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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE REGARDING UNHEALTHY HABITS AND ITS EFFECTS AMONG ADOLESCENT BOYS AT SELECTED INTERMEDIATE COLLEGES AT GONDA UTTARPRADESH.

Nursing

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ABSTRACT

Background: Adolescence is one of the most fantasy periods of human life that marks the transition from being a dependent child to an independently functioning adult. Habit is an accustomed way of doing things, Habits are considered to have 3 characteristics (a) they are acquired through repetition (b) they are automatic, and (c) they can be performed only under similar circumstances. Habits accumulated through generations emerge as customs in turn create habits. Habits once formed persist and influence human behavior **Objectives:** 1) To assess pretest knowledge levels regarding unhealthy habits and its effects among adolescent boys.2) To administer structured teaching programme on knowledge regarding unhealthy habits and its effects among adolescent boys 3) To assess posttest knowledge level regarding unhealthy habits and its effects among adolescent boys.4) To associate knowledge levels with their selected socio demographic variables. **Material and methods:** Quantitative/experimental approach was considered as appropriate research approach for the present study. The sample of this study comprised of 60 Adolescent boys between age group 16 – 19 years who are studying at selected intermediate college at Gonda, U.P. simple random sampling technique was used to draw the sample.

KEYWORDS

Assess, Effectiveness, Structured Teaching Programme, Knowledge, Un Healthy Habits, Healthy Habits, Information Booklet.

INTRODUCTION:

Adolescence is one of the most fantasy periods of human life that marks the transition from being a dependent child to an independently functioning adult. Habit is an accustomed way of doing things, Habits are considered to have 3 characteristics (a) they are acquired through repetition (b) they are automatic, and (c) they can be performed only under similar circumstances. Habits accumulated through generations emerge as customs in turn create habits. Habits once formed persist and influence human behavior.

Adolescence is the most important and sensitive period of one's life. According to World health organization expert committee, adolescence is defined as a period between 10 to 19 years, means the second decade of life. Adolescence is an age group usually tends to be subsumed under the categories of either youth or children. The formulation of definitions clearly reveals the age and characteristics of adolescents is only a recent phenomenon; and yet to be widely recognized all over the world. The actual interpretation of adolescence as a phase of life remains a social construct that differ between cultures.

Adolescents live in a new world facing childhood to adulthood. They are the future and above all people, a fact not often recognized. The real trouble is they are in search of an identity in a predominant adult world. Teenagers undergo a rapid physical and psychological growth. Today's teenagers attain physical maturity much earlier than in previous generations and this is not accompanied by a parallel development in psychosocial maturity

Need For The Study:

In adolescence habit formation is the process by which a behavior, through regular repetition, becomes automatic or habitual. This is modeled as an increase in automaticity with number of repetitions up to an asymptote. This process of habit formation can be slow.

In India, 20% of college students were smoking cigarettes in 2010. The most recent survey of middle college students shows that about 5% were smoking cigarettes. In both in first year and second year colleges, many studies among smokers have established the fact that depression is one of the main reasons for people indulging in this act. It is difficult to measure the damaging smoking effects which a non-smoker is being subjected to. Second hand smoking effects on the body could be as lethal as normal smoking.

Objectives Of The Study

1. To assess pretest knowledge levels regarding unhealthy habits and its effects among adolescent boys.
2. To administer structured teaching programme on knowledge regarding unhealthy habits and its effects among adolescent boys.
3. To assess posttest knowledge level regarding unhealthy habits and its effects among adolescent boys.
4. To associate knowledge levels with their selected socio – demographic variables.

Hypothesis: -

H1- There was significant difference between pre-test and posttest level of knowledge levels regarding unhealthy habits among adolescent boys age group between (16 -19 years).

H2- There was a significant association between posttest knowledge levels regarding unhealthy habits among adolescent boys with their selected socio-demographic variables.

MATERIALAND METHODS:

Research Approach

Quantitative and evaluative research approach.

Research Design

Experimental research design (one group pretest - post design.).

Sampling Technique

simple random sampling technique is felt to be appropriate for the study.

Inclusion Criteria

1) The study is limited to the selected adolescent boys only.
2) Adolescent boys who are willing to participate in the study.
3) Adolescent boys who can write, read &communicate in Hindi, English.

Exclusion Criteria

1) Who are not co-operating with the study.
2) Who are not available during the study.

Tools and technique

Part-I: consisted of 7 items related to demographic data of the subjects such as Age in years, Dietary pattern, Religion, Educational status, Type of the family. Family Income/month (Rs), Source of Information.

