

Pre-Experimental Study to Assess Effectiveness of Awareness Program on Knowledge Regarding Substance Abuse and Its Consequences among Adolescents of Selected Community Area of Shimla, Himachal Pradesh

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Abstract: *Background:* Substance use has become the most serious problem of country today. Previously substance abuse is mostly seen in working children, street children as well as in trafficked children but now it has covered every segment of generation. In India approximately 5500 of children are using substance like tobacco products daily and mostly are at age of 10. But the discomfiting fact is that the age of initiation in substance abuse is progressively falling. *Objective:* to assess knowledge and effectiveness of awareness program regarding substance abuse and its consequences among adolescents. *Methodology:* A pre-experimental study was conducted in 2021 in selected community area of Shimla, H. P. Sample of 60 adolescent were selected using purposive sampling technique. Pre-test was conducted using self-structured questionnaire. *Results:* the result showed that mean pre-test knowledge score was 17.45 and post-test mean knowledge score was 29.65 with the mean difference of 12.200. Paired 't' test was applied and the value of 't' was -8.929, p is <0.001 which was found to be significant and effectiveness is seen in knowledge level, which interpreted that majority of adolescents has gained knowledge to adequate level about substance abuse and its consequences.

Keywords: effectiveness, awareness program, knowledge, adolescent

1. Introduction

Adolescence is recognized as the period for onset of behaviors and conditions that not only affect health limited to that time but also lead to adulthood disorders. Unhealthy behaviors such as smoking, drinking, and illicit drug use often begin during adolescence; they are closely related to increased morbidity and mortality and represent major public health challenges. (Jai K. Das) According to the most recent National Epidemiologic Survey on Alcohol and Related Conditions, more than 50% of substance use initiation cases occur between the ages 15–19. Moreover, an earlier age of onset of use is significantly associated with the risk of developing a substance use disorder later in life. (Shahnaza Hamidullah) Keeping into consideration the consequences of substance use it has become priority to provide awareness regarding substance use especially to the younger generation of country.

Objectives:

1. To assess the pre-test knowledge on substance abuse and its consequences among the adolescents of selected community area of Shimla.
2. To develop and administer awareness program on substance abuse and its consequences among adolescent of selected community area of Shimla.
3. To compare pre-test and post-test knowledge score among adolescents on substance abuse and its consequences.
4. To associate pre-test and post-test knowledge level regarding substance abuse and its consequences with selected demographic variables.

5. To find out association between pre-test knowledge score on knowledge about substance abuse and its consequences among adolescent with their selected demographic variables.

2. Methodology

A pre-experimental design was used and data was collected from 60 adolescent who were available at the time of study and willing to participate. The study was conducted in selected community area (Village Dhanda P. O. Totu) of district Shimla (H. P). Purposive sampling technique was used and self-structured questionnaire was prepared to collect data. The tool comprised of two sections: section A includes questions regarding socio-demographic variables of adolescent like Age, gender, education, residence, family income, source of information, type of family, type of Job of parents. It was related to sample characteristics, so was not included in the scoring system. Section B included self-structured questionnaire which consists of 35 knowledge about substance abuse and its consequences.

To ensure the validity of tool, it was submitted to 5 experts. The reliability of tool was assessed by using Split Half method was used to compute the reliability and it was found to be 0.99 respectively. The tool was found reliable.

Ethical approval was taken from ethical committee of Shivalik Institute of Nursing, Shimla. Apart from this, written informed consents were taken from each study participants before data collection and assurance was given and maintained regarding confidentiality of results.

