



KNOWLEDGE REGARDING ILL EFFECTS OF ALCOHOLISM AMONG FIRST YEAR STUDENTS IN NOORAL ISLAM INDUSTRIAL TRAINING INSTITUTE, AMARAVILA.

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KEYWORDS :

It is widely recognized that alcohol is implicated in varying degrees in many different types of health and social problems. The adverse consequences of alcohol use involve not only the individual drinker, but also those significantly related to him: his family, neighbours and fellow workers. There are also costs for society as a whole. Thus, the problems of alcohol might be classed according to whether the effects are mainly on the individual's health or mainly of a broader social nature. But it is also important to distinguish for both health and social consequences between the effects resulting from long term heavy consumption, and those, which may result from a single drinking occasion.

Alcohol abuse and addiction are serious medical conditions that require abruptly stopping alcohol consumption treatment by chemical dependency specialists. After extended use can result in serious medical complications including death. The wide spread and increasing use of alcohol in a majority of communities in the region is drawing attention to the public health consequences of alcohol consumption. Recent evidence from World Bank and World Health Organization (cited in the publication-Global Burden of Diseases) studies shows that alcohol related death and disability impact is substantial. The harmful effect of alcohol use on health and the possibility of developing dependence have been recognized as issues of great concern for a long time."

Alcoholism is a progressive and dangerous disease that can seep in to every area of a person's life. The effects of alcoholism are not just physical; they are also significant psychological effects, not to mention the effects of alcoholism on family and other relationships.

Need And Significance Of The Study

One of the emergency cause for family and social disharmony is the addiction and dependence on substances, alcohol topping the list. Alcohol has various effects on the consumer his dependence and also in society. It may cause physical, psychological, social, marital, legal and medical problems. Recently the number of death due to alcoholism has increased.

Globally 62 percentage of all male deaths are related to alcohol, 320000 young people aged 15-29 years die annually from alcohol related causes. (Global status report on alcohol and health analysis 11 February 2011 at Jeneva - WHO!)

In India, among students under age 21 alone, 5000 experience alcohol related rape, and 43000 are assaulted by another student who has been drinking. 100000 deaths occur annually due to alcoholism in India [National Institute of alcohol abuse and alcoholism].

In Kerala, the average age one start drinking dropped from 19 years in 1986 to 13.5 years in 2006. Every year liquor sales have been rising. Kerala has the highest per capita consumption from the alcohol sales. In 2012, approximately 29.3 crore liter alcoholic beverages are used by the people in Kerala."

Statement Of The Problem

A study to assess the knowledge regarding ill effects of alcoholism among first year students in Nooral Islam Industrial Training Institute, Amaravila.

Objectives Of The Study

1. To assess the knowledge regarding ill effects of alcoholism among first year students in Nooral Islam Industrial Training Institute, Amaravila.
2. To find out the association between the knowledge regarding ill

effects of alcoholism and selected demographic variables.

Operational Definition

1. Assess
Refers to evaluation of knowledge regarding ill effects of alcoholism.
2. Knowledge
Refers to the existing information level regarding ill effects of alcoholism.
3. Ill effects
Refers to adversely affecting or unhealthy condition resulting from alcoholism.
4. Alcoholism
Refers to the state of excessive consumption of alcoholic beverages which cause harm to the individual, society or both.
5. First year students
Refers to those who are studies in first year department.

Hypotheses

There is a significant level of knowledge regarding ill effects of alcoholism among first year students in Nooral Islam industrial training Institute, Amaravila.

Methodology

Research Approach

Quantitative and evaluative approach

Research Design

Descriptive research design.

Variables

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

1. Demographic variables with respect of students age, religion, family income, residence, type of family, habit.
2. Study variable with respect to knowledge regarding ill effects of alcoholism.

Population

The population for the present study were included all the first year students.

Sample And Sampling Technique

Simple random sampling technique (lottery method) was used to select the samples for the present study. The sample size used for the study was 30 students who meet the inclusion criteria were selected.

