

A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED SCHOOL OF AMRITSAR.

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ABSTRACT

Substance abuse has been found to be risk factor for developing negative self-perception later in life. Given this establish relationship, it is crucial to investigate factors that may mitigate negative outcomes, such in dude the analysis of knowledge of substance abuse among adolescents. Quantitative research approach has been used with pre- experimental research design. The target population of the study was adolescents of age group 12-17 years and sample was selected by purposive sampling technique. There were two variables under the study that was independent and dependent variables. The independent variables include the demographic variables of respondent and dependent variables include the knowledge of adolescents of age group 12-17 regarding substance abuse. This study was conducted in the Dasmesh Parivar School of Amritsar. The tool of study involves in two sections that are socio-demographic variables and self-structured questionnaire. Reliability of tool was computed by split half method. Pilot study was conducted to find out tool and feasibility of the study. Analysis reveals the most of the subject have average knowledge about substance abuse. The result indicated that people are less aware about the substance abuse effects and later on subjects are educated by structured teaching program which in help them to improve their knowledge.

KEYWORDS: Substance College, Adolescent, Structured Teaching Program.

INTRODUCTION

“Don’t hate the addict, hate the disease, if it’s hard to watch it, imagine how hard it must be to live it”

People are most likely to begin abusing drug including tobacco, alcohol, and illegal and prescription drugs during adolescence in age of 12-17 years. Drinking, smoking and drug use by adolescents affect general health, physical growth, emotional development and social performance. Continuous use of such substance leads physical and psychological harm and is difficult to stop. According to the substance abuse and mental health services administration (SAMHSA’s) (2009) National survey in India on drug use and health, 23.5 million persons aged 12 or older needed treatment for an illicit drugs or alcohol abuse problem in 2009(9.3% of persons aged 12 or older) of these only 2.6 million to 11.2% of those who needed treatment received it at a specialty facility. Singhi S. et al (2007) Various study in India shows that 80% of adult start using psychoactive substance before 18 years of age & if they continue with it addiction may develop within three years with increased risk of physical & mental illness. Vijaylakshmi IB (2004) Substance abuse can lead changes in a teen’s alertness, perceptions, movement, judgment and attention. Substance use becomes substance abuse when a person continuous to use drugs or other substances even it leads to a serious personal consequences like family problems, losing friends, getting expelled from school, losing a job. Commonly used substances for abuse are alcohol, opioids, cannabis, cocaine and other sympathomimetics hallucinogens.

CLASSIFICATION OF SUBSTANCE

Name of Substance

- Alcohol
- Nicotine
- Opioids
- Cannabis
- Inhalants

Available in the Form

Vodka, Brandy, Whiskey
 Tobacco, Cigarette, Bidis
 Smak, Tramadol, Chitta
 Ganza, Bhang
 Thinner, Paints, Glue

NEED FOR THE STUDY

Substance abuse is found in all age group but its prevalence is higher among adolescences and younger adults. They most widely used tobacco, alcohol and marijuana, which often open the gate to further heavier drugs. The drug of choice is often related to drug fashion, which are lethal substance. The terms who abuse drugs and alcohol are at higher risk of physical and mental problem. The prevalence of alcohol and drug use disorder among adolescents is 32% according to National institute of drug abuse, 81% of people in united state, 29.3% use tobacco, 55.7millions smoked cigarette. Press Information Bureau, Government of India (2013) Punjab accounted for almost half of all cases regarding in India under the Narcotic Drugs and Psychotic Substance ACT (NDPS) in 2013 up from just 15% in 2009 (Sethi, 2015). 67% off rural households in Punjab have one drug or alcohol addict, while 70% of young men are addicted to drug or alcohol, according to a government report based on surveys

HYPOTHESIS

The post test mean knowledge score regarding substance abuse among adolescents will be significantly higher than pre test mean knowledge score among the adolescents in group as measured by self structured multiple choice questions

METHODOLOGY

For this study quantitative research approach and pre experimental design was used. The study was conducted in a Dashmesh Parivar Public School, Amritsar. In this study 100 adolescent students of age group 12-17 years were selected by using purposive sampling technique. Independent variables were age, gender, family income, type of family, occupation of Father and Mother and source of information. The dependent variables included the knowledge of adolescents of age group 12-17 regarding substance abuse.

The tool consisted of two sections: Section A: selected socio-demographic variables such as Age of Students, Gender, Type of family, Occupation of Father and Mother, Source of Information, and Family Income. Section B: Self structured questionnaire. Content validity was determined by expert’s opinion. Permission was taken from higher authority of the institution to conduct the research study.

RESULT:**SECTION-I**

Objective 1: To assess pre test knowledge score regarding substance abuse among adolescents.

Table 1**Pre-test Knowledge Score****N=100**

Level of Knowledge	N	%	Mean	S.Ds
Good	10	10%	16	1.04
Average	72	72%	8	3.44
Below Average	18	18%	6	1.33

Objective 2: To assess post test knowledge score regarding substance abuse among adolescents.

Table 2**Post-test Knowledge Score****N=100**

Level of Knowledge	N	%	Mean	S.D
Good	94	94%	19	1.08
Average	5	5%	11	1.61
Below Average	1	1%	6	0

Objective 3: To compare pre and post test knowledge score regarding substance abuse among adolescents.

Table 3**Comparison of Pre and Post-test Knowledge Score****N=100**

	N	Mean	SD	df	't'	P
Pre-test	100	10.52	3.047	99	20.307	1.98
Post-test	100	18.58	2.413	99		

Highly Significant at > 0.05***CONCLUSION**

In the present study the researcher analysed that in pre-test maximum number of adolescent had average knowledge 72% followed by 18% average knowledge and 10% should good knowledge of substance abuse. On the other hand the researcher analysed that in post test maximum number of adolescent had good knowledge (9470) followed by 5% average knowledge and 11 was at below average regarding substance abuse this study show that the structure teaching had significant effect in increasing knowledge of adolescent students regarding substance abusers hence the hypothesis was accepted.

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