

“ A Study to Assess the Effectiveness of Structured Teaching Programme on Prevention Of Substance Abuse Among Adolescents At Selected Schools in Tirupati”.

*¹Miss.M.Uhaa , *² Dr M. Bhagya Lakshmi.,*³ Dr. S. Hemalatha
*⁴ Dr .P. Sudha Rani

¹MSc (Nursing)Dept of Mental health nursing, SVIMS, College of nursing, Tirupati-517507, A.P, India,mudeuhaa8@gmail.com

*²Corresponding Author:Dr.M.Bhagya lakshmi,Asst professor, SVIMS , College of nursing, Tirupati-517507, A.P, India

³Asst professor, SVIMS, College of nursing, Tirupati-517507, A.P, India,

⁴I/C Principal SVIMS, College of nursing, Tirupati-517507, A.P, India.

Abstract: Introduction: Drug use/ abuse is a universal phenomenon. Drug is any chemical that alters the physical and mental functions of an individual. Adolescent is a stage between childhood and adulthood where the adolescent cannot evade or take up total responsibility. This is also a transition period. This results in stress and strain. In addition to this the adolescent experiences biological changes and have to fit into societal norms. Adolescent use and substance abuse includes a wide range of substances, such as alcohol, nicotine, cocaine, heroin, inhalants, marijuana and various club drugs. It is a major public health problem that puts millions of adolescents at increased risk for traffic accidents, risky sexual practices, poor academic performance, juvenile delinquency and developmental problems.

Method: The research approach used in the study was Quasi Experimental and the research design was one group pre test and post test design. Sampling technique used was simple random sampling technique for an objective group.

Results : The study findings revealed that among 60 adolescent boys 18(30%) had inadequate knowledge, 22(36.7%) had moderate knowledge and 20(33.3%) had adequate knowledge in pre test After administration of structured teaching programme , the post test findings revealed that 12(20%) had inadequate knowledge 20(33.3%) had moderate knowledge and 28(46.7%) had adequate knowledge. The association of socio demographic variables with post test knowledge adolescent boys on prevention of substance abuse revealed that age (0.015), education (0.001), education of mother (0.051), occupation of father (0.489), occupation of mother (0.045), pocket money (0.0015) of adolescent boys had significant association at $p = 0.05$ level.

Conclusion : The study results revealed that 18(30%) of the adolescents were having inadequate knowledge on prevention of substance abuse. So conducting Structured Teaching Programme brought an improvement in the adolescent boy's knowledge on prevention of substance abuse. The gained knowledge will help them to early identification of health problems related to substance abuse. Overall it is beneficial to improve the quality of life of adolescent boys.

Key Words: effectiveness, structured teaching programme, prevention, adolescent, substance abuse.

Date of Submission: 09-09-2019

Date of Acceptance: 25-09-2019

I. Introduction

Substance use disorder rates among adolescents can be less straightforward than use statistics, as diagnostic criteria and difference in shared nomenclature can make large scale tracking of diagnoses difficult, especially since adolescents are often diagnosed using dependence and problematic use criteria developed for an adult population. Adolescents between the aged of 12 and 17 demonstrate alcohol use disorders (AUDs) and drug use disorders (DUDs) in fairly similar past – year prevalence rates, and the overall prevalence of these disorders has decreased slightly since 2002, from approximately 6% to approximately 3%. Adolescents and young adults 18-25 demonstrate much higher rates of AUDs than DUDs , although the rate of AUD prevalence has decreased since 2002, from approximately 18% to just over 12% (DUDs remained somewhat consistent, hovering between 6% and 8%)¹.

In addition to having high rates of use for various substances, adolescents have demonstrated a trend of minimizing how harmful drugs can be between 2014 and 2015, the perceived harmfulness of regularly smoking marijuana dropped significantly from 36.1% of high school seniors rating it as a “great risk” to 31.9%.

This decline is a continuation of a 10 year trend of decreasing perceived risk (in 2005 , 58% of high school seniors rated regular marijuana use as a ”great risk”)².

People are most likely to begin abusing drugs including tobacco , alcohol , and illegal and prescription drug during adolescence and young adulthood , by the time they are seniors , almost 70% of high school students will have tried alcohol , half will have taken an illegal drug , nearly 40% will have smoked a cigarette , and more than 20% will have used a prescription drug for a non medical purpose there are many reasons adolescents use these substances , including the desire for new experiences , an attempt to deal with problems or perform better in school simple peer pressure, adolescents are biologically wired to seek new experiences and take risks, as well to curve out there owe identify, trying drugs may fulfill all of this normal developmental drives, but in an unhealthy way that can have very serous along term consequences.³

Many factors influence where an adolescent tries drugs, including the availability of drug with in the neighborhood, community and school and where the adolescents friends are using them, the family environment is also important, violence, physical or emotional abuse, mental illness or drug use in the house hold increase the likely hood an adolescent will use drugs, finally an adolescents inherited genetic vulnerability, personality traits like poor in impulse control or a high need for excitement, mental health conditions such as depression, anxiety, or ADHD , believes such as that drugs are cool or harmless make it more likely that an adolescent well use drugs.⁴

Present study is an important from the above studies the researcher found that substance abuse prevalence in the country is growing in alarming rate , which accounts one of the major cause of mortality and morbidity and also noticed a significant lowering of age at initiation of substance abuse. So it is high time to carry out effective intervention to create awareness among the adolescents about prevention of substance abuse . Thus adolescents can be prevented from substance abuse consumption with timely and proper motivation. Structure teaching programme is one of such effective intervention on prevention of substance abuse. Which can be carried out to bring the awareness among adolescents student in school set up.

