Effectiveness of Structured Teaching Programme on Addiction Among Adolescents

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“A comparative study to assess the effectiveness of structured teaching programme on addiction (Alcohol abuse) among adolescents in selected schools of Salem District, Tamil Nadu State”
NEED FOR THE STUDY

Issues related to alcohol:

- 4.5% burden of disease and injury; 6.2% male and 1.1% female deaths
- Cancer: One in 10 cancers in men and one in 33 in women (WHO, 2009)
- 31% initiated substance use at 13 – 15 years of age (Kokiwar, 2011)
• 45% of adolescent students in metropolitan cities consume alcohol in India. (Neharika, 2011)
• 40% academic problems and 28% school & college dropouts.
• Teen substance use prevalence increased due to lack of knowledge on ill effects of substance use and addiction related diseases.
OBJECTIVES OF THE STUDY

To assess and compare the knowledge level of adolescents on alcohol abuse in selected rural and urban schools

To assess and compare the effectiveness of STP on alcohol abuse among adolescents in selected schools

To find out the association between the knowledge of adolescents on alcohol abuse with the selected socio-demographic variables
H1 - Significant difference in knowledge level on alcohol abuse among adolescents before and after the STP intervention

H2 - Significant difference in knowledge level on alcohol abuse among adolescents in rural and urban schools.

H3 - Significant association between post test knowledge level of the adolescents on alcohol abuse with selected socio-demographic variables.
RESEARCH METHODOLOGY

- **Research Approach**: Quantitative Approach
- **Research Design**: Quasi experimental design - One group pre test and post test
- **Setting of the study**: Government Higher Secondary School, Panamarathupatty - Rural
  The Gugai Higher Secondary School - Urban
MAP SHOWING THE STUDY AREA
Adolescent students (15-17 years) in selected Rural and Urban schools in Salem district.

Adolescent students (who were studying standard 10 ) in selected Rural and Urban schools in Salem district.

BACKGROUND VARIABLES
- Age
- Gender
- Religion
- Caste
- Area of residence
- Type of family
- Education of the parents
- Occupation of the parents
- Monthly Family Income
- Leisure time activities
- Source of health
- Information on Smoking and Alcoholism
- Family history of Alcohol abuse
- Habits of alcohol

Sample and sample size
Adolescent students in selected schools in Rural and Urban area in Salem district
Sample size- 400

Pre test

Implementation of Structured Teaching Programme

Post test

Data Analysis and Interpretation by using Descriptive and Inferential statistics

Target Population

Accessible Population

Purposive sampling Technique

Data collection procedure by Administering self administered Structured Questionnaire.

Evaluation of Effectiveness of Structured Teaching Programme on Addiction
The adolescent students who were

- Both sex with the age of 15 – 17 years, studying in Standard 10.
- Willing to participate in the study
- Available at the time of data collection
- Able to read and write Tamil and English
Variables

**Independent**: Structured teaching programme

**Dependent**: Knowledge levels of adolescent students on alcohol abuse

Sample size

- Rural 200
- Urban 200
Structured questionnaire

Section A - Socio-demographic variables and background information

Section B - Knowledge items on alcohol abuse

Interpretation of Scores

Good knowledge - Above 75%
Average knowledge - 51% to 75%
Poor Knowledge - Below 50%
Pilot study

Conducted on 40 adolescent students from selected schools rural (20 sample) and urban (20 sample).

