



# “A Study To Evaluate The Effectiveness Of Planned Teaching Programme On Knowledge Regarding Problems Of Drug Dependence Among Adolescent Students In Selected Pu Colleges, Bangalore”.

<sup>1</sup>Mr. Manjunath Deshpande, <sup>2</sup>Mrs. Tensy Thomas

2<sup>nd</sup> Year M. Sc. Nursing, Department of Mental Health Nursing, Pragathi College of Nursing, Bangalore.  
Assistant Professor and HOD, Department of Mental Health Nursing, Pragathi College of Nursing, Bangalore.

## Abstract

**Background:** Drug dependence occurs when need one or more drugs to function. The American Psychiatric Association (APA) used to distinguish between dependence and abuse. Abuse was considered the mild or early phase of inappropriate drug use that led to dependence. People viewed dependence as a more severe problem than abuse. It's possible to be dependent on drugs without being addicted. Dependence can be a bodily response to a substance. This often occurs if rely on medications to control a chronic medical condition. **Objectives:** 1) To assess the pre test knowledge of adolescent students regarding Problems of drug dependence. 2) To assess the post test knowledge of adolescent students regarding Problems of drug dependence. 3) To evaluate the effectiveness of Planned teaching programme on knowledge of adolescent students regarding Problems of drug dependence. 4) To determine the association between pre test knowledge of adolescent students regarding Problems of drug dependence and selected demographic variables. **Hypothesis:** H<sub>1</sub> - There will be significant difference between pre test and post test knowledge scores of adolescent students regarding Problems of drug dependence. H<sub>2</sub>- There will be significant association between the pre test knowledge of adolescent students regarding Problems of drug dependence and selected demographic variables. **Methodology:** The research design consisted of pre experimental research design of one group pretest and post-test design. The population selected for the study was adolescent students of selected PU colleges at Bangalore. The study samples were 60 adolescent students and were selected by using purposive sampling technique. The development of the tool involved steps of test construction i.e. preparing the blue print, selection of items, content validation and establishment of reliability. The content validity of the questionnaire was done and modifications were done according to the suggestions given by the experts. Pre testing and reliability of the tools were done. The reliability co

efficient of the knowledge questionnaire was found to be 0.893. The tool was found to be reliable. **Results:** In the pretest, level of knowledge of adolescent students studying in PU colleges of Bangalore before using Planned Teaching Programme. Where as in posttest level of knowledge of adolescent students studying in PU colleges of Bangalore after using Planned Teaching Programme majority 50(83.4%) of them had adequate knowledge and remaining 10(16.6%) had moderately adequate knowledge regarding Problems of drug dependence. Hence Planned Teaching Programme had increased level of knowledge. The mean difference in knowledge level of the adolescent students regarding Problems of drug dependence was -18.7 with standard deviation of 3.11 and its t-value was equal -46.61 which was highly significant as its p-values was less than 0.0001. Hence Planned Teaching Programme was effective in increasing the knowledge. Area wise comparison of mean pre-test and post-test score of the adolescent students regarding problems of drug dependence mean post-test score was higher as compared to mean pre-test score and was highly significant with p-value less than 0.0001. The study was concluded that there was a significant improvement obtained following Planned Teaching Programme on Knowledge regarding problems of drug dependence. This study was recommended that there is an immense need for educational programme to improve the knowledge regarding problems of drug dependence among adolescent students.

**Key words:** Evaluate, effectiveness, Planned Teaching Programme, Problems of drug dependence, adolescent students

## Introduction

*"We become more powerful and durable in life; it doesn't get quicker or more forgiving."*

- Maraboli Steve

The term "wellness" describes the capacity of life to use its metabolism effectively and efficiently. It includes a person's total condition of mental and physical wellness, usually denoting the lack of sickness, harm, or suffering. In 1946, the World Health Organization, better known as the WHO, characterized wellness as "the state of complete mental, social, and physical well-being and not merely the lack of illness or injury<sup>1</sup>".

An illness is an aberrant condition that affects a living thing and is frequently indicated by particular signs and indicators. It might originate from intrinsic breakdowns like autoimmune conditions as well as outside influences like pathogens that are Any condition that causes discomfort, problems, suffering, social problems, or even death for the afflicted person, as well as comparable problems for people in close vicinity to them, is referred to as a "illness" in the context of humanity.<sup>2</sup>.

Biologically natural, emotional, physical, and medicinal sciences' principles are used in the adaptive social scientific discipline of promoting health. Its goal is to improve wellness by promoting spontaneous modifications in behavior and preventing sickness, impairment, and premature mortality<sup>3</sup>.