Part-II: Structured knowledge questionnaire consisting of 30 items of knowledge questions related to unhealthy habits of Adolescent boys. It consists of Pretesting and reliability of the tool was established prior to the pilot study. Pilot study was conducted among 6 Adolescent boys. This gave a basis for the investigator to conduct the actual study. The actual study was conducted among 60 Adolescent boys

Data Collection Procedure:

Data collection is the gathering of information needed to address a research problem. The formal permission was obtained from

intermediate college at Gonda Uttar Pradesh (U.P). The data was collected from 60 Adolescent boys were selected by using simple random sampling technique. The sample was administered structure questionnaire personally by the investigator and they spent 30-45 minutes to answer questionnaires. All the samples were receptive and co-operative during data collection.

Data Analysis:
Descriptive statistics like frequency, mean, SD, mean percentage was used for description of demographic characteristics and assessment of knowledge. Inferential statics like paired t test was used to evaluate the effectiveness of planned teaching programme and chi-square test was used to find out the association between Knowledge with Demographic Variables.

Deals with distribution of selected socio demographic variable regarding unhealthy habits and its effects among adolescent boys:-

Regarding Age:
Age majority were between 17 – 18 years i.e. 33 (55%) and 27 (45%) were between 16 – 17 years.

Regarding the religion:
Regarding the religion of sample Hindus 20 (33.33%), Muslims 20 (33.33%), and Christians 18 (30.00%) and others were 2 (3.34%).

Regarding birth order:
According to the birth order of sample first born 17 (28.33%), second born were 27 (45.00%) and others were born after the second child were 16 (26.67%)

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Regarding Size of the family
About the type of family sample majority were belongs to small family 40 (66.66%) and 20(33.34%) from large family.

Regarding educational status of the sample:
The educational status of the sample in which majority 33 (55%) were studying intermediate II year and 27 (45%) are intermediate I year**.**

Deals With Effectiveness of Structured Teaching Programme
the sample majority were having adequate knowledge i.e., 55 (91.6%), 08 (5%) had moderately adequately knowledge and none (0%) had in adequate knowledge regarding effects of unhealthy habits and importance of healthy habits.

Post-Test Knowledge Scores of Samples Regarding Unhealthy Habits and Its Effects

Knowledge Regarding Un Healthy Habits and Its Effects		Frequency	Percentage
Inadequate Knowledge	<33.3	00	0.0
Moderately Knowledge	33.4 To 66.6	05	8.3
Adequate Knowledge	> 66.7	55	91.6
TOTAL		60	100

The above table shows that among the sample majority were having adequate knowledge i.e. 55 (91.6%), 08 (5%) had moderately adequately knowledge and none (0%) had in adequate knowledge regarding effects of unhealthy habits and importance of healthy habits.

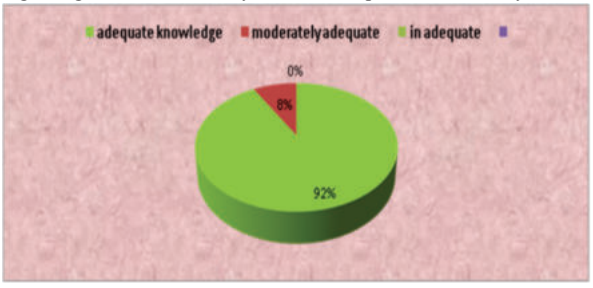

Figure: post-test knowledge scores of samples regarding unhealthy habits and its effects

The pretest and posttest knowledge mean were 23.98 and 37 respectively. The standard deviation for pretest and posttest were 1.01 and 0.47respectively. The mean difference was 13.02 The calculated 't' value 10.43 is greater than tabulated value 0.050 level. It indicates structured teaching programme was effective.

Knowledge	Mean	Standard Deviation	Mean difference	't' calculated value	't' table value	Significa nt
Pre-test Post-test	23.98 37	1.01 0.47	13.02	10.43	2.00	***

Recommendation
On the basis of study findings, following recommendations have been made for further study.

1. A comparative study can be done among children in rural and urban areas to assess the knowledge and practice.
2. Similar studies can be replicated on larger samples for wider generalization.
3. A study can be conducted by using quasi experimental design.
4. A similar study can be conducted at different settings.

CONCLUSION

This study was conducted to Assess the Effectiveness of Structure Teaching Programme on Knowledge Regarding Unhealthy Habits and Its Effects Among Adolescent Boys at Selected Intermediate Colleges at Gonda Uttar Pradesh. The findings of this study shows that structured teaching programme on unhealthy habits was effective in enhancing levels of knowledge levels among college students.

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