II. Review of Literature

Yogeshar Puri Goswami, et.al.,(2019)⁵ Assessed knowledge of adolescents no 91age 17-18 yrs regarding substance use Rajasthan . One group pre-test post-test design was used for this study. Convenient sampling technique is used to select samples for the present study on B.Sc. Nursing colleges at Udaipur district of Rajasthan. Self administered Knowledge questionnaires (Pre test-Post test) were administered. Present study shows that pre test knowledge level of students was significantly ($P<0.05$) less towards substance abuse. Study reveals that proper education (STP) enhance post test knowledge among students regarding substance abuse.

Wahengbam Tinita Devi. Dr. I .Clement et.al., (2019)⁶ Assessed the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents in selected nursing schools Bangalore. Pender’s Health Promotional Model was adopted for the study. A total number of 60 adolescents were selected by non-probability convenience sampling technique. The result showed that the average pre-test score of 9.16 ± 2.54 but after administration of structured teaching programme, the result showed the average post-test score of 21.11 ± 3.41 . structured teaching programme was found to be effective in improving the knowledge of nursing students regarding substance abuse with paired t value of 48.79 which is above the table value of 2.6 at $P=0.05$ level of significant. Thus, the study concluded that structured teaching programme was significantly effective in improving the knowledge of the adolescents regarding substance abuse and ways to prevent it which in turn contribute to improve their lifestyle, well-being, education and good citizens.

Firdousa Jan, et ,al.,(2018)⁷Conducted a the aim of the study was to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents Materials and Methods: A pre-experimental study was chosen, one group pretest-post test design was used for this study. Simple random sampling technique was used. Sample size was 60 adolescents with age of <16 to 20.Both male and female students were selected, Self administered Knowledge questionnaires (Pre test ? Post test) were administered. The collected data were analyzed by using descriptive & inferential statistics based on predefined objectives of the study. Results: Present study shows that pre test knowledge level of students was significantly ($P<0.05$) less towards substance abuse the mean score of the pre-test knowledge of students was (8.35). After giving the intervention (structured teaching programme) the mean score of post test knowledge score increased to (24.03). So, there was significant difference in level of knowledge in pre-test and post-test. Study reveals that proper education (STP) enhance post test knowledge among students regarding substance abuse. Conclusion: The investigator observed that the adolescents are at high risk for substance abuse.STP was an effective method for providing adequate knowledge and the knowledge about substance abuse will help them to prevent themselves from engaging into the evil of substance abuse and to enable them to live quality of life.

III. Operational Definitions

Effectiveness: It refers to the significant gain in knowledge regarding prevention of substance abuse as measured by the instrument and shown by past test knowledge scores. **Structured teaching programme :** It refers to the systematically developed instructional and teaching aids designed for young adults regarding prevention of substance abuse. **Prevention:** It means the intervention prior to the onset of disease preventing the possibility of occurrence of disease. **Adolescent:** It refers to the period of age between 13 to 16 years of age. **Substance Abuse:** The excessive use of a substance , especially alcohol or a drug.

HYPOTHESIS:

H1: There is a significant difference between the pre test and post test scores of structured teaching programme on prevention of substance abuse.

H2 : There is a significant association between the pre test and post test scores of structured teaching programme on prevention of substance abuse, with their selected demographic variables.

ASSUMPTIONS:

- There will be statistically significant difference in between the pre test and post test scores of structured teaching programme on prevention of substance abuse.
- Selected demographic variables like age, educational status, religion, type of family, education of the father, education of the mother, number of sibling in a family, income of family, type of residence, occupation of father, occupation of mother, place of domicile, have influence on structured teaching programme on prevention of substance abuse.

IV. Methodology

Research Design: design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. The research design is the conceptual structure, within which the research is conducted.

The research design selected for the present study to achieve objectives was “**one group pre-test and post-test design**”. This research design includes comparison and evaluation of variables, before and after structured teaching program on prevention of substance abuse.

Schematic Representation of Pre-Test And Post Test Design

O ₁	X	O ₂
PRETEST	INTERVENTION	POSTTEST
Day 1 (35 min)	Day 1 (45 min)	Day 7 (35 min)
Knowledge	Structured teaching programme	Knowledge
Assessment of knowledge on prevention of substance abuse among adolescent boys	Structured teaching programme on prevention of substance abuse	Assessment of knowledge on prevention of substance abuse among adolescent boys

This design indicates that pre test was administered on knowledge about prevention of substance abuse among adolescent boys, before conducting structured teaching programme on the same day, 7 days after the administration of formal teaching programme, a post test was conducted to the same group on prevention of substance abuse.

Inclusion criteria

- Adolescent (13-16 yrs) boys.
- Adolescent boys who were available at the time of study.
- Adolescent boys, who can read and understand Telugu.