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3.Result

Frequency and percentage wise distribution of subject according to their socio demographic variables revealed the major findings that out of 60 adolescent the age group of most of the adolescent 23 (38.3%) were between age group 17-18 years, 19 (31.9%) were between the age group 15-16 years, 18 (30.0) were between the age group 13-14 years. The gender of 31 (51.7%) adolescent were female and 29 (48.3%) were male. The education status of 22 (36.2%) adolescent were of 12th standard, 14 (23.3%) were of 11th standard, 15 (25.0%) were of 10th standard, 9 (15.0%) were of 9th standard. Type of family 44 (73.3%)

of adolescent belongs to nuclear family whereas 16 (26.7%) belong to joint family. Residence 60 (100%) of adolescent belong to rural area. Occupation of father majority of 29 (48.3%) adolescent’s father occupation was govt. employee, 18 (30.0 %) were private employee and about 13 (27.7%) were self-employed. Monthly family income of majority of adolescent 23 (38.3%) were falling in 15, 000-25, 000, 19 (31.7%) were falling in category >25, 001, 17 (28.3%) were falling between 5, 001-15, 000 and only 1 (1.7%) were falling in <5000 category. Source of information in 27 (45.0%) adolescents was mass media, 21 (35.0%) adolescents was from parents, and 12 (20.0%) adolescents was from peer group.

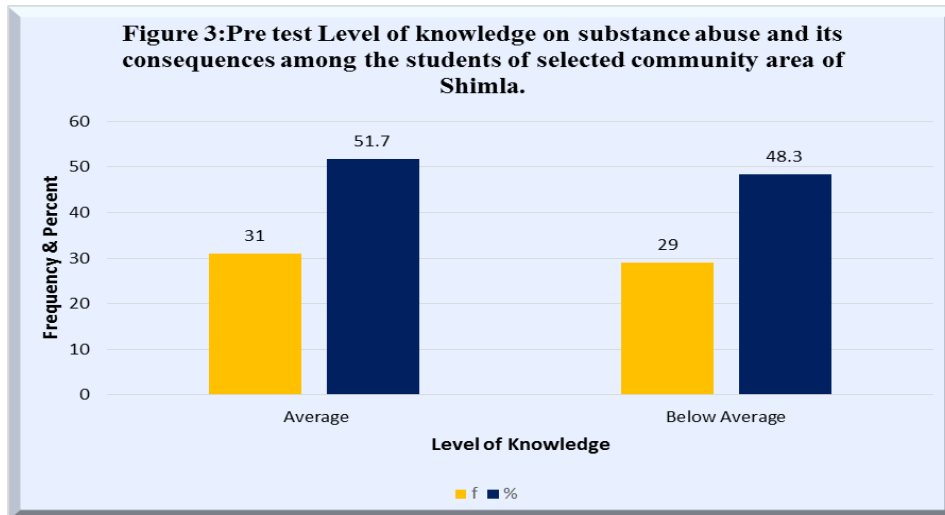


Figure 1: Frequency and percentage distribution of Pre-test Level of knowledge on substance abuse and its consequences among the adolescents

The above figure depicts that about 31 (51.7%) adolescents had average knowledge, 29 (48.3%) adolescents had below average level of knowledge

whereas 0 (0%) adolescents have good knowledge about substance abuse and its consequences.

