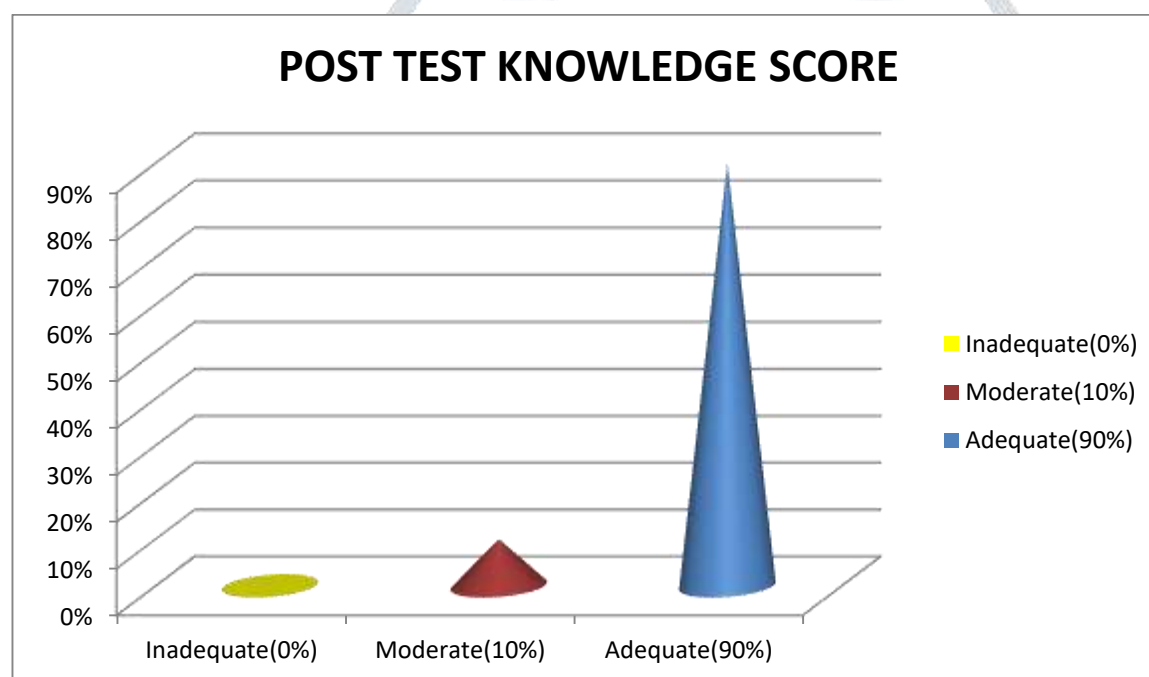


ASSESSMENT OF POST TEST KNOWLEDGE SCORE REGARDING ADVERSE EFFECTS OF ALCOHOLISM AMONG 2ND YEAR BSC NURSING STUDENTS

Table no2. post test knowledge regarding adverse effects of alcoholism among nursing students

SL NO	KNOWLEDGE	FREQUENCY	PERCENTAGE
1	Inadequate <13.5	0	0%
2	Moderate 13.5-20.5	3	10%
3	Adequate >20.5	27	90%
	Total	30	100%

Table no 2 and figure 11 shows that majority of respondent after post test 3(10%) had moderate knowledge and 27(90%) had adequate knowledge



COMPARISON OF PRE TEST AND POST TEST KNOWLEDGE LEVEL OF 2ND YEAR BSC NURSING STUDENTS REGARDING ADVERSE EFFECTS OF ALCOHOLISM

Table3; Frequency and percentage distribution of effectiveness of STP by comparing pre test and post test knowledge

SL NO	KNOWLEDGE	PRE TEST		POST TEST	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate <13.5	21	70%	0	0%
2	Moderate 13.5-20.5	9	30%	3	10%
3	Adequate >20.5	0	0%	27	90%
4	Total	30	100%	30	100%

Table 3 and figure 12 shows that pre test out of 30 nursing students majority of them 21(70%) had inadequate knowledge and 9(30%) had moderate knowledge in post test knowledge score majority of them 27(90%) had adequate knowledge , 3(10%) had moderate knowledge

The result findings suggest that the difference in post test compare to pre test knowledge is better.

Here H1 is accepted that there will be a significant difference between pre test and post test knowledge score on adverse effects of alcoholism among adolescent nursing students of selected nursing college.

