



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ILL EFFECTS OF NICOTINE ABUSE AMONG THE ADOLESCENT BOYS IN GOVERNMENT HIGHER SECONDARY SCHOOL NEYYATTINKARA

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ABSTRACT

A pre-experimental study with one group pre and post test design without control group and experimental approach was undertaken in Govt.HSS, Neyyattinkara from 09.06.2014 to 10.06.2014. The data were collected from 60 students selected through convenient sampling technique to assess the knowledge regarding ill effects of nicotine abuse through closed ended questionnaire.

Findings revealed that highest percentage (88%) of students were in the age group of 17-18 years and 80% of students were from rural areas. According to family monthly income, students having income in between Rs.3,000-Rs.10,000 and greater than Rs 10000 shares 40% each. Highest percentage (87%) of students have family history of nicotine abuse and 98% of students have no personal history of nicotine abuse, 95% of the students gained adequate knowledge regarding the ill effects of nicotine abuse after giving structured teaching programme.

Out of 60 samples taken, during the pretest, only 5 students have adequate knowledge (8%), 45 students have average knowledge (75%) and 10 students have poor knowledge (17%) where as in post test, 57 students have adequate knowledge (95%), 3 students have average knowledge (5%) and nobody have poor knowledge. Highly significant difference was found between pre and post test knowledge scores ($p < 0.01$). Significant association was found between the post test scores when compared to the demographic variables of students ($P > 0.05$).

KEYWORDS : Abuse, level of knowledge, structured teaching programme.

INTRODUCTION

"Cigarette is a pipe with fire on one end and fool at the other" Nicotine is a highly toxic alkaloid found in cigarettes, pipe, tobacco, snuff and bidis. It is both stimulant and depressant. So the people used this for the pleasurable effect. But it has many side effects like health problems as well as psychiatric problems.. However the abuse rate is at the peak in the 18-24 age groups. The pattern of use may varies in relation to cost and availability. Nicotine abuse and addiction are serious medical conditions that require treatment by chemical dependency specialist. Abruptly stopping nicotine usage after extended use can result in withdrawal symptoms.

Need For Study

Nicotine abuse has been referred to as single most preventable cause of death and half of the people who continue to smoke will die from it. It is associated with the leading cause of death, heart disease, cancer and stroke.

Nicotine is an alkaloid act as stimulant and can cause dependence and addiction. Cigarette smoking is the most deleterious method of nicotine use. Carcinogens absorbed in blood from tobacco smoke may be responsible for the cancer of the bladder, prostate and pancreas also.

Nicotine is a stimulant and its abuse may leads to both psychologic and physiologic effects. Symptoms peak in 24-48 hours and may last from a few weeks to several months.

This project conviened expert to provide recommendations on the design of a tobacco cessation intervention for youth, including helping pregnant teenagers who smoke to stop. This program is based on effective adult cessation programs with modifications relevant to adolescent development. The third year involved follow up data collection and program modification based on the results.

Although research has shown that tobacco use can reduce or ameliorate certain psychiatric symptoms, over reliance on the self-medication hypothesis to explain the high rates of tobacco use in psychiatric populations may result in inadequate attention to other potential explanations for this addictive behavior among those with mental disorders. A more complete understanding of nicotine and tobacco use in psychiatric patients also can lead to new psychiatric treatments and a better understanding of mental illness.

A combination of medications, behavioral approach and support is believed to be most effective in long term tobacco cessation. A variety of nicotine replacement products can be used to reduce the amount of the craving and withdrawal symptoms associated with sudden stoppage of nicotine use. Also participation in tobacco cessation programs is recommended in conjunction with nicotine replacement therapy.

Tobacco, consumption was significantly higher in poor, less educated, scheduled castes and, scheduled tribe populations.

Statement Of Problem

A study to assess the effectiveness of structured teaching program on knowledge regarding ill effects of nicotine abuse among the adolescent boys in Government higher secondary school, Neyyattinkara.