Exclusion criteria

- Adolescent boys who were not willing to participate in the study.
- Adolescent boys who were not cooperative to participate in the study.
-

V. Data Analysis

The present chapter deals with the findings of the study, through analysis and interpretation of the data. The word analysis means the categorizing ordering and summarizing the date statistically to obtain answers to research questions . Interpretation means study the results of the analysis. The data as obtained from adolescent boys at Nehru Municipal High School, Tirupati , regarding effectiveness of Structured Teaching Programme on knowledge about prevention of substance abuse. The obtained data as mainly classified into five sessions

VI. Results

Annexure-I

Table:1 Frequency and percentage distribution of adolescent boys demographic variables

DEMOGRAPHIC VARIABLES		FREQUENCY (f)	PERCENTAGE (%)
Age	13 Years	4	6.7
	14 Years	24	40.0
	15 Years	27	45.0
	16 Years	5	8.3
	Total	60	100.0
Educational Status	8th class	7	11.7
	9th class	53	88.3
	10th class	0	0.0
	Total	60	100.0
Religion	Hindu	57	95.0
	Muslim	0	0.0
	Christian	3	5.0
	Total	60	100.0
Type of Family	Nuclear Family	30	50.0
	Joint Family	21	35.0
	Extended Family	9	15.0
	Total	60	100.0
Education of Father	Illiterate	19	31.7
	Primary School	26	43.3
	Higher Secondary / Inter	11	18.3
	Graduates	4	6.7
	Total	60	100.0
Education of Mother	Illiterate	21	35.0
	Primary school	26	43.3
	Secondary/Intermediate	9	15.0
	Graduates	4	6.7
	Total	60	100.0

Occupation of father	Govt. Employee	5	8.3
	Private employee	7	11.7
	Agriculture	44	73.3
	Total	60	100.0
Occupation of Mother	Unemployed	10	16.7
	Govt. Employee	4	6.7
	Private employee	7	11.7
	Agriculture	39	65.0
	Total	60	100.0
Family Income	6,000 to 8000	27	45.0
	8001 to 15000	17	28.3
	15000 to 22000	6	10.0
	Above 22000	10	16.7
	Total	60	100.0
Type of Residence	Rural	42	70.0
	Urban	16	26.7
	Semi-urban	2	3.3
	Total	60	100.0
Place of domicile	Staying with parents	16	26.7
	Staying in Hostel	38	63.3
	Staying in private room	6	10.0
	Total	60	100.0
No. of sibling in a family	One	3	5.0
	Two	20	33.3
	Three	15	25.0
	More than three	22	36.7
	Total	60	100.0
Consumption of alcohol	Yes	25	41.7
	No	35	58.3
	Total	60	100.0
Ever taken the alcohol	Yes	4	6.7
	No	56	93.3
	Total	60	100.0
Habit of consumption alcohol in friends	Yes	16	26.7
	No	44	73.3
	Total	60	100.0

Source of pocket money per month	Below 150	28	46.7
	151 – 300	16	26.7
	301 – 600	7	11.7
	Above 600	9	15.0
	Total	60	100.0

Interpretation:

Age: Among 60 adolescents,4(6.7%) were aged about 13 years, 24(40%) were aged about14 years, 27(45.0%) were aged about 15 years, 5(8.3%) were aged about 16 years.

EDUCATION: Pertaining to education 7(11.7%) were studied 8th class, 53(88.3%) were Studied 9th class.

Religion: Among 60 adolescents 57(95%) were Hindus, and 3 (5%) were Christians .

Type of family: Pertaining to type of family 30 (50%) were living in nuclear family, 21(35%) were in joint family, 9(15%) were in extended family.

Education Of The Father : Pertaining to education of father 19(31.7%) were illiterates, 26(43.3%) were studied primary school, 11(18.3%) were studied higher secondary/ intermediate, and 4(6.7%) were graduates .

Education of the mother : Pertaining to education of mother 21(35%) were illiterates, 26(43.3 %) were studied primary school, 9(15%) were studied higher secondary / intermediate, and 4(6.7%) were graduates.

Occupation of father : In relation to occupation, 4(6.7%) were unemployed , 5(8.3%) were Government employees, 7(11.7%) were private employees, and 44(73.3%) were agriculture.

Occupation of mother : In relation to occupation, 10(16.7%) were unemployed, 4(6.7%) were Government employees, 39(11.7%) were private employees , and 39 (65.0%) were agriculture .

Income of the family : Pertaining to income of the family , 27(45%) were around Rs . 6,000/- to 8,000/- , 17(28.3%) were earning around Rs.8,000/- to 15,000/- , 6 (10.0%) were earning around Rs.15,000/-to 22,000/- , and 10 (16.7%) were earning Above 22,000 /-.

Type of residence : When considering about residence, 42(70%) were residing in rural areas, and 16(26.7%) were residing in urban areas, and 2(3.3%) were residing in semi- urban areas .

Place of domicile : Pertaining to place of domicile, 16(26.7%) were staying with parents, 38 (63.3%) were staying in hostel , and 6(10%) were staying in private room.

Number of siblings in a family : Regarding number of siblings in family 3(5%) had one sibling in the family, 20(33.3%) two sibling in the family, 15(25%) were three siblings in the family, and 22(36.7%) were more than three sibling in the family.

Habit of consumption of alcohol : Pertaining to habit of consumption of alcohol among parents, 25(41.7%) had t of alcohol consumption, , and 35(58.3%) don't had habit of alcohol.

Ever taken the alcohol : Pertaining ever taken the alcohol , 4(6.7%) had responded as yes and, 56(93.3%) had not responded .

Habit of consumption alcohol in friends : Pertaining to habit of alcohol in friends , 16(26.7%) had habit of taking alcohol, 44(73.3%) don't had habit of taking alcohol.

Source of pocket money per month : Regarding pocket money , 28(46.7%) were spending below Rs 150/- per month, 16(26.7%) were spend Rs . 151- to 300/-, 7(11.7%) were spend money was Rs. 301/- to 600/-, 9(15.0%) were spend the money was above Rs. 600/- per month.

