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A Study Evaluate the Effectiveness of Integrated Elementary Educational Programme (Ieep) on Knowledge Regarding Prevalence of Drug Addiction and Its Associated Risk Factor Among Pu Students at Selected Pu Scollegs, Dharwad

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ABSTRACT

A Study Evaluate the Effectiveness of Integrated Elementary Educational Programme (IEEP) On Knowledge Regarding c Among PU Students at Selected PU colleges, Dharwad.

The study was conducted at BEST PU, Dharwad. The study was conducted from 10/01/2025 to 16/01/2025. Preexperimental one group pre-test and post-test design was used in this study. The total period of data collection was 1 week. 60 samples were selected using convenience sampling technique. Oral consent was obtained. During the first week, assessment of the level of knowledge on Prevalence of Drug Addiction And Its Associated Risk Factor. The Integrated Elementary Educational Programme (IEEP) regarding Prevalence of Drug Addiction And Its Associated Risk Factor was provided. After 15 Days of Integrated Elementary Educational Programme (IEEP) the level of knowledge among PU students were assessed by using Structured Knowledge Questionnaire. The descriptive statistics was used for categorical data, mean and standard deviation, inferential statistics, Paired‘t’ test was used to evaluate the effectiveness of Integrated Elementary Educational Programme (IEEP) regarding Problems of Prevalence of Drug Addiction and its associated Risk factors among PU students and Chi square was used to find out association between the level of knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students and their demographic variables.

There was a significant difference ($p<0.05$) found between the pre-test 10.16(± 2.08) and post-test 15.9 (± 1.81) mean score on level of knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students. There was no significant association on demographic variables. The finding of the study shows that Integrated Elementary Educational Programme (IEEP) is more effective to improve the level of knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students.

INTRODUCTION:

Adolescence is the stage of human life that experiences various changes of human life that everyone passes through. The major physical, psychological, emotional, social as well as other changes take place

during this stage. People are influenced by various activities, situations, peer impressions and many other aspects of society and culture. WHO has defined adolescence as, "the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19"1. The fundamental changes that take place during this stage are driven by the biological changes, which in turn affect to have an effect on other aspects such as psychological, emotional, socio-cultural and other factors.

Adolescence is the stage that neither resembles childhood nor the adulthood. This has been termed as the stage of violent changes or simply the period of storm and stress (Sen 2006). According to her, several qualitative changes that take place during this stage such as habits, choices and the relationships of the child. Likewise, some changes are habitually attended by the symptoms among them. Werner (1991) is of the view that adolescents are those who are at the high risk of illegitimate drugs and its adverse impacts, while the stage can generally be perceived as the stage of transition from childhood to adulthood. WHO 1 has further elucidated that this is the stage, which experiences the preparation for adulthood with the developmental changes in skills, maturity to be gained for the roles and responsibilities towards leadership and so on. Similarly, some people develop a sense of aggression during this stage.

There is a variety of drugs that the people of different ages abuse. Such drugs abused have been classified into different categories. The drugs including all forms of synthetic opiates and chemical substances that have been treated as illicit by Nepalese law such as Cocaine, Heroin, LSD - Lysergic Acid Diethylamide, Morphine, Buprenorphine, Propoxyphene, etc. have been referred to as hard drugs (MoHA 2069 BS).

Drug use becomes abusive at the appearance of dependence, which affects as the set of physiological, behavioural and cognitive manifestations in which the use of a drug is prioritized by the person. This term is usually linked to a kind of patience, or the need to consume more of a substance to achieve the effects of previous use (Narconon 2012). Likewise, when a dependent person does not consume, withdrawal syndrome begin to appear. It is a cluster of symptoms that affect an individual who is suddenly deprived of any toxin or

drug on which he/she is physically dependent and which previously had been consumed on a regular basis. The quantity of symptoms, as well as their intensity and duration will depend on the type of drug, the length of time the person has consumed the substance and his/her physical and psychological state at the time of withdrawal (Baconi et. al 2015).

For instance, in the case of cocaine, it can be seen how drugs hamper with brain functioning. When a person snorts, smokes, or injects cocaine, it goes to the brain with the help of the bloodstream. Although it reaches all areas of the brain, it generally affects only some specific areas, mainly those which are weaker in terms of functioning (NIDA 2016).

Drug abuse or drug addiction is a situation when a person is addicted, he cannot control the situation of his drug use rather his nature of using drug gets control over him. In another terms, when a drug abuser loses the capability to make a rational choice about whether or not to use drugs or alcohol, he or she is addicted. Drug addiction is a condition whereby a person experiences an overpowering thirst to look for and use drugs or alcohol regardless of the negative physical and mental consequences. Typically, drug abuse is accompanied by physical and psychological dependence on the drug and the person suffers withdrawal symptoms when the frequency or the content of the use of drug is rapidly decreased or stopped (Narconon 2016).

Drug use is generally concerned with the use of drugs against certain illnesses. This may involve the drug being injected, inhaled, swallowed or as such. However, drug abuse may be considered as using the drugs for the purpose other than their intended use so that the negative consequences occur. It has been obvious that the drug abuse poses serious health risk to the abuser and may turn out to be fatal. In the mean time, the consequences leave impacts on the family members as well as the society or the community (Sussman and Ames 2001).

MATERIALS AND MEATHODS:

Approach:

Quantitative Evaluative Research approach was used for this study.

Study Design:

The research design used for the present study was Pre experimental one group pre-test and post-test design.

O_1 X O_2

O_1 : Pre-test to assess the level of knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students.

X : Integrated Elementary Educational Programme (IEEP).

O_2 : Post-test to assess the level of knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students.

