

# A Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Ill Effects of Passive Smoking on Children among Parents of Selected Urban Area in Mysore

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**Abstract:** *Passive smoking or environmental tobacco smoke has been found to be causally associated with a large number of diseases in various organs although the evidence is sometimes conflicting. The present study was undertaken "to assess the effectiveness of information booklet on knowledge regarding ill effects of passive smoking on children among parents of selected urban area in Mysore". Objectives of the study was to assess the pretest level of knowledge regarding ill effects of passive smoking on children among parent, to assess the effectiveness of information booklet on knowledge regarding ill effects of passive smoking on children among parents, to find out the association between the level of knowledge regarding ill effects of passive smoking with selected demographic variables. Experimental study design with one group pre – test post – test design was used for the study. The sample consisted of 60 parents, selected by non probability convenience sampling technique. Data was collected by structured knowledge questionnaire on ill effects of passive smoking in children. After collecting demographic data and conducting the pre – test, Information Booklet was given to the samples. Seven days after giving information booklet post test was conducted using the same structured knowledge questionnaire used for collecting the pre test. The collected data was analyzed by using descriptive and inferential statistics. Result: The post test mean value (21) was higher than pre test mean value (8.45). The mean difference value was (12.55) and the obtained t ,test value was 20.5, 50 which was found to be more than the t ,table value (1.725). Since the obtained t value was significant at  $p < 0.05$  level therefore Research hypothesis (H1) was accepted it was inferred that there was significant difference between mean pre - test and mean post - test knowledge among parents in selected urban areas at Mysore. Hence the Information booklet found to be highly effective in increasing the knowledge level of parents. Interpretation and conclusion: The study showed that the mean post – test scores were higher than mean pre test scores. There was a significant improvement in knowledge scores after the intervention among parents. Thus it can be concluded that there is significant improvement in the knowledge of parents regarding ill effects of passive smoking. The result showed that there is a need for the education of parents to prevent ill effects of passive smoking in children in the urban areas.*

**Keywords:** Ill effects, passive smoking

## 1. Introduction

Habits accumulated through generations emerge as customs and in turn create habits. Once it formed persists and influence human behavior. There are many kinds, example habit relating to food, sleep, work, smoking, intake of drug and alcohol etc. Smoking is one of the habit which is affecting the people commonly now days, that too it is common in adult. Like poverty, smoking does not appear on death certificate.1

Smoking's history dates back to as early as 5000–3000 BC when the agricultural product began to be cultivated in South America; consumption later evolved into burning the plant substance either by accident or with intent of exploring other means of consumption. The practice worked its way into shamanistic rituals. Many ancient civilizations—such as the Babylonians, the Indians, and the Chinese—burnt incense during religious rituals. The practice was later adopted by the Catholic and the Orthodox churches. The World Health Organization estimates that tobacco caused 5.4 million deaths in 2004 and 100 million deaths over the course of the 20th century. Similarly, the United States Centers for Disease Control and Prevention describes tobacco use as the single most important preventable risk to human health in developed countries and an important cause of premature death worldwide. Passive smoking presents a

very real health risk. Six hundred thousand deaths were attributable to second - hand smoke in 2004. Children of smoking parents are more likely to smoke than children with non - smoking parents Cigarette smoking increases the risk of Crohn's disease as well as the severity of the course of the disease it is also the number one cause of bladder cancer.2

Passive smoking which is exposure to tobacco smoke from other people smoking in one's environment also put a person at risk for smoking related diseases. The number of infant hospitalized with respiratory infection during the first year of life may be due to passive smoking by the parents smoked in the same room with the infant or smoke while holding the infant.3

Children who live with smokers have a greater risk of suffering from the following smoking diseases and condition  
Smelly hair Possible brain tumors and long term mental effects Stinging and watery eyes leading to increased blinking Nose irritation Asthma induction and exacerbation Chronic respiratory symptoms (wheezing, cough, breathlessness) Decreased lung function Increased nicotine receptors Lung cancer Exacerbation of pre - existing respiratory conditions Cot or crib death (SIDS) Possible brain tumors Middle ear infection (chronic otitis media) 4  
Accidental fire burns Increased likelihood of becoming a teenage tobacco user Accidental nicotine poisoning from discarded cigarette butts and nicotine chewing gum.4

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## 2. Statement of the Problem

A study to assess the effectiveness of information booklet on knowledge of parents regarding ill effects of passive smoking on children in a selected urban areas at mysore

## 3. Purpose

The main purpose of the study is to assess the knowledge of the parents of under five about ill effects of passive smoking To assess the effectiveness of information booklet on knowledge regarding ill effects of passive smoking on children among parents

## 4. Objectives of the Study

- 1) To assess the pretest level of knowledge regarding ill effects of passive smoking on children among parents
- 2) To assess the effectiveness of information booklet on knowledge regarding ill effects of passive smoking on children among parents
- 3) To find out the association between the level of knowledge regarding ill effects of passive smoking with selected demographic variables.

