

Assessment of Substance Use Behavior and Effectiveness of Structured Teaching Programme on Prevention and Ill Effects of Substance Abuse among Adolescents

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Abstract

Background: Substance abuse has become a major problem in any growing society, the pattern of consumption of medical and non-medical use of drugs, especially by pre adolescents, adolescents and young adults, is both complex and changing. In 1992, WHO declared June 26 as the International Day against substance abuse and illicit trafficking¹.

Methods: It was a two-phase study, during phase-I of the study 485 adolescents were assessed for substance use behavior. During phase-II 100 adolescents were given structured teaching programme, pre-test and post-test knowledge and attitude were assessed.

Results: The study results revealed that out of 485 adolescents only 3.2% (16) of the adolescents had tried or experimented with substances and 11.1% (54) of the adolescents reported that their friends use the substance in the school. The calculated Z score value was found to be 11.316 which was greater than the table value (1.98) indicates the effectiveness of structured teaching programme. There was a moderate positive correlation (0.568) between the post-test knowledge scores and post-test attitude scores of adolescents.

Conclusion: The incidence of drug abuse among children and adolescents is higher than the general population. Therefore, keeping in focus, the investigator felt the need to conduct a research study to assess the knowledge and attitude regarding the ill effects of substance abuse and its prevention among adolescents, and the study was found to be effective in increasing the knowledge and attitude among adolescents.

Keywords: *Ill effects of substance abuse, Knowledge and attitude, Substance use behavior.*

Introduction

Substance abuse is a social problem, not only in India, but the entire world which varies from country to country. Global trade and liberalization of socio-cultural interaction of the society has made easy access to use and spread of narcotic substances. Substance abuse is a universal phenomenon with its roots in history and tradition². Adolescents are “biologically

wired” to seek new experiences and take risks, as well as to carve out their own identity. Trying drugs may fulfil all of these normal developmental drives, but in an unhealthy way that can have very serious long-term consequences. Many factors influence whether an adolescent tries drugs, including the availability of drugs within the neighbourhood, community, and school and whether the adolescent’s friends are using them. The family environment is also important: Violence, physical or emotional abuse, mental illness, or drug use in the household increase the likelihood an adolescent will use drugs³. The student drug use survey conducted among senior secondary schools of Imphal revealed that substance use was very common, and more than 50% of

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the students reported the use of one or more substances. Tobacco and alcohol were the most common substances used. Substance use was higher among males and those students whose fathers or siblings used substances. A majority of the students reported that their friends introduced them to substance use⁴.

Materials and Methods

It was a two-phase study. The research design for phase-I was non-experimental descriptive survey and phase-II was pre-experimental one group pre-test post-test design. Inclusion criteria for the study were (a) adolescents who were within the age group of 13 – 17 years. (b)Who could understand and speak Hindi and English.(c)Who were willing to participate in the study. (d)Who were present at the time of study.

Data collection procedure: It was conducted from the month of December 2019 to January 2020 after seeking formal permission from the concerned authority, that is, the Ethical Committee of Holy Family Hospital and the concerned School authority. The informed written consent was obtained from the parents of the adolescents.

Phase I - To assess the substance use behaviour, 485 adolescents were selected using purposive sampling technique and informed consent was taken from the parents after informing them of the objectives and purpose of the study. Confidentiality of the adolescents was assured. A semi structured questionnaire was given to all the participants to assess substance use behaviour among them.

Phase II – During phase-II of the study the structured teaching programme was developed regarding

the ill effects of substance abuse and its prevention for adolescents studying in 9th class of selected schools of New Delhi. The Semi Structured knowledge questionnaire and 5-point Likert attitude scale were administered to 100 adolescents using convenient sampling technique, in the month of December 2019 to January 2020.

The pre-test and the teaching programme were organized and administered on the same day. On the eighth day of the intervention, the post-test was performed.

Results and Discussion

The data collected was analysed by using descriptive and inferential statistics. The demographic data from the study participants revealed that the majority (92.8%) of the adolescents were in the age group of 13-14 years. More than half (63.5%) of the adolescents were having only one sibling. 67.8% of the adolescents were from nuclear family. 17(3.5%) of the adolescents reported that they have personal source of income. About half (50.1%) of the adolescents were having previous information about substance abuse through mass media.

1. Assessment of substance use behaviour among adolescents.

Out of 485 adolescents only 3.2% (16) of the adolescents had tried or experimented with substances. There were 0.7% (3) of the adolescents who used substances within last 30 days. 11.1% (54) of the adolescents reported that their friends used the substance in the school premises.

2. Effectiveness of Structured Teaching Programme in terms of gain in knowledge and attitude on ill effects of substance abuse and its prevention among adolescents.

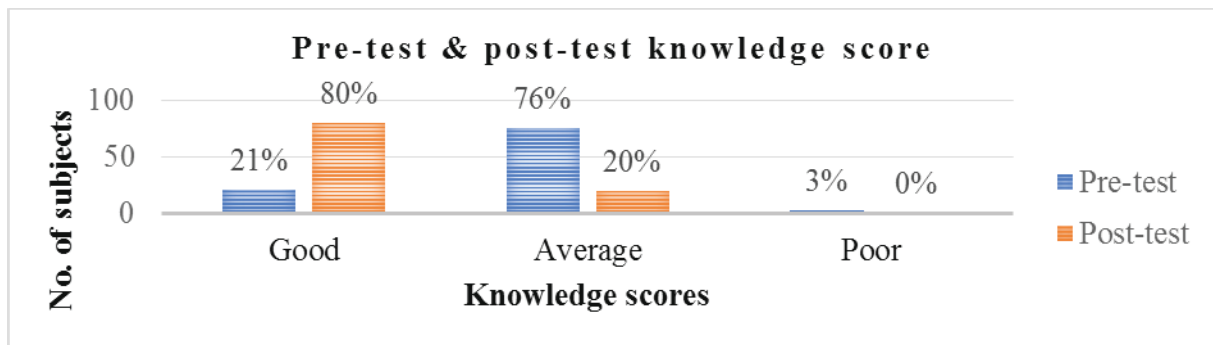


Figure 1: A bar graph showing frequency and percentage distribution of the pre-test and post-test knowledge scores of adolescents on the ill effects of substance abuse and its prevention.

