



EFFECTIVENESS OF AWARENESS PROGRAM ON KNOWLEDGE REGARDING TOBACCO AND ITS HARMFUL EFFECT AMONG PEOPLE IN SELECTED AREAS IN RURAL COMMUNITY.

Nursing

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KEYWORDS

INTRODUCTION

Addictive habits generally begin from casual experimenting and adolescence period of life is by nature curiosity-driven age and thus the age of experimentation. Tobacco and alcohol use problem is complex all over the world. It is a large consequential burden that leads to cause diseases and death. The prevalence rate is more in rural area than in urban area.

The WHO in 2004 projected 58.8 million deaths that occurred globally, from which 5.4 million are tobacco - attributed; 4.9 million deaths were of same cause in 2007. In an estimation of 2002, 70% of these deaths happen in developing countries.^[1]

Tobacco use is a major worldwide public health problem. It is now by far the largest preventable cause of death in the world. Although there is a health warning on every packet of cigarettes in India indicating that *Smoking is injurious to health*, these warnings are illegibly printed. On the other hand, attractive and catchy tobacco advertisements are very common. Thus, the use of tobacco products including cigarettes, Gutka, Khaini, cigar and Jarda is increasing in the country.^[1]

WHO estimates that in India, 65% of all men use some form of tobacco (about 35% smoking, 22% smokeless tobacco, 8% both). The World Bank estimates that in high-income countries, smoking-related health care accounts for 6-15.1% of all annual health care costs. The high smoking-related health care costs are particularly worrisome for low-income countries that can least afford the health care burden, where the tobacco epidemic is expected to account for 70% of all tobacco-related deaths in the next 20 to 30 years.^[1]

Cancer has become an important public health problem in India with an estimated 7 to 9 million cases occurring every year. At any point of time, it is estimated that there are nearly 25 million cases in the country. The strategy under the National Cancer Control Program (NCCP) was revised in 1984-85 and further in 2004 with stress on primary prevention and early detection of cancer cases. In India, tobacco related cancers account for about half the total cancers among men and 20% among women. About one million tobacco related deaths occur each year making tobacco related health issues a major public health concern. Thus it is a result that the eyes, brain, heart, teeth and lungs are major organs which can lead to cause severe disease in the body by consumption of tobacco products.^[1]

NEED OF THE STUDY:

Nowadays number of tobacco chew increased tremendously. Ultimately it is affecting on the health of the nation as well as health of the world. Study and awareness is necessary to make people aware about harmful effect of tobacco also the tobacco chew not only effect on health of the person but also it become economic burden to known tobacco chewer. Need of the study has following aspects:

Smoking of cigarettes introduce over 4000 of chemical into our body which may be harmful to our body. Also, over the years continuous smoking can leads to change in DNA structure. Study also reveal that smoker are more prone to develop the throat cancer and lung cancer than the non-smoker. Also smoke free tobacco use is most contributing factor to development of cancer of oral cavity. According to study 8 of 10 people who chew tobacco daily will definitely develop a cancer of oral cavity. Non-smoking can reduce the risk to develop the disease such as asthma, arthritis, atelectasis, cardiac arrest etc.

Ample body of evidence available to infer causal relationship between smoking and vascular diseases such as coronary heart disease, subclinical atherosclerosis and stroke, respiratory diseases such as pneumonia and chronic obstructive pulmonary disease, and cancer at ten sites. Despite the serious health risks, a considerable number of people across the world continue to smoke. It is well recognized that overall mortality rates for cigarette smokers are 60-80% higher than for non-smoker's. The degree of devastation brought to bear upon the individual and society outstrips the returns generated by tobacco production and consumption in terms of revenue and employment. As awareness of the dangers posed by tobacco spread, countries across the globe resolved to forge a campaign strategy and frame a battle plan to overcome the tobacco threat.

As the main aim of the study is to make the group aware about the harmful effect of tobacco use and assess their attitude toward tobacco consumption after intervention. Before the intervention first need to assess the level of knowledge group is having. It will give slight idea that at what level the intervention must be implement. This will also help to future research to close gap existing between knowledge of group.

Cigarette smoke and adverse health effects: An overview of research trends and future needs Siby P Saha, Deepak K Bhalla, PhD, Thomas F Whyne, Jr, and CG Gairola, PhD A large volume of data has accumulated on the issues of tobacco and health worldwide. The relationship between tobacco use and health stems initially from clinical observations about lung cancer, the first disease definitively linked to tobacco use. Almost 35 years ago, the Office of the Surgeon General of the United States Health Service reviewed over 7000 research papers on the topic of smoking and health, and publicly recognized the role of smoking in various diseases, including lung cancer. Since then, numerous studies have been published that substantiate the strong association of tobacco use with a variety of adverse human health effects, most prominently with cancer and cardiovascular diseases. Cigarette smoking is regarded as a major risk factor in the development of lung cancer, which is the main cause of cancer deaths in men and women in the United States and the world. Major advances have been made by applying modern genetic technologies to examine the relationship between exposure to tobacco smoke and the development of diseases in human populations. The present review summarizes the major research areas of the past decade,

important advances, future research needs and federal funding trend.^[19]

Many studies have analyzed. The overall results of all studies reveal that there is huge lack in knowledge of people regarding tobacco and its harmful effect. Even during our clinical postings, we have observed many educated people who seems to have some knowledge but are not aware of the major harmful effects of tobacco. Still they are using tobacco in their daily routines. So we felt the need that instead of simple lecture method and awareness program should be conducted in the form of role play to create awareness among public regarding tobacco and its harmful effects.

