



A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON ILL EFFECTS OF ALCOHOL AMONG ADULT MALES, IN A SELECTED AREA, AT KANCHIPURAM DISTRICT, TAMIL NADU.

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ABSTRACT

Alcohol is one of the most widely used drug substances in the world. The lack of knowledge regarding ill effects of alcohol among adult males is the most common for late identification and increases the mortality rate of ill effects of alcohol. Therefore a study was to assess the level of knowledge on ill effects of alcohol among adult males in selected areas at Kanchipuram district, Tamilnadu, India. The objectives are to assess the level of knowledge on ill effects of alcohol among adult males and to determine association between socio demographic variables with knowledge related to ill effects of alcohol among adult males. A non-experimental, descriptive study was used to conduct the study. The study sample consist of total 70 adult males which was selected by Simple random sampling. Data was analysed by inferential statistics and presented through tables and figures. Findings revealed that Variables like marital status and monthly income were found to be significant. and the other variables like age of the males, Educational status and occupation were found to be non-significant. Regarding the knowledge majority of the adult males having moderate knowledge was 36(50%), inadequate knowledge was 33(47.14%), and Adequate knowledge was 1(2%). Mean value (9.45), and standard deviation (SD) (0.309%) are as follows.

KEYWORDS : Knowledge, males, milestone, adult males

INTRODUCTION

Many people enjoy a glass of wine, a pint of beer or any favourite spirit, and it is part of the culture to relax or to celebrate with a drink. People all can too easily become dependent on, or addicted to, alcohol, often without realizing they have a problem with drinking that may harm them either now or in the future. However heavy drinking is linked to a number of diseases, including cirrhosis of the liver, heart muscle damage and alcoholic dementia, and it also raises blood pressure, leading to an increased risk of stroke and coronary heart disease.

Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth is a major public health problem. Alcohol is one of the commonly consumed intoxicating substances in India. It has traditionally been drunk in tribal societies, although it has won increasing social acceptance among other groups, urban males being the prime example. At the moment the use of alcohol is infrequent among women who also tend to resist the habit among male family members. Between 15 and 20 per cent of Indian people consume alcohol and, over the past twenty years, the number of drinkers has increased from one in 300 to one in 20.

MATERIALS AND METHODS:

Research approach: Quantitative, non experimental approach.

Research design: Non experimental - Descriptive research design.

Research setting: The study was conducted in the selected villages, kanchipuram district, Tamilnadu.

Population: The population of the study comprises of adult males in the age group of 18 -55 years of a selected community, kanchipuram district, tamilnadu.

Sample size: The samples of the study consist of 70 males in a selected community

Sample technique: Simple random sampling is used for the selection of the women.

CRITERIA FOR SELECTION OF SAMPLE:

Inclusion criteria:

1. Males between 18-55 years of age.
2. Males who are willing to participate.
3. Males who can understand Tamil / English.

Exclusion criteria:

1. Males who are ill at the time of study

2. Males are not available during of the study.

DEVELOPMENT AND DESCRIPTION OF THE TOOL.:

A structured questionnaire used in this study consists of two sections which are as follows.

SECTION A: demographic variables

SECTION B: it consisted of multiple choice questions which were prepared to assess the knowledge on osteoporosis among adult males

METHOD OF SCORING INTERPERTATION: each correct answer carries "1" mark and wrong answer carries "0" mark.

- < 50% - inadequate knowledge
- > 51%-75% moderately knowledge
- >76% - adequate knowledge.

METHOD OF DATA COLLECTION: The data was collected using structured interview schedule.

RESULTS AND DISCUSSION ; The collected data were entered in data sheet and analyzed using descriptive and inferential statistics. The findings shows that. Regarding the knowledge majority of the adult males having moderate knowledge was 36(50%), inadequate knowledge was 33(47.14%), and Adequate knowledge was 1(2%) with Mean value (9.45), and standard deviation (SD) (0.309%) and there was significant association between demographic variables (marital status & income.) and there were no significant association between demographic variables (age in years, at educational status, occupation, sources of information on ill effects of alcohol among adult males and their knowledge score at $p < 0.05$.



Figure : Demographic Distribution of Marital status

CONCLUSION

The findings showed alcohol prevalence in the country is growing in the alarming rate, which accounts one of the major cause of mortality and morbidity. So it is high time to carry out effective intervention to create awareness among the adult males about alcoholism and its ill effects. The study was conduct to assess the knowledge on ill effects of alcohol by structured questionnaire was very effective to assess the knowledge of adult males regarding ill effects of alcoholism.

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