

A Study to Assess the Effectiveness of the Structured Teaching Program on Knowledge of Rural Population Regarding Hazards of Substance Abuse in Selected Rural Areas

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Abstract: *This study aims to examine the level of knowledge about hazards of substance abuse before and after the structured teaching programme and its effectiveness. Evaluative research approach with one group pre test post test design was used to assess the knowledge of 50 samples in selected rural population. Structured knowledge questionnaire was used which included 30 MCQs and STP of 60 minutes was given before and after the intervention. It was found that in pre test 64% of them had inadequate knowledge and 36% of the samples had moderate knowledge regarding hazards of substance abuse. It was found that the STP is effective in changing the level of knowledge at 0.05 level of significance. There was no significant association between post test level of knowledge and their selected socio demographic variables.*

Keywords: Effectiveness, Structured teaching programme, Knowledge, substance abuse

I. INTRODUCTION

Substance abuse has been a topic of interest to many professionals in the area of health, particularly mental health, an area with enormous implications for public health and it has generated a substantial amount of research. Substance abuse includes the use of alcohol, tobacco, smoking, diversion of prescription drugs, as well as illicit substance. Substance abuse is growing problem throughout the world. Substance abuse refers to use of drugs, alcohol and any other mind-altering agent to such an extent that it interferes with the person's biological, psychological and social integrity.

Psychoactive substance use poses a significant threat to the health, social and economic fabric of families, communities and nations. The extent of worldwide psychoactive substance abuse is estimated at 2 billion alcohol users, 1.3 billion smokers and 185 million illicit drug users. In an initial estimate of factors responsible for the global burden of diseases, tobacco, alcohol and illicit drugs together contributed 12.4% of all deaths world-wide. Many substances can bring on withdrawal effect caused by cessation or reduction in the amount of the substance used. Withdrawal can range from mild anxiety to seizures and hallucination. Substance over dose may also cause death.

1.1 Statement of the Problem

“A study to assess the effectiveness of the structured teaching program on knowledge of rural population regarding hazards of substance abuse in selected rural areas of Pilkhuwa, UP, India.”

1.2 Objectives of the study

1. To determine the knowledge of rural population about hazards of substance abuse through pre test.
2. To assess the importance of health education on knowledge of hazards of substance abuse through post test.
3. To determine the level of association between socio demographic variables and impact of health education on knowledge about hazards of substance abuse.



1.3 Hypothesis

H1: There will be significant difference in the scores of the rural population between pretest and post test on level of knowledge of rural population regarding knowledge of hazards of substance abuse.

H2: There is significant relationship between background variables of rural population and health teaching.

Methodology: Research Approach – Evaluative research approach

Research design: One group pre-test post-test experimental design

Setting of the study: Pilkhuwa village, Hapur Dist. Uttar Pradesh.

Variables:

- Dependent Variable: Knowledge of rural population regarding substance abuse.
• Independent Variable: Structured teaching programme.

Population: Rural people who are living in Pilkhuwa village, Hapur Dist. Uttar Pradesh.

Sample and sample size: 50 rural people who are living in selected population.

II. METHODS OF DATA COLLECTION AND ANALYSIS

The data was generated by using the structured questionnaire. Purposive non- probability sampling techniques were adopted. The data was obtained from the study subjects were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for the data analysis at the level set at 0.05.

III. RESULTS

Section A- Distribution of samples according to the level of knowledge regarding Problems of Substance abuse among rural population before and after structured Teaching Programme.

