

# A Study to Evaluate the Effectiveness of Structured Teaching Program on Knowledge and Attitude Regarding Substance Abuse Among Students of Selected PU College of Ankola

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## ABSTRACT

**Background of the study:** Substance abuse is one of the common social problem in all over the world. It is also a serious threat to the health of children and adolescents. The purpose of this study is to assess the knowledge and attitude regarding substance abuse among the adolescents at selected PU College, Ankola.

### Objectives of the study are to:

1. To assess the knowledge regarding substance abuse among adolescents.
2. To find out the effectiveness of structured teaching program on knowledge regarding substance abuse among adolescents.
3. To find out the effectiveness of structured teaching program on attitude regarding substance abuse among adolescents.
4. To find out association between the pre-test knowledge scores regarding substance abuse among adolescents with selected demographic variables.
5. To find out association between the pre-test attitude scores regarding substance abuse among adolescents with selected demographic variables.

### Methodology:

Research approach: Descriptive approach.

Research design: Pre-experimental one group pre-test post-test design.

Research setting: Poorna Prajna PU College, Ankola.

Population: PU students of Poorna Prajna PU College, Ankola.

Sample size: 60 PU students.

Sampling technique: Randomization sampling

Tool: Structured knowledge questionnaire and attitude rating scale.

**Results:** The Chi-square test established at 0.05 level of significance denotes that there is no association between knowledge and attitude scores with selected demographic variables like gender, religion, area of residence and type of family. The calculated value for each demographic variables was lesser than table value.

**Conclusion:** The study revealed the knowledge and attitude regarding substance abuse among the PU students got increased after the implementation of structured teaching program.

**Keywords:** Knowledge, attitude, Structured teaching programme ,Substance abuse

## INTRODUCTION

Substance abuse is one of the common social problem in all over the world. It is also a serious threat to the health of children and adolescents. Substance abuse is the use of drug or other substance for a non-medical use, with the aim of producing some type of mind-altering effect.<sup>1</sup> Substance can be the use of illegally produced substance or the abuse of legal drugs. Today's children are tomorrow's citizens. It is necessary for us to prevent adolescents become prone towards Substance abuse. An adolescent is a period when a lot of changes takes place in the body and mind. Adolescents start using harmful and illegal substance at younger age, drinking, smoking and drug use by adolescents affect general health, physical health and emotional development and school program continuous use of such substances lead to physical and psychological harm and is difficult to stop<sup>2</sup>. Substance abuse is one of the serious threat to the health of children and adolescents. In addition to the health risk, substance abuse is often linked with other risky behaviors like violence, delinquency, school dropout, early sexual activities, academic failure, etc. Pediatricians and other primary care providers are in an ideal position to identify substance abuse and to provide preventive guidance and education to children, adolescents and their families.<sup>3</sup> People use substances such as drugs, alcohol, and tobacco for varied and complicated reasons, but it is clear that our society pays a significant cost. The toll for this abuse can be seen in our hospitals and emergency departments through direct damage to health by substance abuse and its link with physical trauma. Jails and prisons fall daily in the strong connection between Crime and drug dependence and abuse. Although use of some drugs such as heroin and "club drugs" has increased.<sup>4</sup>

Adolescence is a unique period in neurodevelopment. Recent research has indicated that adolescent substance abusers show abnormalities on measures of brain functioning, which is linked to changes in Neurocognitive functions In India Adolescence Drug Abuse is one of the rising problem and it is associated with various social and economic factors<sup>5</sup>. In general, adolescence is a period of experimentation, exploration and a search for self and risk taking. By the age of adolescence, youth in India have been exposed to various stresses like changing roles in the family and community, new responsibilities and competition in the field of education and employment. They also have seen their first experiments to many drugs, especially to those which are easily available to them like glues and other inhalants, tobacco, cannabis and alcohol. In some cases, where social and peer- pressures are often difficult to resist, youth often fall in addictions.<sup>6</sup> The street children, child laborers, those family histories of drug abuse and other emotional and behavioral problems are at higher-risk for substance abuse.<sup>7</sup>

June 26 is celebrated as International Day against Drug Abuse and Illicit trafficking every year. But according to recent studies, about 190 million people all over the world consume one drug or the other.

Drug addiction causes immense human distress and the illegal production and distribution of drugs has spawned crime and violence worldwide.<sup>8</sup> Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading to miserable lives, between life and death. The war on drugs has been a failure world-wide with deteriorating effects on individuals and societies at large responses to drugs and treatment. Moreover, the great majority of people who develop substance use disorders (SUDs) or addiction begin to use drugs when they are young. As a result of this there is the need of more awareness programs and research studies related to substance abuse.<sup>9</sup>

### **STATEMENT OF THE PROBLEM**

“A study to evaluate the effectiveness of structured teaching program on knowledge and attitude regarding substance abuse among students of selected PU college of Ankola.”.