Variables:

- Independent variable: Integrated Elementary Educational Programme (IEEP).
- Dependent variable: Knowledge regarding Problems of Prevalence of Drug Addiction and its associated Risk factors.

Population:

- The Population of the study comprises of 50 PU students.

Setting and Sample:

In present study, 50 PU Students were selected from PU Colleges of Dharwad.

Measurement:

The subjects were given Socio-demographic sheet and the structured knowledge questionnaire. Each correct answer carries 1 mark and incorrect answer carries 0 mark. The tool was validated by experts in the field of Medical Surgical Nursing. The tool was tested reliability by using Split half Method and applying Karl Person's Coeffient formula. The reliability of Structured knowledge questionnaire was **r=0.80.**

Data Collection:

The research investigator had taken formal permission from the PU Colleges. The investigator introduced himself and explained the purpose of the study written consent was obtained from the participants. The collected data was tabulated and analysed.

Data Analysis:

The data obtained ware analysed in terms of the objectives of the study using descriptive and inferential statistics. Tabulation of data in terms of frequency, percentage, mean, median, mode, standard deviation and range to describe the data. Classification of knowledge scores (level of knowledge) were as follows:

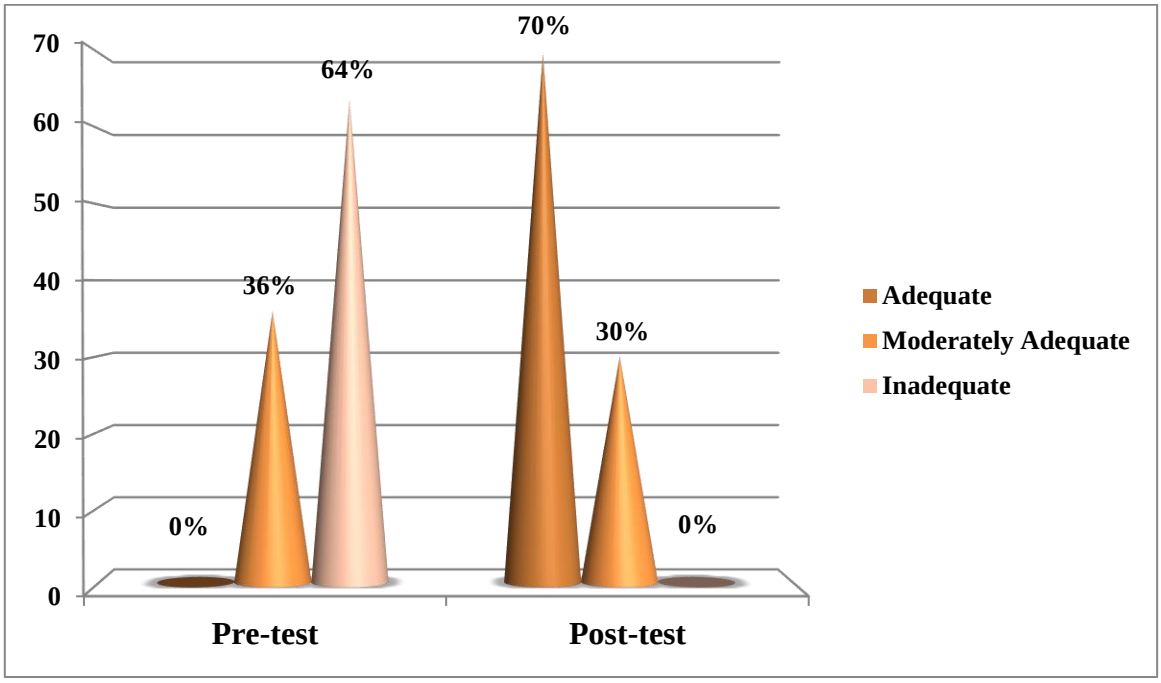
- Good Knowledge = ($\overline{X}$ + SD) and above
- Average knowledge = ($\overline{X}$ – SD) to ($\overline{X}$ + SD)

- Poor knowledge =($\overline{X}$ – SD)and below

[Note: $\overline{X}$=Mean, SD= Standard deviation]

Results:

Level of Knowledge score n=50



Graph 1: The cone graph represents percentage distribution of subjects according to their level of knowledge scores regarding problems of Prevalence of Drug Addiction and its associated Risk factors among PU students before and after Integrated Elementary Educational Programme (IEEP).

Graph 1 shows that, in the pre-test 32(64%) of them had inadequate knowledge, 18(36%) had moderate knowledge regarding problem of Prevalence of Drug Addiction and its associated Risk factors. In the Post-test 35(70%) of them had adequate knowledge, 15(30%) subjects of them had moderate knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors.

Discussion:

The present study has been undertaken with the aim to assess the knowledge regarding problems of Prevalence of Drug Addiction and its associated Risk factors before and after Integrated Elementary Educational Programme (IEEP) among PU students.

Conclusion:

Based on the findings of the study, the following conclusions were drawn:

1. The overall knowledge scores of PU students regarding problems of Prevalence of Drug Addiction and its associated Risk factors were average.
2. The study reveals that fact that Integrated Elementary Educational Programme (IEEP) significantly increases knowledge among PU students regarding problems of Prevalence of Drug Addiction and its associated Risk factors.

RECOMMENDATIONS:

Keeping in the view the findings of the present study, the following recommendations were made:

1. This study can be replicated to a larger sample to generalize the findings.
2. A comparative study can be conducted to assess the knowledge and attitude regarding problems of Prevalence of Drug Addiction and its associated Risk factors among degree students.
3. A prospective study can be conducted regarding problems of Prevalence of Drug Addiction and its associated Risk factors among degree students.
4. Periodic awareness programme should be conducted regarding problems of Prevalence of Drug Addiction and its associated Risk factors.

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