Annexure-II

Fig.no.2 (Annexure-II): Shows that in pre test knowledge scores among 60 adolescents at schools, 18(30%) had inadequate knowledge, 22(36.7%) had moderate knowledge , and 20(33.3%) had adequate knowledge.

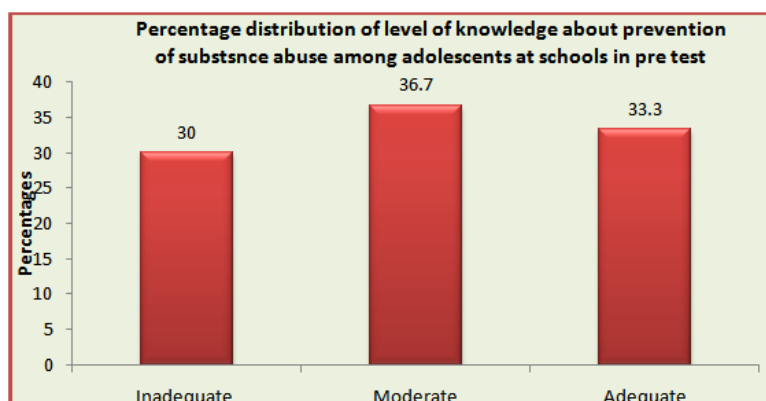


Fig.2. Percentage distribution of level of knowledge about prevention of substance abuse among adolescents at schools in pre test

Annexure -III

Fig.no.3 (Annexure-III): Shows that in post test knowledge scores among 60 adolescents at schools, 12(20.0%) had in adequate knowledge, 20(33.3%) had moderate knowledge , and 28(46.7%) had adequate knowledge.

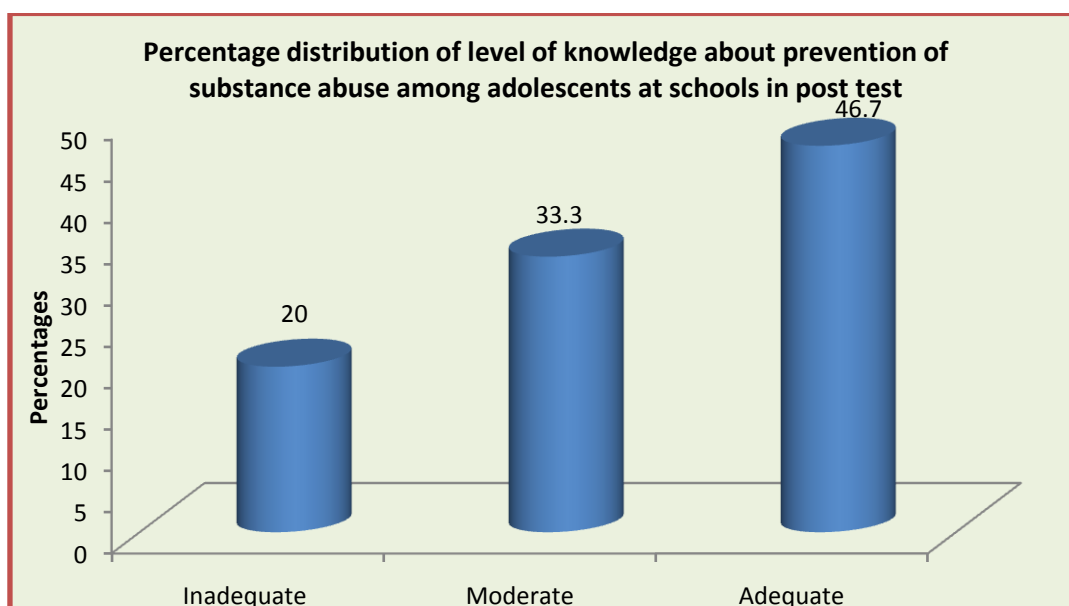


Fig.3. Percentage distribution of level of knowledge about prevention of substance abuse among adolescents at schools in post test

Annexure –IV

Table 4 : Comparison of mean and standard deviation in pre test and post test among adolescents at schools. (N = 60)

	Mean	Std. Deviation	Std. Error Mean	t-value	Sig.
Pre-test	17.37	7.183	0.927	15.931**	0.000
Post- test	32.92	6.320	.816		

Table:4 (Annexure-IV): Shows that the pre test mean value was 17.37 with standard deviation is 7. 183 and the post test mean value is 32.92 with standard deviation was 6.320 and the calculate t- value was 15.931. Which was statistically significant at p = 0.01. The above results revealed that there was a significant difference between pre- test and post – test scores among adolescents at schools after structured teaching programme.