### **OBJECTIVES OF THE STUDY**

**Objectives of the study were to,**

1. To assess the knowledge regarding substance abuse among adolescents.
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4. To find out association between the pre-test knowledge scores regarding substance abuse among adolescents with selected demographic variables.
5. To find out association between the pre-test attitude scores regarding substance abuse among adolescents with selected demographic variables.

### **OPERATIONAL DEFINITIONS:**

**ASSESS:** Assess is defined as to evaluate or to estimate the nature, ability or quality"

**KNOWLEDGE:** Knowledge refers to facts, information, and skills acquired through experience or education, the theoretical or practical understanding of a subject

**ATTITUDE:** An attitude refers to a set of emotions, beliefs, and behaviors toward a particular object, person, thing or event

**EFFECTIVENESS:** Effectiveness is the capacity of producing a desired result or the ability to produce desired output

**STRUCTURAL TEACHING PROGRAM:** Structured teaching programming is a subset of procedural programming that enforces logical structure on the program being written to make it more efficient and easier to understand and modify.

**SUBSTANCE ABUSE:** Substance abuse is refers to the long term, pathological use of alcohol or drugs, characterized by daily intoxication, inability to reduce consumption, and impairment in social or occupational functioning; broadly, alcohol or drug addiction'.

## HYPOTHESES

### Hypotheses will be tested at 0.05 level of significance

- **H<sub>1</sub>**- There will be significant increase in post-test knowledge and attitude scores than pre-test knowledge and attitude scores among PU students regarding substance abuse at selected PU College of Ankola, Karnataka, at 0.05 level of significance.
- **H<sub>2</sub>** - There will be significant association between the pre-test knowledge and attitude scores with selected demographic variables at selected PU College, Ankola, Karnataka, at 0.05 level of significance..

## DELIMITATION

### The study is delimited to:

- This study will be delimited to Poorna Prajna PU College students, Ankola, Karnataka.
- The study will be delimited to those students who are unavailable at the time of data collection.

## METHODOLOGY

- **Research approach:** Quantitative approach
  - **Research design:** Pre experimental one group pre-test and posttest research design was adopted for the study.
  - **Sample:** Poorna Prajna PU College students, Ankola, Karnataka.
  - **Sampling technique:** Non - probability purposive sampling technique.
  - **Sample size:** 60
  - **Tools:** Data was collected with the help of Demographic proforma ,structured knowledge questionnaires and Attitude questionnaires .
  - **Plan for data analysis:** Descriptive statistics (frequency, percentage, range, mean, median , mode and standard deviation) and inferential statistics (paired t- test, Chi-square test) were used for the analysis and interpretation of data.
  - **Setting of the study:** Poorna Prajna PU College Ankola, Karnataka.
  - **Sampling criteria:**
    - **Inclusion criteria:**

Students who were:

- Studying in PU college ankola.
- Willing to participate in the study.
- Available and present at the time of data collection.

### Exclusion criteria:

Students who were:

- Not willing to participate in the study.

## CONTENT VALIDITY OF THE TOOL:

In order to obtain the validity of tool, the prepared instrument along with the problem statement, objectives, blue print and checklist designed for validation were submitted to expert of departments of

Mental Health Nursing and Child Health Nursing and other Nursing departments there was 100% agreement by all experts on all the items.

## RELIABILITY OF THE TOOL:

The reliability of the tool was computed by using Karl Pearson correlation coefficient technique. The reliability coefficient 'r' value of Structured Knowledge Rating scale and Attitude Rating scale of PU college students regarding substance abuse was 0.93 and 0.91 respectively. The developed tool was found to be valid, reliable and feasible to conduct main study.

## DATA COLLECTION INSTRUMENTS:

The tool used for data collection was Demographic proforma of of PU college students, Structured Knowledge Rating scale and Attitude Rating scale regarding substance abuse

## RESULTS:

Data was analyzed by using descriptive and inferential statistics.

The analysis of the data organized under the fallowing sections.

### Section I

Findings related to socio demographic variables of students at Poorna Prajna PU College, Ankola.

