

# Effectiveness of Video-Assisted Teaching Programme on Knowledge Regarding Ill effects of Tobacco among the Students Studying in Selected College at Chennai.

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## Abstract:

**PURPOSE:** This study is aimed to assess the effectiveness of video- assisted teaching programme on knowledge regarding ill effects of tobacco among the students studying in selected College at Chennai

**METHODS:** There were 30 students who met the inclusion criteria were randomly selected. The pre-test was assessed using a semi structured questionnaire and video- assisted teaching programme regarding ill-effects of tobacco was explained to the students. After that post-test was conducted using the same questionnaire.

**RESULTS:** The result showed that the mean level of knowledge was 13 with standard deviation of 9.433 in pre-test and 26 with standard deviation of 21.2 in post-test, there was a statistically significant difference with paired 't' value of 3.418 at  $p < .05$  level.

**CONCLUSION:** There was an increase in the level of knowledge regarding ill effects of tobacco among the students after the video- assisted teaching programme . Hence the video- assisted teaching programme on ill effects of tobacco among the students was found to be effective.

**Index Terms – Knowledge, ill effects of tobacco, students**

## I. INTRODUCTION

Tobacco causes various effects and even death occurs globally. Every year so many persons died due to Lung Cancer. The organization of health in the world estimates that each year tobacco causes about 6 million deaths (about 10% of all deaths) with 6,00,000 of this occurring in non-smokers due to second hand smoke. In the 20<sup>th</sup> century tobacco is estimated to have caused 100 million deaths.

## II. NEED FOR THE STUDY

The percentage of college students that smoke fluctuated greatly over the years. A total of 88(16.0%) students reported having ever tired cigarette or bidi smoking. The prevalence of current smoking was 7.1%. Exactly 10 % (55) of the students estimated report having ever used the smokeless tobacco. The rate of prevalence use of tobacco overall was found to be 20.9% and was significantly higher among the males than the females. Prevention is cost effective and result in savings. Possible nursing intervention is providing knowledge regarding ill effects of tobacco.

## III. OPERATIONAL DEFINITION

- 1) Video Assisted Teaching; Refers to the information with the help of video.
- 2) Ill effects of Tobacco; Refers to the problems occurs in the individuals due to nicotine products.
- 3) Knowledge; Refers to the gained information regarding tobacco effects by students.
- 4) Students; Refers to the individuals studying in college

## IV. OBJECTIVES

- 1) To assess the pre-test level of knowledge regarding ill effects of tobacco among students.
- 2) To assess the post-test level of knowledge regarding ill effects of tobacco among the students.
- 3) To evaluate the effectiveness of the video assisted teaching programme on knowledge regarding ill effects of tobacco among the students.
- 4) To find the association between selected demographic variables and knowledge regarding ill effects of tobacco among the students.

## V. INCLUSION CRITERIA

- 1) Only male students were selected for the study.
- 2) Students between the age group of 18 to 20 years.
- 3) Student who is willing to participate in the study.

## VI. ASSUMPTIONS

There is a significant relationship between knowledge and video assisted teaching programme regarding ill effects of tobacco

## VII. LIMITATIONS

- 1) The duration of the study is limited to 1 week.
- 2) The sample size taken for the study is only 30.

## VIII. METHODOLOGY

Quantitative research approach was adopted for the study. Pre experimental one group pre-test post-test design was selected. 30 students were randomly chosen using lottery method who fulfilled inclusion criteria. An interview schedule was used to collect the demographic variables and the knowledge was assessed using a semi structured questionnaire. After the pre-test video assisted teaching programme was given to the students and post-test was done using the same tool.

## IX. RESULTS AND DISCUSSION

Table 1: Frequency and percentage distribution of pre-test level of knowledge regarding ill effects of tobacco among the students

Pre-test Level of Knowledge	Frequency	Percentage (%)
Adequate (<50%)	-	-
Moderately Adequate (51% - 75%)	6	20
Inadequate (>75%)	24	80

Table 1 shows that 6 (20%) of them had moderately adequate knowledge, 24 (80%) of them had inadequate knowledge and no one had adequate knowledge during the pre-test.

Table 2: Frequency and percentage distribution of post-test level of knowledge regarding ill effects of tobacco among the students

N=30

Post-test Level of Knowledge	Frequency	Percentage (%)
Adequate (<50%)	29	96.7
Moderately Adequate (51% - 75%)	1	3.3
Inadequate (>75%)	-	-

Table 2 shows that 29 (96.7%) of them had adequate knowledge, 1 (3.3%) of them had moderately adequate knowledge and no one had inadequate knowledge during the post-test.

Table 3: Comparison of mean score and standard deviation between pre-test and post-test level of knowledge regarding ill effects of tobacco among the students

N=30

Level of Knowledge	Mean Score	Standard Deviation	Paired 't' Test
Pre test	13	9.433	
Post test	26	21.2	3.418*

S\* = significant

Table 3 shows the mean score of pre-test level of knowledge is 13 with standard deviation of 9.433. The mean score of post-test level of knowledge is 26 with standard deviation of 21.2. The paired 't' value of 3.418 shows that there is a statistically significant difference between the level of knowledge and the **video assisted** teaching programme on ill effects of tobacco among the students.

There was no significant association between the pre-test and post-test level of knowledge on ill effects of tobacco among the students with their selected demographic variables.

## X. CONCLUSION

The present study indicates that the students gained knowledge regarding ill effects of tobacco. So the video assisted teaching was effective.

## XI. REFERENCE

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