Annexure-V

TABLE : 5 Association of demographic variables with pre- test knowledge on prevention of substance abuse among adolescent s at schools (n=60)

Demographic Variables	Pre Knowledge on regarding						Chi-Square
	Inadequate <50%		Moderate 51-75 %		Adequate > 75 %		
Age	F	%	F	%	F	%	
13 Years	2	11.1	2	9.1	0	0.0	$\chi^2 = 15.128^*$; (p = 0.019) ; df= 6;
14 Years	1	5.6	13	59.1	10	50.0	
15 Years	13	72.2	6	27.3	8	40.0	
16 Years	2	11.1	1	4.5	2	10.0	
Total	18	100	22	100	20	100	
Educational Status	Inadequate <50%		Moderate 51-75 %		Adequate > 75 %		$\chi^2 = 18.491^{**}$; (p = 0.000) ; df= 2;
8th class	7	38.9	0	0.0	0	0.0	
9th class	11	61.1	22	100.0	20	100.0	
Total	18	100	22	100	20	100	
Religion	Inadequate <50%		Moderate 51-75 %		Adequate > 75 %		$\chi^2 = 0.021^{\oplus}$; (p = 0.989) ; df= 2;
Hindu	17	94.4	21	95.5	19	95.0	
Muslim	0	0.0	0	0.0	0	0.0	
Christian	1	5.6	1	4.5	1	5.0	
Total	18	100	22	100	20	100	
Type of Family							

“ A Study to Assess the Effectiveness of Structured Teaching Programme on Prevention Of Substance

Nuclear Family	4	22.2	11	50.0	15	75.0	$\chi^2 = 12.178^*$; (p = 0.016) ; df= 4;
Joint Family	9	50.0	7	31.8	5	25.0	
Extended Family	5	27.8	4	18.2	0	0.0	
Total	18	100	22	100	20	100	
Education of Father							
Illiterate	4	22.2	3	13.6	12	60.0	$\chi^2 = 12.983^*$; (p = 0.043) ; df= 6;
Primary School	8	44.4	13	59.1	5	25.0	
Higher Secondary / Inter	4	22.2	4	18.2	3	15.0	
Graduates	2	11.1	2	9.1	0	0.0	
Total	18	100	22	100	20	100	
Education of Mother	f	%	f	%	f	%	
Illiterate	10	55.6	7	31.8	4	20.0	$\chi^2 = 15.360^*$; (p = 0.018) ; df= 6;
Primary school	3	16.7	9	40.9	14	70.0	
Secondary/Intermediate	2	11.1	5	22.7	2	10.0	
Graduates	3	16.7	1	4.5	0	0.0	
Total	18	100	22	100	20	100	

Occupation of Father							
Unemployed	0	0.0	4	18.2	0	0.0	$\chi^2 = 10.237$; (p = 0.115) ; df= 6;
Govt. Employee	2	11.1	0	0.0	3	15.0	
Private employee	2	11.1	3	13.6	2	10.0	
Agriculture	14	77.8	15	68.2	15	75.0	
Total	18	100	22	100	20	100	
Occupation of Mother							
Unemployed	1	5.6	9	40.9	0	0.0	$\chi^2 = 16.654^*$; (p = 0.011) ; df= 6;
Govt. Employee	2	11.1	1	4.5	1	5.0	
Private employee	2	11.1	3	13.6	2	10.0	
Agriculture	13	72.2	9	40.9	17	85.0	
Total	18	100	22	100	20	100	
Family Income							
6,000 to 8000	4	22.2	9	40.9	14	70.0	$\chi^2 = 15.958^*$; (p = 0.014) ; df= 6;
8001 to 15000	4	22.2	8	36.4	5	25.0	
15000 to 22000	4	22.2	1	4.5	1	5.0	
Above 22000	6	33.3	4	18.2	0	0.0	
Total	18	100	22	100	20	100	
Type of Residence							
Rural	11	61.1	14	63.6	17	85.0	$\chi^2 = 11.725^*$; (p = 0.020) ; df= 4;
Urban	6	33.3	8	36.4	2	10.0	
Semi-urban	1	5.6	0	0.0	1	5.0	
Total	18	100	22	100	20	100	
Place of domicile							
Staying with parents	9	50.0	4	18.2	3	15.0	$\chi^2 = 15.379^*$; (p = 0.004) ; df= 4;
Staying in Hostel	5	27.8	16	72.7	17	85.0	
Staying in private room	4	22.2	2	9.1	0	0.0	
Total	18	100	22	100	20	100	
No. of sibling in a family							
One	1	5.6	1	4.5	1	5.0	$\chi^2 = 3.566$; (p = 0.735) ; df= 6;
Two	6	33.3	9	40.9	5	25.0	
Three	3	16.7	7	31.8	5	25.0	
More than three	8	44.4	5	22.7	9	45.0	
Total	18	100	22	100	20	100	
Consumption of alcohol							
Yes	8	44.4	9	40.9	8	40.0	$\chi^2 = 0.085$; (p = 0.958) ; df= 2;
No	10	55.6	13	59.1	12	60.0	
Total	18	100	22	100	20	100	
Ever taken the alcohol							
Yes	4	22.2	0	0.0	0	0.0	$\chi^2 = 10.00^{**}$; (p = 0.007) ; df= 2;
No	14	77.8	22	100.0	20	100.0	
Total	18	100	22	100	20	100	
Habit of consumption alcohol in friends							
Yes	5	27.8	6	27.3	5	25.0	$\chi^2 = 0.044$; (p = 0.978) ; df= 2;
No	13	72.2	16	72.7	15	75.0	
Total	18	100	22	100	20	100	
Source of pocket money per month							
Below 150	7	38.9	13	54.2	8	40.0	$\chi^2 = 4.968$; (p = 0.548) ; df= 6;
151 – 300	5	27.8	3	12.5	8	40.0	
301 – 600	3	16.7	2	8.3	2	10.0	

Above 600	3	16.7	4	16.7	2	10.
Total	18	100	22	100	20	100

TABLE 5 (Annexure –V) : Shows that age(0.019), educational status (0.000), religion (0.989), type of family (0.016), education of the father (0.043), occupation of mother (0.011), family income (0.014), type of residence (0.020), place of domicile (0.004), pocket money (0.548) of adolescent boys at schools had statistically significant association with pre test knowledge levels at $p < 0.05$. Are not significant statistically education of the mother(0.018), occupation of father(0.115), Number of sibling in a family (0.735), consumption of alcohol (0.958), alcohol (0.007), habit of taking alcohol in friends (0.978).