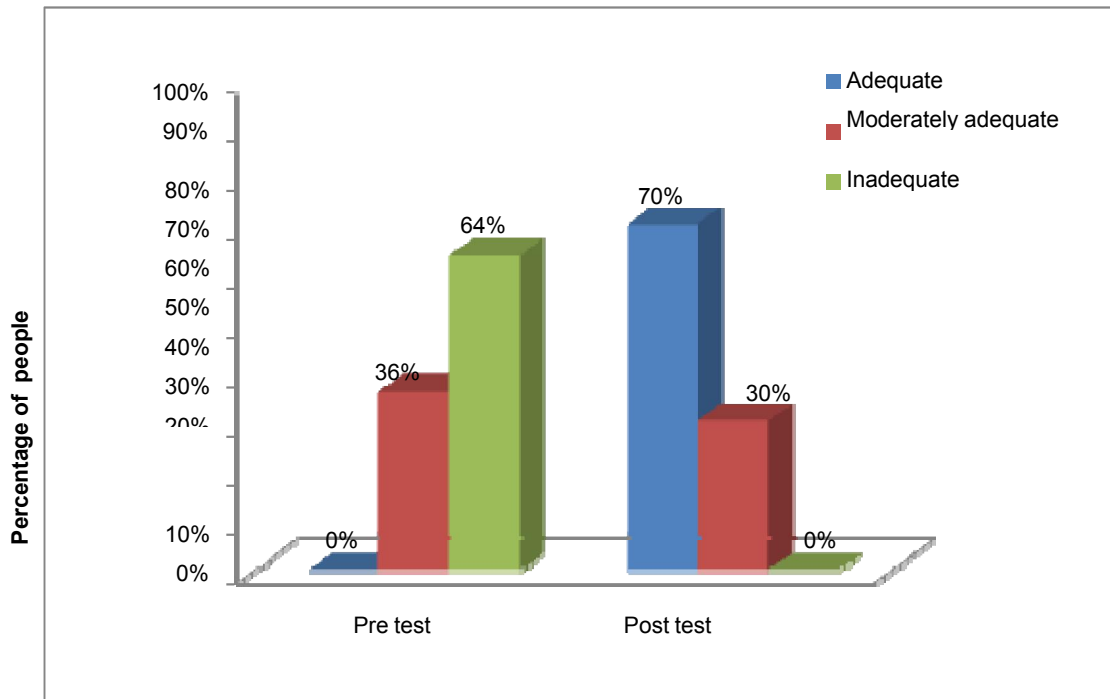




Figure 1 shows that, in the pretest 32(64%) of them had inadequate knowledge, 18(36%) had moderate knowledge regarding hazards of substance abuse. In the post test 35(70%) of them had adequate knowledge, 15(30%) subjects of them had moderate knowledge regarding hazards of Substance Abuse.

Section-B

Table 1: Comparison of Mean, Standard deviation and Mean difference in the level of knowledge among rural population before and after intervention. (n=50)

S. No	Variables	Maximum Score	Pre Test		Post Test		Mean difference	't' Value	df
			Mean	SD	Mean	SD			
1	Knowledge	20	10.16	2.08	15.9	1.81	5.74	37.54*	49

*(P<0.05)

Effectiveness of structured teaching programme on knowledge regarding hazards of Substance abuse

In the pretest the mean score of knowledge was 10.16 and In the Post test the mean score of knowledge was 15.9. Paired 't' test was used to find the difference between the pre and post test knowledge score was significant. The analysis showed that the 't' value (37.54) is greater than the table value (1.684) at (p<0.05) level of significance. Hence, the Structured Teaching Programme is effective in changing the level of knowledge. **Therefore, Hypothesis I was accepted.**

Section C

Association between the level of knowledge among rural population and their selected demographic variables.

Demographic variable	Categories	Post-test knowledge score of rural population		Chi-square value	Df	P-value	Inference
		Below median	Above median				
Gender	Male	3	29	2.902	1	<0.05	NS
	Female	5	13				
Religion	Hindu	4	32	1.4825	2	<0.05	NS
	Christian	1	6				
	Muslim	2	5				
Type of family	Nuclear/single	3	14	0.0074	1	<0.05	NS
	Joint	5	25				
Place of staying	Own house	3	39	2.381	1	<0.05	NS
	Rent	2	6				
Education	12 th & below	8	34	1.8141	1	<0.05	NS
	Degree and above	0	8				
Occupation	Self employed	5	34	1.3334	1	<0.05	NS
	Private/Govt	3	8				
Monthly family income (Rs)	1001-7000.Rs	3	17	0.0248	1	<0.05	NS
	7001-15000.Rs	5	25				

Table 2 shows that there was no significant association between the level of knowledge regarding hazards of substance abuse among rural population of Pilkhuwa and their demographic variables.

