

# A Comparative Study to Assess The Effectiveness of Structured Teaching Programme on Addiction Among Adolescents in Selected Schools of Salem District, Tamilnadu State, India.



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## Introduction

Addiction is a common social problem among adolescents throughout the globe, especially in developing countries and can be corrected by early guidance and counselling. So there is a need to improve the knowledge regarding harmful effects of Tobacco abuse to prevent the unhealthy practices among adolescents.



## Objectives

- To assess and compare the knowledge level of adolescent students on addiction (tobacco abuse) in selected schools.
- To assess and compare the effectiveness of Structured Teaching Programme on addiction (tobacco abuse) among adolescent students in selected schools.
- To find out the association between the knowledge on addiction (tobacco abuse) with the selected Socio-Demographic variables of adolescent students

## Materials and Methods

### Research approach and design:

Quantitative approach with one group pre test, post test quasi experimental design

### Sample and its size:

Adolescents between the age group of 15-17 years and sample size = 400.



### Sampling technique:

Purposive sampling technique.

**Setting of the study:** Rural area - Government Higher Secondary School, Panamarathupatty (n=200) and Urban area -The Gugai Higher Secondary School, Gugai (n= 200) of Salem district, Tamilnadu, India.

### Variables

Independent variable-Structured Teaching Programme on tobacco abuse.

Dependent variable - Knowledge level of adolescent students on tobacco abuse.

### Data collection and Instrument:

Data was collected by using self administered structured questionnaire.

On the first day, pre test was administered and the second day STP was intervened to the selected sample. After 10 working days, post test was conducted by using the same structured questionnaire.

### Pilot study & Reliability:

Pilot study was conducted on 40 sample and reliability was estimated by Cronbach's alpha method ( $\alpha = 0.82$ ).

### Ethical consideration:

A formal written permission was obtained from head master of selected schools and informed consent was obtained from the sample.



## Outcome/Results

In pre test, majority of the sample had poor knowledge (Rural 83.50% and Urban 73%) and minimal percentage of sample had average knowledge (Urban 27% and Rural 16.5%).

In post test, majority of the sample had good knowledge (Urban 90.50% and Rural 88.50%). Results revealed that the urban school adolescents gained more knowledge than rural school adolescents.

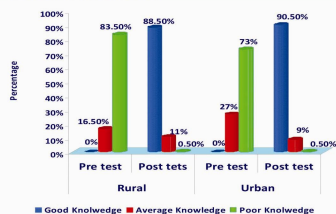


Fig. 1 : Percentage distribution of adolescents on their knowledge levels related to Tobacco Abuse in Pre test and Post test.

Knowledge scores on Tobacco Abuse	Rural school			Urban school			Independent student 't' test
	Mean %	S.D	Paired 't' test	Mean %	S.D	Paired 't' test	
Pre test	41.48	2.723	70.591 P=0.000	45.02	2.644	86.391 P=0.000	4.620 P=0.00
Post test	82.97	2.545		85.65	2.246		3.223 P=0.00

Table 1: Comparison of mean, standard deviation, paired 't' value, 't' value of pre and post test scores of adolescents on Tobacco Abuse.

Table 1 revealed that the Mean% post test score (Rural 82.97 and Urban 85.65) was significantly higher than their Mean% pre test score (Rural 41.48 and Urban 45.02).

The STP implementation was effective and enriched the knowledge of adolescents on Tobacco abuse (Paired't' value = Rural 70.591 and Urban 86.391; P<0.000).

- The chi square values computed between post test knowledge scores of adolescents in rural school and Education of the Father ( $\chi^2=25.377$ ), Leisure Time Activities ( $\chi^2=23.812$ ) and Source of Health Information on Tobacco abuse ( $\chi^2=93.350$ ) were found to be highly significant at 0.05 level of significance.

- The chi square values computed between post test knowledge scores of adolescents in urban school and Family Monthly Income ( $\chi^2=18.707$ ) were found to be highly significant at 0.05 level of significance.

## Implications

- STP on substance abuse can be implemented widely in schools.
- More emphasis has to be given in school curriculum on ill effects substance abuse and prevention.
- "Child to child education" concept has to be encouraged, in the development of health promotion and prevention of unhealthy behavior among adolescents.



## Conclusion

The study findings reflected that, the STP intervention was very effective in enhancing the knowledge level of adolescents on addiction (Tobacco abuse).