Annexure – VI

TABLE : 6 Association of demographic variables with post- test knowledge on prevention of substance abuse among adolescent s at schools

(N=60)

Demographic Variables	Post Knowledge on regarding						Chi-Square
	Inadequate <50%		Moderate 51-75 %		Adequate > 75 %		
Age							
13 Years	3	25.0	1	5.0	0	0.0	$\chi^2 = 15.847^*$; (p = 0.015) ; df= 6;
14 Years	5	41.7	5	25.0	14	50.0	
15 Years	4	33.3	14	70.0	10	35.7	
16 Years	0	0.0	0	5.0	4	14.3	
Total	12	100	20	100	28	100	
Educational Status							
8th class	5	41.7	2	10.0	0	0.0	$\chi^2 = 14.232^*$; (p = 0.001) ; df= 2;
9th class	7	58.3	18	90.0	28	100.0	
Total	12	100	20	100	28	100	
Religion							
Hindu	11	91.7	19	95.0	27	96.4	$\chi^2 = 0.864^e$; (p = 0.649) ; df= 2;
Muslim	0	0.0	0	0.0	0	0.0	
Christian	1	8.3	1	5.0	1	3.6	
Total	12	100	20	100	28	100	
Type of Family							
Nuclear Family	5	41.7	7	35.0	18	64.3	$\chi^2 = 10.427^*$; (p = 0.034) ; df= 4;
Joint Family	4	33.3	12	60.0	5	17.9	
Extended Family	3	25.0	1	5.0	5	17.9	
Total	12	100	20	100	28	100	
Education of Father							
Illiterate	5	41.7	2	10.0	12	42.9	$\chi^2 = 14.468^*$; (p = 0.025) ; df= 6;
Primary School	2	16.7	15	75.0	9	32.1	
Higher Secondary / Inter	3	25.0	3	15.0	5	17.9	
Graduates	2	16.7	0	0.0	2	7.1	
Total	12	100	20	100	28	100	
Education of Mother							
Illiterate	6	50.0	7	35.0	8	28.6	$\chi^2 = 12.246^*$; (p = 0.051) ; df= 6;
Primary school	2	16.7	9	45.0	15	53.6	
Secondary/Intermediate	1	8.3	4	20.0	4	14.3	
Graduates	3	25.0	0	0.0	1	3.6	
Total	12	100	20	100	28	100	

Occupation of Father							
Unemployed	0	0.0	1	5.0	3	10.7	$\chi^2 = 5.436$; (p = 0.489) ; df= 6;
Govt. Employee	2	16.7	2	10.0	1	3.6	
Private employee	1	8.3	1	5.0	5	17.9	
Agriculture	9	75.0	16	80.0	19	67.9	
Total	12	100	20	100	28	100	
Occupation of Mother							
Unemployed	5	41.7	4	20.0	1	3.6	$\chi^2 = 12.771^*$; (p = 0.045) ; df= 6;
Govt. Employee	2	16.7	1	5.0	1	3.6	
Private employee	1	8.3	2	10.0	4	14.3	
Agriculture	4	33.3	13	65.0	22	78.6	
Total	12	100	20	100	28	100	
Family Income							
6,000 to 8000	3	25.0	10	50.0	14	50.0	$\chi^2 = 16.711^*$; (p = 0.001) ; df= 6;
8001 to 15000	4	33.3	2	10.0	11	39.3	
15000 to 22000	0	0.0	3	15.0	3	10.7	

Above 22000	5	41.7	5	25.0	0	0.0	
Total	12	100	20	100	28	100	
Type of Residence							
Rural	3	25.0	13	65.0	26	92.9	$\chi^2=18.918^{**}$; (p = 0.000) ; df= 4;
Urban	8	66.7	6	30.0	2	7.1	
Semi-urban	1	8.3	1	5.0	0	0.0	
Total	12	100	20	100	28	100	
Place of domicile							
Staying with parents	4	33.3	6	30.0	6	21.4	$\chi^2 = 5.188$; (p = 0.269) ; df= 4;
Staying in Hostel	5	41.7	13	65.0	20	71.4	
Staying in private room	3	25.0	1	5.0	2	7.1	
Total	12	100	20	100	28	100	
No. of sibling in a family							
One	0	0.0	3	15.0	0	0.0	$\chi^2 = 17.531^{*}$; (p = 0.008) ; df= 6;
Two	2	16.7	4	20.0	14	50.0	
Three	2	16.7	4	20.0	9	32.1	
More than three	8	66.7	9	45.0	5	17.9	
Total	12	100	20	100	28	100	
Consumption of alcohol							
Yes	5	41.7	6	30.0	14	50.0	$\chi^2 = 1.920$; (p = 0.383) ; df= 2;
No	7	58.3	14	70.0	14	50.0	
Total	12	100	20	100	28	100	
Ever taken the alcohol							
Yes	2	16.7	2	10.0	0	0.0	$\chi^2 = 4.286$; (p = 0.117) ; df= 2;
No	6	83.3	18	90.0	28	100.0	
Total	12	100	20	100	28	100	
Habit of consumption alcohol in friends							
Yes	3	25.0	10	50.0	3	10.7	$\chi^2= 9.229^{*}$; (p = 0.001) ; df= 2;
No	9	75.0	10	50.0	25	89.3	
Total	12	100	20	100	28	100	
Source of pocket money per month							
Below 150	6	50.0	3	15.0	19	67.9	$\chi^2 = 21.454^{*}$; (p = 0.0015) ; df= 6;
151 – 300	4	33.3	7	35.0	5	17.9	
301 – 600	2	16.7	2	10.0	3	10.7	
Above 600	0	0.0	7	35.0	1	3.6	
Total	12	100	20	100	28	100	