## 5. Method/ Approach

The research design adopted for this study is pre - experimental one group pre - test and post - test design was used to evaluate the effectiveness of information booklet regarding ill effects of passive smoking in children. Study variable under the study were: Knowledge of parents regarding ill effects of passive smoking in children. The study was conducted among sixty parents of preschooler children residing in Jayanagara under Jayanagara PHC, Mysore who met the sampling criteria. In order to determine the existing knowledge and to evaluate the effectiveness of information booklet on ill effects of passive smoking in children a structured knowledge questionnaire was constructed with total number of 24 items.

Section A: Demographic Performa.

Section B: Knowledge questions regarding ill effects of passive smoking in children.

### Section A:

Demographic data: It consists of baseline variables such as age, religion, education, occupation, type of family, number of children, family income.

### Section B:

Knowledge questions regarding Ill effects of passive smoking It consist of 24 close ended questions. Each item has one correct response each question has given a score of one. The total maximum score is 24.

### Score Interpretation

Interpretation of the data collected through structured knowledge questionnaire from 60 parents to determine the effectiveness of information booklet regarding ill effects of passive smoking in selected PHC's at Mysore.

## 6. Result

Analysis of the study findings are categorized and presented under the following headings:

- Section I: Description of the demographic variables of parents under study.
- Section II: Distribution of parents according to their level of knowledge on ill effects of passive smoking.
- Section III: Evaluation of effectiveness of information booklet in terms of knowledge score regarding ill effects of passive smoking.
- Section IV: Association between pre – test knowledge scores of parents with demographic variables

### Section I: Description of the demographic variables of parents under study.

**Table 1:** Sample characteristics

Frequency and percentage distribution of parents according to Demographic variables, N=60

S. No	Demographic variables	Frequency	Percentage (%)	
1	Age in years	20 - 30	15	25
		31 - 40	29	48.3
		41 - 50	16	26.6
2	Religion	Hindu	35	58.3
		Muslim	14	23.3
		Christian	11	18.3
		Nuclear	25	41.6
		Joint	19	31.6
		Extended	16	26.6
4	Level of education	SSLC	11	18.3
		PUC	15	25
		Graduate	21	35
		Post Graduate	13	21.6
5	Occupation	Govt Employee	22	36.6
		Private	13	21.6
		Self Employee	14	23.3
		Unemployed	11	18.3
6	Family income	>Rs – 5000	11	18.3
		Rs - 5001 - 10, 000	13	21.6
		Rs - 10, 001 - 15, 000	19	31.6
		< Rs - 15, 000	17	28.3
7	Habit of smoking	Yes	33	55
		No	27	45
8	Children are staying with	Parents	20	33.3
		Grant parents	12	20
		Relatives	15	25
		Care takers	13	21.6
9	Previous knowledge	Yes	29	48.4
		No	31	51.6

The table represents the frequency and percentage distribution of parents with their demographic variables according to age, religion, types of family, level of education, occupation, family income, habit of smoking; children are staying with, previous knowledge regarding ill effects of passive smoking

**Section II:** Distribution of Parents according to their level of knowledge on ill effects of passive smoking.

**Table 2:** Frequency and percentage distribution of pre – test and post – test level of knowledge of Parents, N=60

Level of Knowledge	Pre test level of Knowledge		Post test level of knowledge	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Inadequate ≤50	42	70	0	0.0%
Moderate	18	30	24	40
Adequate	0	0	36	60
Total	60	100	60	100

The table 2 illustrates that among the 60 samples 42 (70%) samples had poor knowledge, 18 (30%) samples had average knowledge and none of the samples had good level of knowledge regarding ill effects of passive smoking during the pre test and 24 (40%) samples had average knowledge, 36 (60%) samples achieved good level of knowledge, and none of the samples had poor knowledge level in the post test.