### Section II

Analysis and interpretation of knowledge scores

Analysis and interpretation of attitude scores

### Section III

Findings related to effectiveness of structured teaching programme on knowledge regarding substance abuse among the PU students at Poorna Prajna PU College, Ankola, Karnataka. Findings related to effectiveness of structured teaching programme on attitude regarding substance abuse among the PU students at Poorna Prajna PU College, Ankola, Karnataka.

### Section IV

Association between pretest knowledge and attitude scores regarding substance abuse among the PU students with selected demographic variables at Poorna Prajna PU College, Ankola, Karnataka.

## SECTION I: Findings related to socio demographic variables of students at selected PU College Ankola.

**Table I: Frequency and percentage distribution of sample characteristics**  
[n=60]

SL. NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE %
<b>1</b>	<b>Gender</b>		
	a)Male	26	43
	b)Female	34	57
<b>2</b>	<b>Religion</b>		

	Hindu	52	86
	Muslim	4	7
	Christian	4	7
<b>4</b>	<b>Area of resident</b>		
	Urban	22	37
	Rural	38	63
<b>5</b>	<b>Type of family</b>		
	a)Nuclear	23	38
	b)Joint	30	50
	c)Extended	7	12

The data presented in the table 1 indicated that the majority of samples 34(57%) were aes. Among 60 samples maximum samples were Hindus 52(86o) and they were from rural d so(63%) and 30(50%) belonged to joint family. All samples 60(100%) reported that there is no history of substance abuse in the family and none of them are substance users.

## Section II: -Analysis and interpretation of knowledge scores

### - Analysis and interpretation of attitude scores

**Table 2: Mean, Median, Mode, Standard deviation and range of knowledge scores of PU students of selected PU college of Ankola.**

**[n=60]**

Level of Knowledge	Mean	Median	Mode	S.D.	Range
Pre-test	14	16	16	2.24	10
Post-test	16	16	16	1.91	8
Difference	2	0	0	0.33	2

Table 2: reveal that difference between pre-test scores and posttest scores showed that over all difference in between pre-test and posttest in Mean was 2, Median was 0, Mode was 0, Standard deviation was 0.33 and Range was 2.

**Table 3: Mean, Median, Standard deviation and range of attitude scores of PU students of selected PU college of Ankola.**

**[n=60]**

Range of Attitude	Mean	Median	Mode	S.D.	Range
Pre-test	70	71	71	6.35	28
Post-test	77	80	79	5.49	26
Difference	7	9	8	0.86	2

Table 3: reveals that difference between pre-test and posttest score showed that over all difference in between pre-test and posttest in Mean was 7, Median was 9, Mode was 8, Standard deviation was 0.86 and Range was 2.

**Table 4: Percentage (%) distribution of knowledge scores of PU students at selected PU college of Ankola.**  
[n=60]

Knowledge scores	Score range	Pre-test	Post-test
Good	15 to 20	43%	73%
Average	8 to 14	57%	27%
Poor	0 to 7	0	0

Table 4: Reveals that in pre-test majority of PU students 57% had average knowledge, 47% had good knowledge. In the posttest 73% had good knowledge and 27% had average knowledge.

**Table 5: Percentage (%) distribution of attitude scores of PU students at selected PU college of Ankola.**  
[n=60]

Attitude scores	Score range	Pre-test	Post-test
Favourable	61 to 100	90%	100%
Neutral	31 to 60	10%	0
UnFavourable	1 to 30	0	0

Table 5: Reveals that in pre-test majority of PU students 90% had favorable attitude, 10% had neutral attitude. In the posttest 100% had favorable attitude.

**Table 6: Pre-test and posttest knowledge scores of PU students at selected PU college of Ankola.**  
[n=60]

S.L. No.	Item No.	Total Scores	Pre-test %	Post-test%	Gain in Knowledge
1	20	1781	47%	53%	6%

Table 6 reveals that after the structured teaching programme there was 6% gain in knowledge among PU students regarding substance abuse.

**Table 7: Pre-test and posttest attitude scores of students at selected PU College, Ankola.**  
[n=60]

S.L. No.	Item No.	Total Scores	Pre-test %	Post-test%	Gain in Attitude
1	20	8796	47.80%	52.20%	4.41%



Table 7 reveals that there was 4.41% gain in attitude among PU students at selected PU college of Ankola.

**Section III:** Testing of hypothesis for evaluation of effectiveness of structured teaching program for students of selected PU College regarding substance abuse.

**Table 8: Mean difference (d), standard error of difference (SED) and paired values of knowledge scores among PU students regarding substance abuse.**

[n=60]

Mean difference	Standard error difference (SED)	Calculated 't' value	Table t value
29	0.05	4.434	2

Table 8: Reveals that calculated paired value ( $t=4.434$ ) is greater than the tabulated value ( $t=2$ ). Hence  $H_0$  is accepted. This indicated that the gain in knowledge scores was statistically significant at  $P<0.05$  level. Therefore structured teaching program on substance abuse among the PU students is effective to improve the knowledge of the students.