Figure 1: depicts that before administering the structured teaching programme most of them i.e.76%, had average knowledge, 21% had good knowledge and only 3% of the adolescents were having poor knowledge regarding the ill effects of substance abuse and its prevention.

After administration of the structured teaching programme, 80% of the adolescents had good knowledge, 20% of them had average knowledge and none of them had poor knowledge.

H01- There will be no significant difference between the mean pre-test and post-test knowledge scores of adolescents after a structured teaching program on the ill effects of substance abuse and its prevention at $p < 0.05$ level of significance.

TABLE 1

n= 100

TEST	MEAN	MEAN DIFFERENCE	STANDARD DEVIATION	Z SCORE	TABLE VALUE
Pre- test knowledge score	20.53		4.514		
Post- test knowledge score	26.56	6.030	3.857	11.316*	1.98

* Significant at $P < 0.05$ level of significance.

Table 1 shows a significant difference between the mean pre-test and the post-test knowledge score. This indicates that the post-test knowledge score was higher than the pre-test knowledge score. The computed Z score value was found to be 11.316 which was higher than the table value (1.98) at 0.05 level of significance. Hence the null hypothesis was not accepted and the research hypothesis was accepted. This indicates that the structured teaching programme was effective in increasing the knowledge of adolescents regarding the ill effects of substance abuse and its prevention.

3. Association between the pre-test knowledge scores with the selected demographic variables of adolescents.

No significant association was found between the knowledge score related to substance abuse and its ill effects and their selected demographic variables among the adolescents except type of family, for which the computed chi square value was found to be 0.048 to establish the association.

4. Correlation between the post-test knowledge scores and post-test attitude scores of adolescents.**TABLE 2****n=100**

Variables	Mean	SD	r
Post-test knowledge score	26.56	3.857	0.568
Post-test attitude score	59.02	10.681	

Significant at $p < 0.05$ level of significance.

Table 2 shows the correlation between the post-test knowledge scores and post-test attitude scores of adolescents. The computed Pearson correlation value was found to be 0.568, hence there was a moderate positive correlation among the post-test knowledge and attitude scores of adolescents.

Discussion

The present study was undertaken to assess the substance use behaviour among adolescents and assess the effectiveness of structured teaching programme in terms of gain in knowledge and attitude on the ill effects of substance abuse and its prevention among adolescents and it was found that the structured teaching programme was effective in terms of gaining knowledge regarding the ill effects of substance abuse and its prevention among the adolescents.

The results of the present study were supported by the study conducted by **Goswami P Y**⁵ among 91 adolescents of 17-18 years of age studying in B.Sc. Nursing Colleges at Udaipur District of Rajasthan revealed that the mean post test scores (26.90%) were higher than the mean pre test scores (12.93%) with 't' value ($t=18.9425$) being significant at $p < 0.001\%$ level on the finding of the data indicates that this study was feasible and enhanced the knowledge of adolescents regarding Substance abuse.

The present study findings revealed that there was a significant association between type of family with pre-test knowledge score at 0.05 level of significance. This is supported by the study conducted by **Kumar D**⁶,

among Secondary School students studying in XI and XII classes in selected schools at Hassan, Karnataka. The study findings revealed that the pre-test knowledge score was 35.1 % with the mean knowledge level 10.53 ± 1.32 and the post-test knowledge score was 80.8% with the mean knowledge level 24.23 ± 1.8 . According to the findings of the study there was statistically a significant association present between the level of knowledge gain and age, place of residence and type of family at 0.001 level of significance. A moderate positive correlation was found between post-test knowledge and attitude scores of adolescents which was found to be 0.568 by pearson correlation.

Limitations

The present study was limited to 9th class students only, thus posing restriction to make a generalization.

Conclusion

The study was done by the investigator to assess the substance use behavior and to assess the effectiveness of structured teaching programme on the ill effects of substance abuse and its prevention in terms of gain in knowledge and attitude among adolescents in selected schools of New Delhi. The study results revealed that the structured teaching programme was effective in increasing the knowledge of adolescents and not that effective in changing the attitude of adolescents towards the prevention of substance abuse.

Implications

The findings of the present study have several

implications for community psychiatry, nursing practice, nursing education, nursing administration and nursing research.

§ Nurses' role is very vital in educating the citizens and adolescents in prevention of substance abuse. Nurses can reach and teach the masses by educating the adolescents regarding prevention of substance abuse.

§ Community psychiatric nurses can help the community in organizing and strengthening community support system for preventing substance abuse.

§ Health education programme can be conducted using various AV aids emphasizing on the ill effects of substance abuse.

§ Educational sessions may be organized for the people already fallen in the trap of substance abuse, to motivate and encourage them to seek professional help for coming out of this problem.

§ There is a need for research in the areas of substance abuse problems; it helps in gaining knowledge and developing an unfavourable attitude and practice towards substance abuse.

Ethical Clearance: Ethical clearance was obtained from the ethical committee of Holy Family Hospital, New Delhi.

Conflict in the study: None

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