



**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ALCOHOL USE AND ITS HARMFUL EFFECTS AMONG HIGH SCHOOL CHILDREN AT MUNICIPAL CORPORATION SCHOOL IN TIRUPATI.”**

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**Dr.S.Hemalatha****ABSTRACT**

**AIM :** “To assess the effectiveness of structured teaching programme on knowledge regarding alcohol use and its harmful effects among high school children at Municipal Corporation School in Tirupati.”

**MATERIALS AND METHODS :** A quasi-experimental research with one group pre test post test design was used and the study was conducted in Municipal corporation School in Tirupati, Andhra Pradesh. The population consists of high school children. The sample size was 60 high school children, who fulfilled the inclusion criteria. The tool used for data collection was structured questionnaire.

**RESULTS:** The study findings revealed that among 60 high school children 15( 25%) had inadequate knowledge, 24(40%) had moderate knowledge and 21(35%) had adequate knowledge in pre test. After administration of structured teaching programme, the post test findings revealed that 8(13.3%) had inadequate knowledge 28 (46.7%) had moderate knowledge and 24 (40%) had adequate knowledge. That the pre test mean value and standard deviation scores was 15.40 +2.499 and the post test mean value and standard deviation was 24.08 + 2.499 and the calculated t-value was 15.846. Which was statistically significant at  $p=0.01$ . The above results revealed that there was a significant difference between pre- test and post test scores among scores among high school children after structured teaching programme.

**CONCLUSION:** The high school children had gained knowledge on Alcohol use and its harmful effects after the structured teaching programme in the post test assessment.

**KEYWORDS****1.INTRODUCTION**

Alcohol is a drug and classified as sedative, tranquilizer, depending upon the quantity consumed. Alcohol is self induced intoxication and socially acceptable<sup>1</sup>.

Alcohol use is worldwide social and medical problem over the past 30-40 years. Alcohol consumption has increased in quantity and frequency. The age at which people start drinking has also declined. The population group at great risk is those undergoing rapid socioeconomic and cultural changes, they view alcohol as a symbol of prestige and social status<sup>2</sup>. According to the National Survey on Drug Use and Health (NSDUH) is estimated 6,23,000 adolescent ages 12-17 years (2.5 percent of this age group) suffering with alcohol use disorders in 2015. This number includes 2,98,000 males (2.3 percent of males in this age group) and 3,25,000 females (2.7 percent of females in this age group) suffering with alcohol use disorders<sup>3</sup>.

In 2014 World Health Organization (WHO) released “Global status report” on alcohol and health and reported that alcohol contributed to more than 200 diseases and injuries related to health conditions.

**2.Materials and Methods :**

**2.1.RESEARCH APPROACH :** The quasi experimental approach

**2.2.RESEARCH DESIGN:** “one group pre-test-post-test design”.

**2.3. VARIABLES:**

**INDEPENDENT VARIABLE:** Structured teaching programme on alcohol use and its harmful effects among high school children facilitated by poster presentation and flash cards, and slides.

**DEPENDENT VARIABLE :** Knowledge of high School children on alcohol use and its harmful effects

**DEMOGRAPHIC VARIABLES:** Age, education, occupation, residence, type of family, living area, habit of alcohol in family and friends.

**2.4. SETTING OF THE STUDY :** Municipal Corporation School in Tirupati.

**2.5. POPULATION :** Boys and girls of 8<sup>th</sup> to 10<sup>th</sup> class students

**2.6. SAMPLE :** High school children, who were falling under inclusion criteria.

**2.7. SAMPLE SIZE :** 60 high school children at Municipal Corporation School in Tirupati.

**2.8. SAMPLING TECHNIQUE :** Non probability sampling technique.

**2.9.CRITERIA FOR SAMPLE SELECTION****Inclusion criteria :**

Students who were willing to participate in the study. Students who can read, write and understand English or Telugu, high school children of age between 13-15 yrs studying at Municipal Corporation School in Tirupati.

**Exclusion criteria :**

Who were not available during the conduction of the study and who were not willing to participate.

**2.10. DEVELOPMENT AND DESCRIPTION OF THE TOOL :****Section -I - Socio demographic data :**

age, education, occupation, residence, type of family, residence, living area, habit of alcohol in family and friends.

**Section -II - Structured knowledge questionnaire regarding Alcohol use and its harmful effects**

Each correct answer carries a score of “1” mark. The wrong answer carries “0” mark. Thus a total score of “30” allotted under knowledge regarding alcohol use and its harmful effects

**SCORE INTERPRETATION :**

- Adequate knowledge - > 75 % (21-30)
- Moderate knowledge - 51-75 % (11-20)
- Inadequate knowledge - < 50 % (1-10)

**STRUCTURED TEACHING MATERIAL :**

The method of teaching was lecture cum discussion. Poster presentation and flash cards, slides were prepared to facilitate teaching.

**DESCRIPTION OF THE STP :**

The STP is titled as “Alcohol use and its harmful effects” consists of introduction, definition, incidence, etiology, effects, complications and levels of prevention.

**PROCEDURE FOR DATA COLLECTION :**

Permission was obtained from the, Headmistress of Municipal Corporation School in Tirupati. By using non probability purposive sampling technique 60 high school children were selected as the sample and data was obtained for a period of 3 weeks.

Students knowledge levels are assessed by using structured questionnaire. After that structured teaching programme on alcohol use and its harmful effects was given for 45 minutes and doubts were clarified. After 7 days post-test was conducted to assess their knowledge levels by using the same questions.

**RESULTS:**

The study findings revealed that among 60 high school children 15(25%) had inadequate knowledge, 24(40%) had moderate knowledge and 21(35%) had adequate knowledge in pre test. After administration of structured teaching programme, the post test findings revealed that 8(13.3%) had inadequate knowledge 28 (46.7%) had moderate knowledge and 24 (40%) had adequate knowledge. That the pre test mean value and standard deviation scores was  $15.40 \pm 2.499$  and the post test mean value and standard deviation was  $24.08 \pm 2.499$  and the calculated t-value was 15.846. Which was statistically significant at  $p = 0.01$ . The above results revealed that there was a significant difference between pre- test and post test scores among high school children after structured teaching programme.

**CONCLUSION:** The high school children had gained knowledge on Alcohol use and its harmful effects after the structured teaching programme in the post test assessment.

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2. Drug abuse.com > library > the effects of alcohol use.
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