OBJECTIVES

- To assess the knowledge regarding the ill effect of nicotine abuse among the adolescent boys before and after structured teaching program.
- To find out the association between post test score of level of knowledge regarding ill effects of nicotine abuse among adolescent boys with their selected demographic variables.

Hypotheses

H₁: There is a significant difference between pre and post test knowledge scores among students studying in government higher secondary school, Neyyattinkara.

H₂: There is a significant association between post test knowledge scores and selected demographic variables.

METHODOLOGY

Research design

Research design is a master plan specifying the method and procedure for data collecting and analyzing the needed information.

The research design used for the present study was descriptive research design to find out the knowledge regarding ill effects of nicotine abuse.

Sample Size

The sample size is the number of subject, events, behaviors, or

situations that are essential in a study.

The sample size used for the study was 60 students who meet the inclusion criteria were selected.

Sampling Technique

Sampling is the process of selecting a representative part of the population. Convenient sampling technique was adopted for selecting the sample for study

Criteria For The Selection Of Sample

Inclusion Criteria

- Adolescent boys between 13-19 years.
- Who are willing to participate in the study.

Exclusion Criteria

- Students who are absent at the time of data collection.

Description Of Tool

There are two sections of tools are used

Section A: Deals with demographic data such as age, residence, monthly income of family, family history of abuse, student's history of abuse.

Section B: Consisting of 20 closed ended questions to assess the knowledge regarding ill effects of nicotine abuse

All the questions had only one correct answer and carries 1 mark each. Zero marks awarded to each wrong response and omissions.

Level of knowledge	Actual Score	Percentage
Poor Knowledge	0-6	0.30
Average knowledge	7-13	31-65
Adequate knowledge	14-20	66-100

Content Validity

Validity refers to whether an instrument accurately measures what is supposed to 38 measure.

The tool was validated in consultation with guide and other field experts. The experts include research advisor, research guide, nursing faculties and statistician. The tool was modified according to the suggestion and recommendation of the experts.

Reliability Of The Tool

Reliability is the degree of consistency and accuracy with which an instrument measures the attribute for which it is designed to measure. 38

The reliability of the tool ($r=0.09$) was tested by implementing the tool on 6 adolescent boys of GOVT. Boys Higher Secondary School, Neyyattinkara.

Pilot Study

A pilot study is referred to a small scale preliminary tryout of the method to be used in an actually large study which acquaints the researcher with problems that can be corrected in proportion for the large research study or is done to provide the researcher with an opportunity to tryout the procedure, methods and tools of data collection.

A pilot study was conducted in GOVT. Boys Higher Secondary School, Neyyattinkara for a period of two days from 9 June, 2014 to 10 June, 2014. Six students were selected using convenient sampling technique. The investigators met the students and questionnaires were administered to the students. After conducting pilot study, it was found that the tool was feasible for our study.

chapter 4 based on the objectives of the study, they are discussed under the following headings.

- Description of samples according to their demographic variables.
- Assessment of effectiveness of structured teaching programme.
- Assessment of the association between the post test score of knowledge regarding ill effects of nicotine abuse among adolescent boys with their demographic variables.

Summary

- Most of the samples belong to the age group of 17-18 years (88%), rest (12%) belong to the age group of 15-16 years.
- Out of 60, one sample (2%) had the history of nicotine abuse and rest of them 59(98%) had no history of abuse.
- About (26%) of adolescent were belongs to low socioeconomic status and (37%) belongs to middle class family and remaining 37%) from high class family.
- Most of the sample, 52(87%) had the family history of abuse and rest of 8(13%) had no family history of abuse.
- Regarding the level of knowledge after structure teaching programme majority of adolescent boys (95%) have adequate knowledge before structured teaching programme adolescent boys had adequate knowledge was 8%.

CONCLUSION

The present study assessed the effectiveness of structured teaching programme regarding the ill effect of nicotine abuse among adolescent boys.

The findings of this study revealed that there is a significant difference of knowledge in pretest and post test regarding the ill effects of nicotine abuse.

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DISCUSSION

This chapter deals with the discussion of the findings of