**Section III:** Data on effectiveness of Informational booklet on knowledge among parents regarding ill effects of passive smoking

**H1:** There will be a significant difference between the mean pre test and mean post test knowledge score regarding ill effects of passive smoking of parents

**Table 3:** Mean, standard deviation, mean difference, t value regarding pre and post test knowledge among parents, N=60

Group	Test	mean	SD	Mean difference	Paired t test
Over all Knowledge	Pre test	7.40	1.89	8.85	t= 20.5* p (0.05)
	Post test	16.25	1.26		

‘t’ table value =1.725 S: Significant

The obtained post test mean value (21) was higher than pre test mean value (8.45). The mean difference value was (12.55) and the obtained t ‘test value was 20.5, 50 which was found to be more than the t’ table value (1.725). Since the obtained t value was significant at p < 0.05 level therefore Research hypothesis (H1) was accepted it was inferred that there was significant difference between mean pre - test and mean post - test knowledge among parents in selected urban areas at Mysore. Hence the Information booklet found to be highly effective in increasing the knowledge level of parents.

**Section IV: Association between pre – test knowledge scores of parents with demographic variable**

To find out the association between pre – test knowledge scores of parents with demographic variables, a research hypothesis was framed.

**H2:** There will be significant association between the pre test knowledge score of parents regarding ill effects of passive smoking with selected demographic variables.

**Table 4:** Association between pretest level of knowledge and their demographic variables N=60

Sl. No	Demographic variables	≤median (11)	>median (11)	Total	Results	
1	Age in years	a.20 - 30	15	7	22	X <sup>2</sup> = 2.585 df =2 P> 0.641, NS
		b.31 – 40	20	8	28	
		c.41 – 50	17	7	24	
2	Religion	Hindu	19	16	35	X <sup>2</sup> = 1.488 df =2 P> 0.742, NS
		Muslim	5	9	14	
		Christian	6	5	11	
3	Types of family	Nuclear	12	13	25	X <sup>2</sup> = 0.343 df = 2 P>0.843, N S
		Joint	9	10	19	
		Extended	9	7	16	
4	Level of education	SSLC	6	5	11	X <sup>2</sup> = 0.216 df = 3 P>0.975, NS
		PUC	8	7	15	
		Graduate	10	11	21	
		Post Graduate	7	6	13	
5	Occupation	Govt Employee	10	12	22	X <sup>2</sup> = 1.43 df = 3 P> 0.699, NS
		Private	7	6	13	
		Self Employee	9	5	14	
		Unemployed	5	6	11	
6	Family income	>Rs - 5000	5	6	11	X <sup>2</sup> = 0.684 df = 3 P> 0.877, NS
		Rs - 5001 - 10, 000	7	6	13	
		Rs - 10, 001 - 15, 000	9	10	19	
		< Rs - 15, 000	10	7	17	
7	Habit of smoking	Yes	19	14	33	X <sup>2</sup> = 1.03 df = 1, P>0.311, NS
		No	12	15	27	
8	Children are staying with	Parents	10	14	24	X <sup>2</sup> = 0.77 df = 3 P>0.994, NS
		Grant parents	5	6	11	
		Relatives	6	8	14	
		Care takers	5	6	11	
9	Previous knowledge	Yes	15	14	29	X <sup>2</sup> = 0.577 df = 1, P>0.448, NS
		No	13	18	31	

## 7. Discussion

The present study was conducted to evaluate the effectiveness of information booklet on ill effects of passive smoking in children. Pre experimental one group pre test and post test design was used in the study. Non probability convenient sampling technique was used to select the 60 parents of preschoolers. The data was collected before and after the administration of information booklet.

The findings of the study are discussed under the following Section 1: Frequency and percentage distribution of parents according to demographic variables

Section II: Distribution of Parents according to their level of knowledge on ill effects of passive smoking

Section III: Data on effectiveness of Informational booklet on knowledge among parents regarding ill effects of passive smoking

Section IV: Association between pre – test knowledge scores of parents with demographic variables

## 8. Conclusion

Conclusions drawn from the study were as follows:

- Parents were having inadequate knowledge regarding ill effects of passive smoking on health before administration of information booklet.
- The post - test mean knowledge score was significantly higher than the pre - test mean score with significant enhancement.
- The information on ill effects of passive smoking on health was effective in improving the knowledge among parents.

## 9. Future Scope

- A similar study can be conducted on larger samples for wider generalization.
- Experimental studies can be conducted with intervention to improve their knowledge.
- A study can be done to assess the attitude and practice of parents' life habits

## 10. Limitation

- The study is limited to parents in selected areas at Mysore.
- The study is limited to parents of pre school
- Only 1 domain that is knowledge is considered in the present study.

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