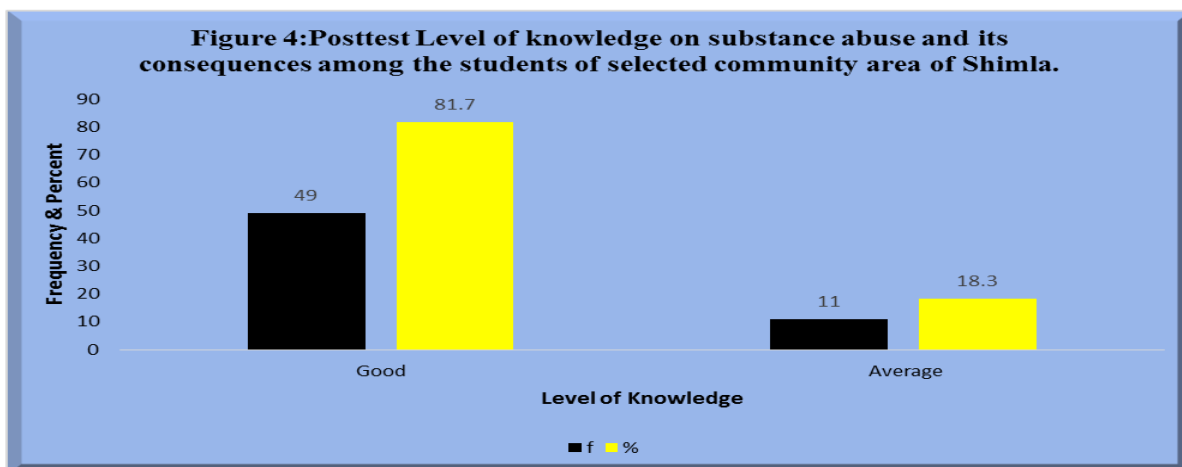


Figure 2: Frequency and percentage distribution of Post-test Level of knowledge on substance abuse and its consequences among the adolescents

Figure depicts post-test knowledge score was out of 60 adolescent about 49 (81.7%) have good knowledge about substance abuse and its consequences and 11 (18.3%)

have average knowledge whereas none has below average knowledge about substance abuse and its consequences.

Table 1: Compare the pre-test and post-test knowledge score of schools students on substance abuse and its consequences

Knowledge	Mean	SD	MD	t-value	df	p value
Pretest	17.45	3.121	12.200	-8.929	59	.001
Posttest	29.65	2.686				

N=60 (Pre-Experimental Group)

Table 1 depicts comparison between pre-test and post-test knowledge score and it was found that there is significant change in post-test knowledge score of adolescents with t value-8.929 at degree of freedom 59 whereas table value is 2.00 at 0.01 level of significance. Hence the result of paired t test is significant at 0.01 level of significance. Thus, it can be concluded that the awareness programme was effective as it increases the level of knowledge of adolescent of select community area of Shimla.

Association between the pre-test knowledge of students about substance abuse with their socio demographic variables. N=60

The calculated chi square values were less than the table value at the 0.05 level of significance. The chi square value shows that there is significant association between the score level and the demographic variable (age and education). The calculated chi-square value for age was more (7.676) than table value (5.99) at the 0.05 level of significance and chi-square value of education was more (15.817) than the table value (7.82) at the 0.05 level of significance. There is no significant association between the level of scores and other demographic variable (gender, type of family, occupation of father, monthly family income and source of information). As the calculated chi-square value were less than the table value at the 0.05 level of significance.

4. Conclusion

The present study assessed the level of knowledge of adolescents regarding substance abuse and its consequences. The adolescents had inadequate knowledge (below average) regarding substance abuse and its consequences prior to the administration of awareness program. After the administration of awareness program there was a significant improvement in knowledge of substance abuse and its consequences. The study concluded that the awareness program was effective in improving the knowledge regarding substance abuse and its consequences among adolescents of selected community area (adolescents of vill. Dhanda P. O. Totu Shimla, Himachal Pradesh).

5. Nursing Implications

The findings of the study have implication related to nursing administration, nursing practice, nursing education and nursing research regarding the increase in knowledge of adolescents regarding substance abuse and its consequences as well as educating public and creating the awareness regarding substance abuse.

Nursing Education

Nurse educator has to pay more attention on educating adolescents regarding substance abuse and its consequences so, that they can learn and impart knowledge to others. More emphasis has to be put on adding some content about substance abuse and its consequences in their curriculum so as to prevent abuse and to promote their health. Adolescents can be motivated to organize various health campaigns regarding substance abuse to aware public about its consequences.

Nursing Administration

Nurse administrator should take interest to assess the cause why adolescents are being attracted towards drugs and should also conduct various awareness program so as to improve the knowledge of young generation about the consequences of drugs on their life. Nurse administrator should also plan and administer various teaching programs for teachers so that they can educate students in schools as well as in community settings. Necessary support should be provided to conduct awareness program in school and community area with appropriate Av aids, mass media, posters, role play etc. to enhance the knowledge level of public as well as adolescents.

Nursing Research

As the adolescents are more prone to indulge in substance abuse it is very essential to educate the adolescents regarding drugs and its ill effects. The findings of the present study is helpful for the adolescents to conduct further awareness program to find out the effectiveness of various methods of providing education on improving the knowledge among adolescents. It will in turn strengthen nursing research.

References

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