OBJECTIVES OF THE STUDY:

To assess the pre-interventional knowledge and attitude of study group regarding tobacco and its harmful effect.

- To assess the effectiveness of the awareness program.
- To assess the post-interventional knowledge and attitude of study group regarding tobacco and its harmful effect.

HYPOTHESIS:

Ho: there will be no significant changes in knowledge of the people regarding tobacco and its harmful effect.

H1: there will be significant changes in the knowledge of the people regarding tobacco and its harmful effect

MATERIALS AND METHODS: A quantitative approach was adopted to study. Pre-experimental design was used. One group pre-test and post-test method was used on 70 samples. After completing assessment, pre-test and training the post test was carried after two weeks. The instrument used in the study was self-administered structured a questionnaire to assess the knowledge of people on tobacco and its harmful effects. The tool mainly included socio-demographic data and knowledge assessment Performa. Based on the research problem and objectives of the study, the following steps were undertaken to select and develop the data collection tool.

INCLUSION CRITERIA–

- People who are having habit chewing tobacco.
- People who were willing to participate

EXCLUSION CRITERIA–

The people who all are having mouth and lung cancer.

RESULTS

The data and findings have been organized and presented under the following sections:

SECTION: 1 Analysis of Data Related to The Personal Characteristics of the Samples in Frequency and Percentages.

This section deals with the description of demographic variables of study subjects. The researcher analyzed and categorized the samples into various groups based on the demographic variables.

Table no:1 Distribution of demographics variables of the experimental group

N=70

No. of family members	Frequency	Percentage
2	3	4.28
3	20	28.57
4	26	37.14
More than 4	21	30.00
Diet		
Vegetarian	24	34.28
Non-Vegetarian	46	65.71
Monthly family income (Rupees)		
0-25000	37	52.85%
25000-50000	20	28.57%
50000-75000	12	17.14%
Above 75000	1	1.42%

Type of house		
Kuccha	23	32.85%
Pucca	47	67.15%
Type of family		
Nuclear family	45	64.28%
Joint family	25	35.72%
Extended family	0	0%
Previous exposure to awareness program		
Yes	49	70%
No	21	30%

SECTION: 2 Analysis of data related to the assessment of knowledge regarding tobacco and its harmful effects.

N =70

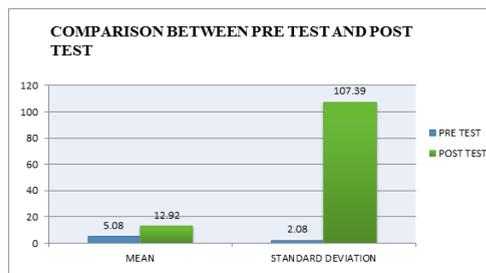


Figure1: comparison between pretest and post-test for effectiveness of awareness program

It shows that in pretest mean was 5.08 and in posttest mean 12.92 and standard deviation in pretest is 2.08 and in posttest is 107.39

Section 3: To evaluate the effectiveness of awareness program on knowledge regarding tobacco and its harmful effects

	Mean	Standard Deviation	T	Df	Sig. (2-tailed)
Pre test	5.08	0.25	31.57	69	0.05
Post test	12.92	107.39			

Table No.8: Frequency and percentage of mean, standard deviation and t test

Paired t-test applied for comparison of pre-test and post-test skill scores among the rural people to assess knowledge regarding tobacco and its harmful effects. T-value was found to be 31.57 with degrees of freedom. Corresponding p-value was found to be very small (of order of 0.001). The null hypothesis H0 is rejected and hence H1 is accepted. In Pre-test, average skill score was 5.08 with standard deviation of 0.25 where as in post-test average skill score was 12.92 with standard deviation of 107.39. This indicates that the structure teaching program was effective to enhance the level of knowledge about the tobacco and its harmful effects.

CONCLUSION:

This study is conducted by using pre experimental design. In this study we assessed the knowledge regarding tobacco and its harmful effect in People in Selected Areas in Rural Community. After assessing we got to know that their knowledge is very poor regarding tobacco and its harmful effects. After providing knowledge in the form of a role play, their knowledge level increases as compared to the previous reviews.

Conflict of interest: Nil

Source of Funding: self-funded

Ethical Considerations: Permission has been taken by Gram-Panchayat of selected community and Institute Ethical Committee of Symbiosis International (Deemed University)

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