TABLE 6 (Annexure –VI) : Shows that age (0.015), educational status (0.001), religion (0.649), type of family (0.034) , education of the father (0.025), education of the mother(0.051),occupation of father(0.489), occupation of mother (0.045), family income (0.001), type of residence (0.000) , place of domicile (0.269),Number of sibling in a family (0.008), consumption of alcohol (0.383), alcohol (0.117), habit of alcohol in friends (0.001), pocket money (0.0015) of adolescent boys at schools had statistically significant association with post test knowledge levels at $p < 0.05$.

VII. Discussion

The purpose of the study was to assess the effectiveness of Structured Teaching Programme on Knowledge about prevention of substance abuse among 60 adolescent boys at Nehru Municipal High School, Tirupati. This assessment helps to determine the adolescent boys knowledge on prevention of substance abuse The discussion of the present study is based on findings obtained from descriptive and inferential statistical analysis of collected data. It is presented in view of the objective of the study.

The first objective of the study was to assess the level of knowledge regarding prevention of substance abuse among adolescents before structured teaching . Pre test was conducted by using the questionnaire and the collected data was analyzed. Among 60 subjects, majority of 18 (30%) had inadequate knowledge, 22 (36.7%) had moderate knowledge and 20 (33.3%) had adequate knowledge on prevention of substance abuse.

The results of the present study were supported by the earlier study conducted Ankur Barua, Shuva Dasgupta (2013)8 conducted a cross sectional study on alcohol use among adolescent students of dong to in East Sikkim. The sample size was 226 adolescents students in the age group of 15-18 years . simple random sampling technique was used . A pre tested interview schedule was used to study the association between knowledge , practice in relation with alcohol use .The Cronbach’s alpha score for this instrument was found to be 0.896. The CAGE questionnaire was used . The study results showed 57.5% of the respondents were males,42.5% were females. The study results showed 69.9% of adolescent student population had adequate knowledge regarding various alcoholic beverages.

Joswin Rakesh D’S A, Seemitha Shetty (2016)⁹ Conducted a cross sectional study on awareness of alcohol among adolescents and young adults (no 487) of Mangalore. The study results showed knowledge about alcohol consumption under 18 years of age was 67.14% and 31.82% .

The second objective of the study was to evaluate the effectiveness of structured teaching programme by comparing pre test and post knowledge scores of adolescent on prevention of substance abuse. In pre test the study findings revealed that among 60 adolescents boys 18 (30%) had inadequate knowledge, 22 (36.7%) had moderate knowledge and 20 (33.3%) had adequate knowledge on prevention of substance abuse, where as in post test 12 (20.0%) had inadequate knowledge, 20 (33.3%) had moderate knowledge and 28 (46.7%) had adequate knowledge on prevention of substance abuse. The pre- test mean score among adolescent boys 17.37, with standard deviation of 7.183 and post test mean score among adolescent boys 32.92, with standard deviation of 6.320 and the ‘t’ value obtained was 15.486. Which was statistically significant at $p < 0.01$. The results indicate that there was significant difference between pre and post test knowledge scores after structured teaching programme. So hypothesis (H1) “There is a significant difference between the pre test and post test scores of knowledge on prevention of substance abuse among adolescent boys at Nehru Municipal High School” was accepted.

The present study results were supported by the earlier study conducted Medha Talpade (2007)¹⁰ on the juvenile and adolescent substance abuse of alcohol prevention and health promotion programme for youth between the ages of 13-18 years in Fulton county, Georgia. The impact of the programme was participation had changed prior knowledge and process and outcome related decision about alcohol use. The self – efficacy scale was used. The sample size was 407 participants. The study results showed pre and post test assessed knowledge gain and attitude change ($n = 246$). Knowledge was tested using the same test as the pre test and another equivalent was administered as a post test. Results indicated knowledge on the similar pretest increased significantly after the educational programme, $t = -3.03$, $p = 0.01$ (mean = 11.32) to the post test (mean = 12.68).

The third objective of the study was to find the post test knowledge level of substance abuse with the selected demographic variables such as after structured teaching. Post test was conducted by using the questionnaire and the collected data was analyzed. Among 60 subjects 12 (20.0%) had inadequate knowledge, 20 (33.3%) had moderate knowledge and 28 (46.7%) had adequate knowledge on prevention of substance abuse.

The third objective of the study was to find the post test knowledge level of substance abuse within the selected demographic variables such as age, educational status, type of family, education, occupation, family income, type of residence, domicile, number of sibling in a family, consumption of alcohol, alcohol, friends habit of taking substance and amount of pocket money spending per month had significant association with post test knowledge at 0.05 level.

This study was supported by Saluja B.S et al., (2007)¹¹ on adolescents at Postgraduate Institute of Medical Education and Research, Chandigarh showed that there was a consistent rise in adolescents registered in De-addiction OPD, 27 in the first 20 years (1978-1997), 31 over the next four years (1998-2001) and 27 over the final 2 years (2002-2003). These findings showed that there is increase in the number of adolescents reported for treatment in the last few years which indirectly indicates the increase in drug abuse among adolescents.