Mitigation another name for health promotion is the practice of taking precautionary steps to avoid illness and incapacity. Its goal is to increase the probability that people will stay in good spirits for as many years as feasible. The regular treatment people obtain for upholding your general wellness is referred to as preventative healthcare, and it is essential in identifying health issues early on, before they turn serious. One of the best ways to safeguard yourself is to take action against dangerous diseases prior to they happen.<sup>4</sup>

The time spanning 13 and 19 years old, which symbolizes the passage from infancy to maturity, is known as puberty. Nevertheless, the adolescent period (ages 9–12) are frequently when the biological and mental shifts linked to adolescence start. While teenagers negotiate issues of liberty and identity as a person this phase can be defined through both confusion and revelation. Additionally, certain individuals might play around with substances, alcohol, and libido during the period in question. Social networks, exterior style, and popular culture like televisions and the worldwide web gain importance through adolescent.<sup>5</sup>.

The misuse of hallucinogenic chemicals, which can cause damage to consumers along with those among them in the emotional, psychological, permitted, or interpersonal domains, is referred to as using drugs. Drug and alcohol dependency carries hazards because of the unique hazards posed by every material, the possible harm to the consumer's wellness, and the broader societal repercussions. Once a material's usage negatively impacts a person's physical or mental well-being, exacerbates an illness, or even causes a quick demise, it becomes substance abuse. Furthermore, the social concerns involve jeopardizing the security and happiness of consumers as well as other individuals in their belonging<sup>6</sup>.

Drug dependency is an important worldwide health issue, with medication like amphetamines methamphetamines, heroin, opiates, caffeine, stimulants, opiates such as (particularly contaminants, triazolam, temazepam, and nimetazepam), Z-drugs like Zimovane, methaqualone, morphine, codeine, and somewhat synthetic narcotics like opiates frequently leading to dependency in individuals. This pattern is also evident in the nation of India, potentially due to rising levels of stress connected to speedy modifications to one's lifestyle. Substance addiction has serious negative effects on society and is a serious health issue. Policies and medical professionals around the world are concerned about the psychological and health consequences associated with alcohol and drug abuse.

Multiple studies on epidemiology were carried out throughout India during the last thirty years in order to determine the incidence of substance abuse, demonstrating the greater spotlight that this subject has received within both members of the wider community and mental wellness experts. Preserving the fitness and prosperity of everyone needs to tackle drug addiction<sup>7</sup>.

A number of reasons have contributed to the illicit substance problem, including inadequate revenue generation that heightens tensions in society and politics, and miscommunication among cultures. According to academic studies and further evidence, consumption of drugs became more common during the initial years of the 1960s hippie civilization, particularly in young people and those between the ages of fifteen and thirty. Throughout that time, this socioeconomic impact helped to shape views regarding drug intake that has left a long-lasting impact on pharmaceutical patterns and opinions<sup>8</sup>.

## Material and Methods

**Research approach** : Evaluative Research Approach.

**Research design** : Pre-experimental; one group pre-test, post-test design.

**Research setting** : Selected PU Colleges at Bangalore.

**Population** : Adolescents.

**Sample** : Adolescents students studying in Selected PU Colleges at Bangalore.

**Sampling technique** : Purposive sampling technique.

**Sample size** : 60 Adolescents students.

**Criteria for selection of the sample:** The criteria for sample selection are mainly depicted under two headings, which includes the inclusion and the exclusion criteria.

**The study includes:** The adolescent students; who are;

- Who are studying in selected PU colleges.
- Who are willing to participate.
- Who are available at the time of data collection.

**Exclusion criteria:**

**The study excludes:** The adolescent students; who are;

- Who are absent at the time of data collection.
- Who are not willing to participate in the study.

**Development of the tool:** The tool used for research study was Self-administered knowledge questionnaire which was prepared to assess the knowledge and quality of life regarding cerebrovascular accident. The tool was formulated on the basis of the experience of the investigator, review of literature, extensive library search and consultation with experts. **Description of tool:** The tool consists of the following sections:

### Section A

**Socio-demographic variables:** The first part of the tool consists of 8 items for obtaining information of the selected socio-demographic factors such as Age in years, gender, religion, year of course, monthly family income, family history of drug dependence and source of information.

### Section B

**Structured knowledge questionnaire:** Structured knowledge questionnaire was prepared in the form of multiple-choice questions. It consists of 30 items regarding Problems of drug dependence. The total maximum score is 30.