Reliability

Cronbach's alpha test was used – ‘r’ value (\( \alpha = 0.82 \))
Ethical consideration

• Obtained the formal written permission from concerned Headmasters of selected School

• Respondents were explained about the purpose of the study and consent was obtained

• Ethical issues were cleared
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Test</td>
<td>Administered structured knowledge questionnaire to samples (1&lt;sup&gt;st&lt;/sup&gt; day)</td>
</tr>
<tr>
<td>STP (Intervention)</td>
<td>Implementation of STP on alcohol abuse (2&lt;sup&gt;nd&lt;/sup&gt; day)</td>
</tr>
<tr>
<td>Post test</td>
<td>Administered structured knowledge questionnaire to samples (10&lt;sup&gt;th&lt;/sup&gt; day)</td>
</tr>
</tbody>
</table>
DATA ANALYSIS

Descriptive statistics

- Frequency
- Percentages
- Mean percentage
- Standard deviation

Inferential statistics

- Paired ‘t’ test
- Independent ‘t’ test
- Chi square test
### Percentage distribution of adolescents based on their knowledge level on alcohol abuse in Pre test

<table>
<thead>
<tr>
<th>Knowledge levels on Alcohol Abuse in Pre test</th>
<th>Rural School</th>
<th>Urban School</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>f</td>
<td>%</td>
<td>f</td>
</tr>
<tr>
<td>Good knowledge</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Average knowledge</td>
<td>17</td>
<td>8.5</td>
<td>33</td>
</tr>
<tr>
<td>Poor knowledge</td>
<td>183</td>
<td>91.5</td>
<td>167</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
<td>200</td>
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</tbody>
</table>
Percentage distribution of adolescents based on their knowledge level on alcohol abuse in Post test

<table>
<thead>
<tr>
<th>Knowledge levels on Alcohol Abuse in Post test</th>
<th>Rural School</th>
<th>Urban School</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>f</td>
<td>%</td>
<td>f</td>
</tr>
<tr>
<td>Good knowledge</td>
<td>169</td>
<td>84.5</td>
<td>186</td>
</tr>
<tr>
<td>Average knowledge</td>
<td>31</td>
<td>15.5</td>
<td>14</td>
</tr>
<tr>
<td>Poor knowledge</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100</td>
<td>200</td>
</tr>
</tbody>
</table>
Percentage distribution of adolescents based on their knowledge levels on Alcohol Abuse in pre and post test.
Comparison of Mean percentage, standard deviation and Paired ‘t’ value of pre & post test of alcohol abuse

<table>
<thead>
<tr>
<th>Alcohol Abuse</th>
<th>Rural School</th>
<th></th>
<th>Urban School</th>
<th></th>
<th>Independent ‘t’ test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean %</td>
<td>S.D</td>
<td>Paired ‘t’ test</td>
<td>Mean %</td>
<td>S.D</td>
</tr>
<tr>
<td>Knowledge score -</td>
<td>40.57</td>
<td>2.312</td>
<td>77.020</td>
<td>43.08</td>
<td>2.445</td>
</tr>
<tr>
<td>Pre test</td>
<td>P=0.00</td>
<td></td>
<td>P=0.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knowledge score -</td>
<td>81.25</td>
<td>1.933</td>
<td>85.08</td>
<td>85.08</td>
<td>2.334</td>
</tr>
<tr>
<td>Post test</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

P=0.00
Association between post test knowledge of adolescents on alcohol abuse with selected sociodemographic variables in rural and urban area

**In rural school**

- Education of the father
- Leisure time activities
- Source of health information

**In urban school**

- Family monthly income

$P<0.05$
• Significant differences were in rural and urban adolescents’ knowledge level on alcohol abuse.

• Adolescents’ knowledge level improved after the implementation of STP in both schools.

• STP intervention was very effective in enhancing the knowledge of adolescents on addiction.
IMPLICATIONS

• Need for strengthening adolescent health programmes and health promotion activities.

• Substance abuse prevention programme: creates a bridge between a school and its community.

• Peer education: effective tool to enhance the awareness on addiction issues.
• Identifying at-risk behaviours and potential risk groups at an early stage.

• Preventive care and health education activities to be tailored to the target population
  • it helps to limit adverse health consequences in later life.
REFERENCES

Anshul Dhamila .Teenagers alcohol uses. The times of India, Bangalore ,Nov,2011.


Thank You