



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED HIGHER SECONDARY SCHOOL, AGARTALA.

Nursing

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ABSTRACT

Introduction: Adolescence is a vulnerable period which is associated with a heightened risk for the development of depressive disorders. **Objective:** To assess the pre test level of knowledge regarding substance abuse among adolescents. To evaluate the effectiveness of planned teaching program regarding substance abuse among adolescents. To find out the association between pretest knowledge regarding substances abuse among adolescents with their selected demographic variables. **Methodology:** A pre experimental research design with Simple random sampling was used. 50 adolescents were selected from higher secondary school. The data was collected, organized and analyzed in terms of both descriptive and inferential statistics. **Results:** The findings of the study revealed that mean post test knowledge score of the adolescence were significantly higher than the mean pre-test knowledge with a mean difference of 6.42; t value was 10.87, which was significant at 0.05 levels. **Conclusion:** The study findings reveal the adolescences students were motivated to gain knowledge through the planned teaching program.

KEYWORDS

Planned teaching programme, knowledge, substance abuse, adolescents, higher secondary school.

INTRODUCTION:

Adolescence is a vulnerable period which is associated with a heightened risk for the development of depressive disorders. Risk-behaviours like alcohol, tobacco, cannabis or illicit drug abuse, excessive use of media, school absenteeism and lack of sleep are also frequently occurring during this period; it is often suggested that such behaviours may be associated with mental health problems.¹

Adolescents are poly substance abuser. They termed alcohol as "gateway" drugs because they often "open the gates" to further heavier drug use for teens. To the young persons, choice of drug is often related to "drug fashion."² According to a UN report, One million heroin addicts are registered in India, and unofficially.²

Globally, substance abuse is a major public health and social concern. With changes in lifestyle, globalization in substance marketing, the erosion of powers of censure that have existed in traditional societies, and an increased acceptance of such substances, it is clear that their use is growing in low- and middle-income countries, particularly in the children, adolescents and the youth.³

India too is caught in this vicious circle of drug abuse, and the numbers of drug addicts are increasing day by day. According to other recent data, among those involved in drug and substance abuse in India, 13.1 per cent are below 20 years. A survey reveals that of the children who came for treatment to various NGOs, 63.6% were introduced to drugs at a young age below 15 years. Overall 0.4% and 4.6% of total treatment seekers in various states were children. Twenty million children are estimated to be getting addicted to smoking every year, and nearly 55,000 children are becoming smokers every day in comparison to 3,000 in the US. Recent available data points out that among the alcohol, cannabis and opium users about 21%, 3% and 0.1% respectively were below 18 years.⁴

However according to a nationwide survey spread over 13 states by the NGO Prayas in association with the Ministry of Women and Child Development and other organization, 32.1% children, below the age of 18, have tasted alcohol, bhang, ganja, heroin or other form of narcotics. It reveals that 70.3% of those kids have been first exposed to one or the other form of drugs by their friends and relatives, 11.7% by their parents.⁵

The common substances of abuse among children and adolescents in India are tobacco, alcohol, cannabis, and opium; even intravenous use of drugs has also been reported. Those drugs cause increased energy, rapid heart rate and elevated blood pressure, but they also produce racing thoughts and make you feel overstimulated. Continued use causes rapid breathing, irritability, impulsiveness, aggression, nervousness, insomnia, weight loss, tolerance, addiction, and possible heart failure. These drugs also cause an impairment in cognitive functioning which negatively affects memory and impacts the ability to learn.⁶

School and College students are the most vulnerable group and are at high risk of drug abuse related problems compared to other population. The prevalence rate of drug abuse is highest among young adolescents and young adults, a large majority of whom are students. Substance abuse by students in secondary schools and colleges is a serious problem. As it is gaining gradual popularity among college students, it would be vital to examine their knowledge towards substance abuse. Health education is an important strategy of all the programmes to prevent and control drug abuse.⁷

OBJECTIVES:

1. To assess the pre test level of knowledge regarding substance abuse among adolescents.
2. To evaluate the effectiveness of planned teaching program regarding substance abuse among adolescents.
3. To find out the association between pretest knowledge regarding substances abuse among adolescents with their selected demographic variables.

RESEARCH METHODOLOGY:

Research Approach: Quantitative research approach

Research Design: Pre experimental (pre test and post test design)

Setting: Barjala Higher Secondary School, Agartala

Population: The target population in the study are the adolescent studying higher secondary.

Sample: Adolescent students those who are studying in higher secondary.

Sampling Technique: Simple random sampling technique (Lottery method)

Sampling size: 50 Adolescent students

Inclusion Criteria:-

- a. Student studying in H.S(+2) stage school.
- b. Student willing to participate in study.
- c. Available during data collection.

Exclusion Criteria:-

Students who are on leave or not present at the time of data collection.

Description Of The Tools:

Tool No.1: Proforma On Personal (Demographic) Data:

The proforma on personal data consists of 8 items which include age(in years), gender, Residence, type of family, Family income per month, number of sibling, educational status of parents, occupational of head of family, sources of information. The purpose of this was to develop association between variables. The respondents are required to place

the tick mark against the best alternatives.

Tool No.2: Structured Knowledge Questionnaire:

The structured questionnaire is developed to assess the effectiveness of planned teaching program. Questionnaire consisted of 30 multiple choice questions which covers the total content of planned teaching program regarding the substance abuse. Questionnaires are developed as per blue print and the content area. All the questions have three (3) alternatives responses and items had only correct answer. The participants are requested to read the questions carefully and place a tick mark against the right answer. Score of each correct response was one (1) and incorrect response score is zero. So the maximum score of knowledge questionnaire was 30 and minimum score is zero.

Analysis And Interpretation:

Table-1: Effectiveness Of Planned Teaching Program Regarding Substance Abuse Among Adolescent's Students.

Area	Mean	Mean difference	SD	't' value
Pre test	15.2	6.42	3.02	10.87*
Post test	21.62		2.87	

't' (df49)= 2.00, $p < 0.05$, * = Significant

So, there was significant difference between mean pre-test and post test knowledge score before and after intervention (planned teaching programme).

MAJOR FINDINGS OF THE STUDY:

The data represents in the table no: 5 shows the mean post test knowledge score 21.62 was higher than mean pre-test knowledge score 15.2. The obtained mean difference was found as 6.42.

The data was also pointed out that the standard deviation of post-test knowledge score 2.87 was lower than pre-test knowledge score 3.02. It indicates the post-test knowledge score was more homogenous among the adolescent's students.

The calculated 't' value was 10.87 which was significant at 0.05 level of significance. The obtained mean difference between pre and post test knowledge score of adolescent's students is not by chance, it is true difference. Hence, the research hypothesis (H_1) is accepted and null hypothesis (H_{01}) is rejected. The data statically proved that the planned teaching programme was highly effective in increasing the knowledge level of adolescent's students.

CONCLUSION:

The study findings reveal the adolescences students were motivated to gain knowledge through the planned teaching program.

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