**Development of PTP (Planned Teaching Programme):** Based on the objectives, the PTP was prepared. Content validity was taken from seven experts and necessary modifications were done. The PTP was pertaining to domains of learning i.e., knowledge.

The following steps were adopted to develop the PTP.

- Development of content blue print.
- Preparation of PTP.
- Establishment of content validity of PTP.

**Planned Teaching Programme :** The researcher devised and produced an outline for the Organized Instructional Course using a survey of literature and suggestions from guides and experts. The anticipated instruction curriculum centered on the subsequent elements: Introductory to drugs Meaning of Substance and dependence on drugs Drug morphology, pharmaceutical sources of information, pharmaceutical's adverse effects on different systems of the body, drug categories, Rehabilitation and avoidance of drug abuse.

## Results and Discussion

### The major findings of the study and discussion

#### Distribution of sample characteristics according to socio demographic variables.

Majority 35(58.3%) of the adolescent students were in the age group 15 - 16 and 17(28.4%) were in the age group 17 - 18, and very few 8(13.3%) were aged 19 - 20. Majority 35(58.3%) of the adolescent students were males, and outstanding 25(41.7%) were females.

Extreme 37(61.7%) of adolescent students were Hindu, followed by 16(26.7%) were Muslim, 4(6.7%) were Christian, and very few 3(5.0%) were goes to supplementary status. Majority 39(65.0%) of adolescent students were studying 2<sup>nd</sup> Year PUC and remaining 21(35.0%) of the adolescent students were studying 1<sup>st</sup> Year PUC. Majority 28(46.7%) are having family income 10,001 – 15,000 rupees. 24(40.0%) of the adolescent students are having family income 5000 – 10,000 5(8.3%) of the adolescent students are having family income 15,001 – 20,000 and very few 3(5.0%) of the adolescent students are having family income 20,001 and above. Majority 40(66.6%) of the adolescent students does not consuming household antiquity of drug dependence, and enduring 20(33.4%) were has family antiquity of drug dependence. Majority 25(41.6%) of the adolescent students perceived around drug dependence finished MHEP, 16(26.7%) over design substantial, 10(16.7%) through ICE programmed, and outstanding 9(15.0%) complete automated broadcasting.

#### OBJECTIVE 1. TO ASSESS THE PRE TEST KNOWLEDGE REGARDING PROBLEMS OF DRUG DEPENDENCE AMONG ADOLESCENT STUDENTS IN SELECTED PU COLLEGES AT BANGALORE.

SI.NO.	Level of knowledge	Occurrence	Ratio %
1	Insufficient	60	100
2	Abstemiously adequate	00	000
3	Satisfactory	00	000
Total		60	100

**From table no 1,** it was vibrant that all the young students had inadequate information concerning Problems of drug dependence before Planned Teaching Programme.

## OBJECTIVE 2. TO EVALUATE THE POST TEST KNOWLEDGE REGARDING PROBLEMS OF DRUG DEPENDENCE AMONG ADOLESCENT STUDENTS IN SELECTED PU COLLEGES AT BANGALORE.

SI.NO.	Level of knowledge	Frequency	Percentage
1	Inadequate	00	00
2	Moderately adequate	10	16.6
3	Adequate	50	83.4
Total		60	100.0

From table no-2, It was discovered that the degree of understanding of young learners was insufficient prior to the Planned Teaching Programme, while following the Planned Teaching Programme, more than half of the participants (83.4%) had a sufficient understanding, with the other ten (16.6%) having a sufficient understanding of drug relying issues. As a result, the Planned Teaching Programme had a higher degree of expertise. it was clear that The average outcome after the test was greater than the mean pre-test score, and the difference was very significant ( $p$ -value  $< 0.0001$ ).

## OBJECTIVE 3. TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE OF ADOLESCENT STUDENTS REGARDING PROBLEMS OF DRUG DEPENDENCE.

	Paired Alterations			t	df	Sig.(2-tailed)
	Mean	Sd. Deviation	SEM			
*Posttest	-18.73	3.11	0.40188	-46.61	59	0.000(S)

Table No. 3 revealed that the mean difference in knowledge level of teenage pupils concerning substance abuse issues was -18.7 with an acceptable deviation of 3.11, and its t-value was equivalent to -46.61, which was very significant because its p-values were less than 0.0001. As a result, the intended educational program was effective in expanding knowledge. The average prior to testing was 5.9 and the average score after the test was 24.6. The variation in rating of knowledge was 18.7, and the amount of gain in information was 76.015. The intended instruction curriculum resulted in an important rise in expertise.