Tool/Instruments

There are two sections of tools are used. They are; section A and section B

Section A

It consists of demographic characteristics of first year male students of Nooral Islam Industrial Training Institute, Amaravila. That is student's age, religion, family income, residence, type of family and habit.

Section B

Structured questionnaire were prepared to assess the knowledge regarding ill effects of alcoholism. The items were related to meaning of alcoholism, cause, characteristics and ill effects. It consists of 25 questions and it has four options. Each correct answer carries 1 score and wrong and unattended answer carries zero score. Based on the score, level of knowledge was graded.

Score Interpretation

Knowledge

The knowledge part consists of 25 objective types of multiple choice

questions regarding ill effects of alcoholism.

All the questions had only one correct answer and correct response was awarded 1 score. Zero was awarded to wrong response and omissions.

Table 1: Grades Of Level Of Knowledge On Ill Effects Of Alcoholism

Level Of Knowledge	Actual Score	Percentage
Adequate knowledge	17-25	65-100
Moderate knowledge	9-16	33-64
Inadequate knowledge	0-8	0-32

Data Collection Procedure

Data collection is the gathering of information to address the research problem. The word data means information that is systematically collected is the course of study. We, obtained permission from the Principal of NIMS College of Nursing to conduct a research study at NI I.T.I, Amaravila. Permission was also obtained from the head of the authority of NI I.T.I. through the Principal of NIMS College of Nursing Structured questionnaire were prepared to assess the knowledge regarding ill effects o alcoholism. It consists of 25 objective types of multiple choice questions.

Distribution Of Subjects According To Knowledge Score

Sl. No.	Level of knowledge	Frequency	Percentage
1	Adequate	5	17
2	Moderate	25	83
3	Inadequate	0	0

With the distribution of subjects according to knowledge score showed that 83% have moderate knowledge, 17% subjects have adequate knowledge and zero percentage have inadequate knowledge.

Mean And Standard Deviation Of Knowledge N=30

Group	Mean	Standard Deviation
First year students in Nooral Islam Industrial Training Institute	14.90	2.58

Nursing Implications

Nurse is an excellent position to educate students. Students need information related to promotion of health and healthy life styles. The findings of the study have implication to nursing practice, Administration, Education and research.

Nursing Practice

Nurses in all areas of nursing practice are in a position in which they have opportunity to identify and talk with adolescents. Nursing practice can also concentrate in school health and college health where nurses can talk with the teachers, students and family members regarding adolescent problems, especially regarding abusive behaviours. This common will communication will help to find out what are all the risk factors for adolescent behaviour, what are all the preventive strategies for these problems. This practice can be done in both rural and urban areas. Nurses can emphasis the need to integrate education of alcohol abuse on their curriculum. Thus, school and college health nurses can play an important role in preventing, identifying and recommending treatment for adolescence alcohol abuse. Trauma nurse and emergency department nurses always should be alert to alcohol use and abuse in their teenage clients because injuries, accidents and alcohol use and abuse are highly correlated.

Nursing Education

The study has an implications on nursing education. The nursing curriculam gave importance to substance abuse. It helps the student murder o are the knowledge on ill effects of alcoholism Nursing students should get in community and clinical area with related aspects. Students can use the mass media me the community as a whole.

Nursing Administration

The study implies that nurses have role of policy maker link between the various agencies. Nurses use her knowledge and skill to develop to administer policy on a abuse: for this she or he make links with the Government agencies. In oder make policy, he or she should have evidence base:

The more the research she more will be the poor. For this the nurse administrator should promote holistic thinking in nursing practice and organizing in service education programme.

Nursing Research

In the nursing field there are few research is conducted with respect knowledge on ill effects of alcohol component. The findings of the study showed that there is a significant level of knowledge regarding ill effects of alcoholism.

Limitations Of The Study

1. Considering small sample size, conclusion from the study can't be generalized.
2. Study was limited to only male students.

Recommendations

- Similar study can be conducted on large sample for wider generalization.
- The study period can be extended to get more intensified intervention.
- Experimental studies can be conducted. The study can be repeated in the same setting or different settings.

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