The hypothesis stated was there is a significant difference between pre test and post test knowledge of adolescent boys on prevention of substance abuse. Hence the hypothesis stated was accepted.

VIII. Conclusion

IMPLICATIONS:

The implications have drawn from the present study of a vital concern to adolescent boy’s health professionals including nursing service, nursing practice, nursing education, nursing administration and nursing research.

Implications for Nursing Practice :

In community nurse should take part in health education programmes on prevention of substance abuse. Prevention by bringing awareness through different health education methods like psychodramas, role play and mime shows etc. In psychiatric hospitals, nurses can play a key role in preventing and reducing substance abuse and are encouraged to provide patients with information about health consequence of use of substance which assisting them with quitting substance abuse and thereby improving their quality of life.

Implication for Nursing Education :

In nursing schools and colleges and other nursing educational institutions should adequately prepare the nursing students to provide incidental and planned health educations to quit it. High risk adolescents and family members are educated regarding prevention of substance abuse and ways to quit it. Nursing students

should be trained in planning and implementing health education programmes depending on the need with good communication skills. In service and continued medical education programme can be organized for nurses regarding substance abuse and should be updated in regular basis incorporate new evidence and technologies. In nursing schools and colleges, the curriculum should include a detailed chapter of substance abuse and its health prevention and ways to quit it.

Implication for Nursing Administration :

Nursing administration should have a health education cell with adequately trained nurses with good communication skills to develop and provide health education to adolescents and other individuals. Appropriate in service training to all health personnel to be assured. Make provision to conduct periodic surveys on substance abuse. It helps to identify the outbreak of substance abuse and take appropriate measures to prevent. Efforts were taken for prevention by coordinating with those of relevant government programmes. To conduct these programmes required efficient team work and strategies for optimum utilization of resources and focus on cost effective methods etc are to be planned properly.

Implication for Nursing Research :

The present study had shows that the impact of structured teaching on prevention of substance abuse. Nursing research should focus on their behavioral modifications, attitudes and skills in resisting substance abuse and awareness on health prevention of substance abuse. Research should be done based on evidence based nursing practice and use current trends to introduce new recommendations, practices, focusing on interest, quality and cost effectiveness.

RECOMMENDATIONS FOR FURTHER RESEARCH :

1. Similar studies can be conducted to assess the knowledge of various persons like parents, and adult group and so on.
2. A descriptive study can be done regarding prevention of substance abuse among the adults.
3. A comparative study can be done between rural areas and urban of adolescents.
4. Similar studies can be conducted on large sample in different settings.
5. Quasi Experimental study with counseling sessions.

References

- [1]. Peiper ,N.C, Ridenour , T.A ,Hochwalt, B, & Coyne -Beasley ,T .(2016) Overview on prevalence and recent trends in adolescent substance use and abuse . Child And Adolescent Psychiatric Clinics of North America (in press).
- [2]. Johnson, L.D , O'Malley, P.M., Miech, R.A., Bachman, J.G., & Schulenberg , J.E.(2016). Monitoring the future national survey results on drug use. 1975-2015. Overview , key findings on adolescents drug use. Ann Arbor , MI The University of Michigan Institute for Social Research.
- [3]. Johnston, L.D.; O'Malley, P.M.; Bachman, J.G., & Schulenberg, J.E. Monitoring the Future National Results on Adolescents Drug Use : Overview of key findings, 2013. Bethesda, MD: National Institute on Drug Abuse, 2013. Available at www. monitoring the future.org.
- [4]. Sussman, S.; Skara, S.; and Ames, S.L. Substance abuse among adolescents. Substance Use & Misuse 43(12-13) ; 1802-1828, 2008.
- [5]. Yogeshar Puri Goswami . “A study to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents”. International journal of scientific and research publications. 2019 ; Vol.5 .
- [6]. Wahengbam Tinita Devi. Dr. I. Clement “Effectiveness of STP on knowledge regarding substance abuse among adolescents”. Journal of counselling and family therapy .2019: Vol.1 :16-24 .
- [7]. Firdousa Jan , “A study to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents in selected school”. International journal of advanced research . 2018 ; 6(1) :956-964 .
- [8]. Ankur Barua, Shuva Dasgupta, “Alcohol use among adolescent students of Tadong in East Sikkim” . Journal of asian scientific .2013 ; 3 (11) : 1105-1108.
- [9]. Joswin Rakesh, Seemitha Shetty, “ A study on awareness of alcohol among adolescents and young adults of Mangalore”, Nitte university journal of health sciences.2016;6(1) :2249-7110 .
- [10]. Medha Talpade. “The juvenile and adolescent substance abuse prevention” 2007 ; 4 (4).
- [11]. B.S. Saluja, S. Grover, A. S. Irpati, S. K. Mattoo and D. Basu, “Drug Dependence in Adolescents 1978-2003: A clinic-based observation from North India,” Indian J Pediatr, vol. 74, 2007, pp. 455-458.

Dr.M.Bhagya lakshmi. "A Study to Assess the Effectiveness of Structured Teaching Programme on Prevention Of Substance Abuse Among Adolescents At Selected Schools in Tirupati". IOSR Journal of Nursing and Health Science (IOSR-JNHS), vol. 8, no.05 , 2019, pp. 01-11.