The investigation's assumption for evaluating the efficacy of the Organized Instructional Consciousness Program is as follows:

H1. At the 0.05 level of significance, there will be a significant difference between teenaged pupils' prior to and after the test comprehension ratings on drug dependence concerns.

Table 3 reveals that there was a considerable increase in knowledge about drug dependence concerns following the Planned Training Course. So, study hypothesis H1 was approved.

The increase in understanding score is noteworthy at the  $P < 0.05$  level. The results showed that the Structured Learning approach was beneficial.

## OBJECTIVE 4. TO DETERMINE THE ASSOCIATION BETWEEN PRETEST KNOWLEDGE OF ADOLESCENT STUDENTS REGARDING PROBLEMS OF DRUG DEPENDENCE AND SELECTED DEMOGRAPHIC VARIABLES.

Table 3 demonstrated that there was no association between sociodemographic characteristics and understanding level.

Therefore, H1 is recognized: there is a correlation involving awareness of a specified educational course and substance use problems.

The chi-square statistic was performed to determine the relationship among socio-demographic characteristics and adolescence students' understanding about drug dependence issues. There was no statistically significant association observed between knowledge of issues associated with drugs and demographic factors such as age in years, gender, religion, year of course, monthly family income, family history of drug use, and data source. Findings indicate a significant difference between the two sets of awareness levels. As a result, the intended teaching programme has shown to be successful.

Relationship among adolescence pupil's understanding of drug dependency issues. The Chi square test was performed to determine the relationship among socio-demographic characteristics and adolescence students' understanding of drug dependency issues. There was no significant association observed between knowledge of drug-related problems and demographic factors such as age in years, gender, religion, year of course, monthly family income, family history of drug use, along with data source.

### Implications of the Study

The findings of the study have implications for Research and administration. Based on the study results, the adolescents can organize awareness campaign through different media to increase the awareness regarding Problems of drug dependence. Nursing professionals can make significant contribution to health promotion.

### Recommendations

On the basis of the findings of the study, the following recommendations have been made for further study:

- 1) The study can be conducted on a larger sample.
- 2) A comparative study can be conducted to find out the effectiveness of Planned Teaching Programme between Other adolescent students.
- 3) An evaluatory study can be conducted to find out the effectiveness of Planned Teaching Programme among two different groups of health professionals.

### Declarations

### Acknowledgement:

I am grateful to almighty god for the abundant blessings showered upon me throughout the study. I, the investigator of the study, owe my sincere thanks and gratitude to all those who have contributed towards the successful completion of this thesis.

This study has been completed under the inspiring guidance of **Mrs. TENSY THOMAS** HOD Department of Mental Health Nursing Pragathi College of Nursing, Bangalore, for helping me to undertake

this study and also for his guidance and constant encouragement which helped in shaping my native and raw thinking.

I express my sincere thanks to **Dr. SAVITHA R.H.** Principal Pragathi College of nursing Bangalore. I express my sincere gratitude to his guidance, suggestions and encouragement, which have made this study a fruitful learning experience.

**Conflict of interest:** The authors declare that they have no competing interest.

**Funding:** This research received no external funding.

**Informed Consent:** The authors have obtained student consent and were asked to sign the consent form. All data collected were kept strictly confidential.

**Ethical Approval:** The proposal for the study was approved by the Institutional Review Board of the Pragathi College of Nursing Bengalore.

**Author Contributions:** All authors contributed to the conception and design of the work, drafted the manuscript, revised it critically for important intellectual content, gave final approval of the version to be published and agreed to be accountable for all aspects of the work.

## References

1. "Health Wikipedia", July, 2020, available on <http://google.co.in>, retrieved on 15/04/2024.
2. "Disease", July, 2020, available from <http://www.wikipedia.co.in>, retrieved on 15/04/2024.
3. Health promotion available from <https://www.google.co.in/health-promotion/en/> accessed on 16/04/2024
4. Preventive health available from [https://en.wikipedia.org/wiki/Preventive\\_healthcare](https://en.wikipedia.org/wiki/Preventive_healthcare) accessed on 17/04/2021
5. PARK K. The text book of community health nursing. 18<sup>th</sup> ed; 2009. p.12-3.
6. WebMD: Medical Reference from eMedicine Health. (editorial) Adolescents health.2020.
7. Ramachandran V. The prevention of alcohol related problems. Indian J Psychiatry 2014;33:3-10.
8. Jacob, Gordan U. Managing multiculturalism in substance abuse services Delhi: SAGE publications, 2004.