There was no significant association between the level of knowledge regarding hazards of Substance abuse and selected demographic variables. Therefore, Hypothesis II was rejected.

IV. SUMMARY AND MAJOR FINDINGS

The study was conducted at Pilkhuwa, UP, India. The study was conducted from 10.06.22 to 10.07.22. Pre experimental one group pretest and posttest design was used in this study. The total period of data collection was 4 weeks. 50 samples were selected using convenience sampling technique. Oral consent was obtained. During the first week assessment of the level of knowledge on problems of substance abuse among rural population was done. The Structured Teaching Programme regarding hazards of substance abuse was provided. After 15 days of Structured Teaching Programme the level of knowledge among rural population were assessed by 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 Structured Teaching Programme regarding Problems of Substance abuse among rural population and Chi square was used to find out association between the level of knowledge regarding Problems of Substance abuse among rural population and their demographic variables.

There was a significant difference ($p < 0.05$) found between the pretest 10.16 (± 2.08) and posttest 15.9 (± 1.81) mean score on level of knowledge regarding Hazards of Substance abuse among rural population. There was no significant association on demographic variables. The finding of the study shows that Structured Teaching Programme more effective to improve the level of knowledge regarding Hazards of Substance abuse among rural population.

In the pretest 32(64%) of them had inadequate knowledge, 18(36%) had moderate knowledge regarding Hazards of Substance Abuse. In the post-test 35(70%) of them had adequate knowledge, 15(30%) of them had moderate knowledge regarding Hazards of Substance Abuse.

In the pre-test the mean score of knowledge was 10.16 (± 2.08) and In the Post test the mean score of knowledge was 15.9 (± 1.81). The paired 't' test value was (37.54) which is greater than the Table value (1.684) at ($p < 0.05$) level of significance. Hence the Structured Teaching Programme is more effective in changing the level of knowledge regarding Hazards of Substance abuse.

Implications

Nursing Practice:

- Psychiatric Nurses should play a vital role in understanding the Psychological Hazards of the substance abuse and motivate people to improve their knowledge and avoid using substance abuse.
- Psychiatric Nurses can provide a Structured Teaching Programme on knowledge regarding Hazards of Substance abuse.

Nursing Education

- Nurse educators must be specially trained to provide Structured Teaching Programme, regarding Hazards of Substance abuse which can create awareness about knowledge regarding Hazards of Substance abuse.

Nursing Research

- Findings of the study provides broad frame work on which further research can be conducted.
- The understanding of this study helps health professionals and researchers to identify Hazards of Substance abuse among rural population in Indian perspective.
- Nurse researcher should challenge to perform scientific work and take part in research application and evaluation.

Nursing Administration:

- The Nurse administrators can motivate the Psychiatric Nurses to assess the level of knowledge regarding Hazards of Substance abuse.
- The Nurse administrator should arrange for Education Programme to disseminate the research findings and emphasis about the benefits of Structured Teaching Programme.

- The Nurse administrator can prepare skilled Nurses who can spend time with people in solving Psychological and Physiological disequilibrium of people.

Recommendations

- A Similar study can be replicated with larger sample size and in various other settings.
- Comparative study may be conducted to find out similarities or differences in knowledge between Rural and Urban population.
- A study may be conducted to find out factors that influences substance abuse and preventive aspects among peoples.

V. CONCLUSION

Finding effective treatment for the prevention of substance abuse has been difficult through research, Studies have made it clear that drug education and prevention aimed at children and adolescent offers the best chances to curb abuse nationally. The study reveals the fact that structured teaching program significantly increases knowledge about rural population regarding hazards of substance abuse.

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