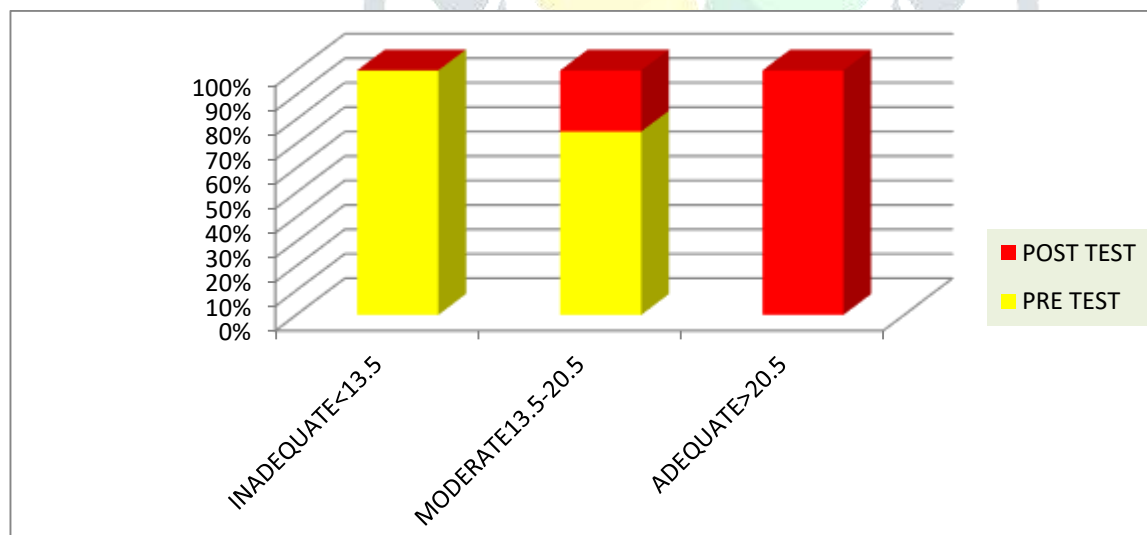
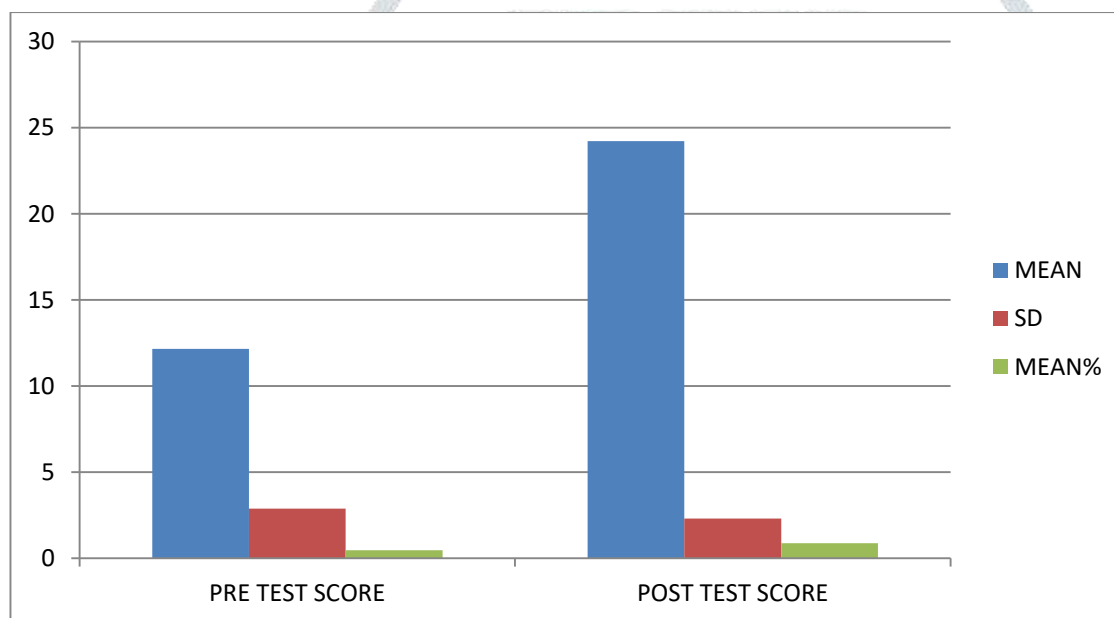


TABLE4:- FREQUENCY AND PERCENTAGE DISTRIBUTION OF EFFECTIVENESS ON INFORMATIONAL GUIDE SHEET BY COMPARING PRE TEST AND POST TEST MEAN, STANDARD DEVIATION, MEAN PERCENTAGE

KNOWLEDGE	PRE TEST			POST TEST			MEAN DIFFERENCE
	MEAN	SD	MEAN%	MEAN	SD	MEAN%	
27	12.16	2.876	45.037%	24.23	2.296	86.73%	41.69

Table no:-4 and figure 13 represents the comparison of pre test and post test mean, standard deviation, mean percentage and mean difference. Its shows that there is a significant difference between pre test and post test mean score (40.44 %) it is evidence that the STP is significantly effective in improving the knowledge regarding adverse effects of alcoholism among 2nd year BSC nursing students IN R.R College of Nursing Bangalore.



CONCLUSION &SUMMARY

Majority of adolescent boys 24(80%) were in the age of 20-22 years and most of the participant belongs to Hindu religion most of the students had previous knowledge on alcoholism. The pre test knowledge scores of adolescents on adverse effect of alcoholism is ranged from 9-20 The post test knowledge scores of adolescents regarding adverse effect of alcoholism is ranged from 16-27The mean pre test knowledge score was 12.16 with standard deviation 2.876 and mean % of 45.037% The mean post test knowledge score was 24.23 with standard 2.296 and mean% of 86.73%