-Testing of hypothesis for evaluation of structured teaching program for PU student attitude regarding substance abuse.

**Table 9: Mean difference (d), Standard error of difference (SED) and paired values of attitude scores regarding substance abuse among PU students.**

[n=60]

Mean difference	Standard error difference (SED)	Calculated 't' value	Table t value
7	1.09	6.422	2

Table 9: reveals that calculated paired value ( $t=6.422$ ) is greater than tabulated value ( $t=2$ ). Hence  $H_0$  is accepted. This indicates that the gain in attitude scores was statistically significant at  $P<0.05$  level. Therefore structured teaching program on substance abuse among PU students is effective to improve the attitude of the PU students.

**SECTION IV:** There will be a significant association between pre-test knowledge scores and demographic variables at 0.05 level of significance.

**Table 10: Association between pre-test knowledge scores and selected demographic variables.**

[n=60]

SL. NO.	DEMOGRAPHIC VARIABLES	Good	Average	Poor	C <sup>2</sup> Cal val	C <sup>2</sup> tab	DF
1	Gender						
	a)Male	13	13	0	0.83	3.84	1
	b)Female	13	21	0			



2 Religion							
	Hindu	26	26	0	0.934	5.99	2
	Muslim	3	1	0			
	Christian	2	2	0			
4 Area of resident							
	Urban	12	10	0	0.537	3.84	1
	Rural	17	21	0			
5 Type of family							
	a)Nuclear	15	8	0	0.093	5.99	2
	b)Joint	20	10	0			
	c)Extended	5	2	0			

The findings of table 10 reveals that Chi-square calculated value is less than Chi-square table so there is no significant association between gender, religion, area of residence, type of family and pre-test knowledge scores of PU students. Hence H2 is rejected.

**Table 11: Association between the pre-test attitude scores and selected demographic variables.**  
[n=60]

SL. NO.	DEMOGRAPHIC VARIABLES	Unfavourable attitude	Neutral attitude	favourable attitude	X <sup>2</sup> Cal val	X <sup>2</sup> tab	DF
1 Gender							
	a)Male	0	4	22	0.615	3.84	1
	b)Female	0	3	31			
2 Religion							
	Hindu	0	28	24	0.715	5.99	2
	Muslim	0	2	2			
	Christian	0	3	1			
4 Area of resident							
	Urban	0	9	13	2.154	3.84	1
	Rural	0	23	15			
5 Type of family							
	a)Nuclear	0	5	18	9.610	5.99	2
	b)Joint	0	18	12			
	c)Extended	0	5	2			

The findings of table 11 reveals that Chi-square calculated value is less than Chi-square table value so there is no significant association between gender, religion, area of residence and pre-test attitude scores of PU students but there is an association between type of family and pre-test attitude scores. Hence H<sub>2</sub> is rejected.

## DISCUSSION:

The present study was conducted to assess the knowledge and attitude of PU students substance abuse. It was descriptive in nature. The major findings depend on the regarding objectives of the study. The primary purpose of the study was to assess the knowledge and attitude of PU students regarding substance abuse. In this study Out of 60 students, 26(43.3%) were males and 34(56.6%) were females. Majority of the students 52(86.6%) were Hindus, followed by 4(6.6%) were Christians and 4(6.6%) were Muslims. Majority of the students 38(63.3%) were from rural area and 22(36.6%) were from urban area. Majority of the students, 30(50%) belonged to joint family, 23(38.3%) belonged to nuclear family and 7(11.6%) belonged to extended family.

Data analysis for level of knowledge revealed that pre-test score of PU students regarding substance abuse, The mean pre-test knowledge score was 14, with standard deviation 2.24, median 16, mode 16 and range 10. Among the total sample (n=60), 56% (34) had average knowledge, whereas 43% (26) had good knowledge. Testing of hypothesis for evaluation of effectiveness of structured teaching program on PU students regarding substance abuse on knowledge (tcal 4.434, tab 2, P<0.05) regarding substance abuse proved that structured teaching program was effective teaching method for creating awareness regarding substance abuse among students.

## CONCLUSION

The results of the study indicated that after introducing structured teaching programme most of students had adequate knowledge and improved attitude regarding substance abuse. Hence structured teaching programme was effective in increasing the Knowledge level and improve the behavior regarding substance abuse.

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