



# “A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME (STP) ON KNOWLEDGE AND ATTITUDE REGARDING PREVENTION OF SUBSTANCE ABUSE AMONG YOUNG ADULTS (MALE) IN SELECTED COLLEGES OF SHIMLA, H.P. 2019”

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## Abstract

**Aim:** The aim of study was to assess the knowledge and attitude regarding prevention of substance abuse among young adults (male).

**Methodology:** Quantitative research approach with Non-Randomized Pre-test Post-test control group design was used for this study.

**Sample and sampling technique:** This study included 100 samples of young adults (Male) recruited into experimental group (n=50) and control group (n=50) and the samples were selected by using Non-Probability Convenient Sampling Technique.

**Tools and Techniques:** The tools used for data collection were Demographic Variables, Structured Knowledge Questionnaire (39 Questions) to assess knowledge, and Five point Likert Scale (24 statements) to assess attitude.

**Result:** In Experimental group Before the administration of Structured Teaching Programme regarding prevention of substance abuse in experimental group with relation to knowledge Majority of Young adults (male) 38 (76%) had moderate knowledge, 11 (22%) had inadequate knowledge and 1 (2%) had adequate knowledge and with relation to attitude 49 (98%) had moderately favorable attitude and 1 (2%) had favorable attitude. After the Administration of Structured Teaching Programme regarding prevention of substance abuse in experimental group with relation to knowledge Majority of Young adults (male), 32 (64%) had moderate knowledge and 18 (36%) had adequate knowledge and with relation to attitude 42 (84%) had moderately favorable attitude and 8 (16%) had favorable attitude.

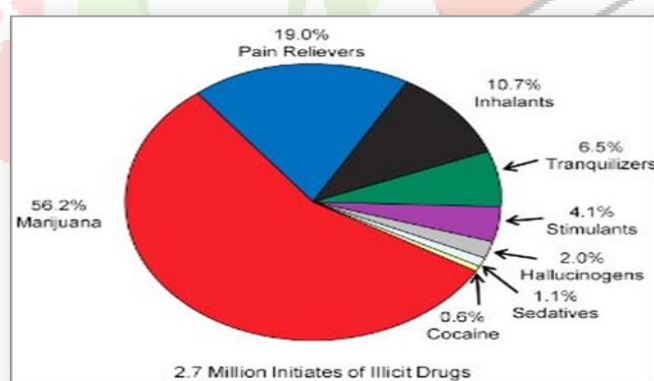
**Conclusion:** It was concluded that the majority of Young adults (male) exhibited Adequate knowledge score and favorable attitude score in Post-test. The knowledge was increased and attitude was changed of young adults (male) after administering Structured Teaching Programme. This showed that Structured Teaching Programme was effective to increase the knowledge and to change the attitude regarding prevention of substance abuse among young adults (male).

**KEYWORDS:** Assess, Effectiveness, Structured Teaching Programme (STP), Knowledge, Attitude, Prevention of substance abuse, Young adult (males)

## 1. INTRODUCTION

**“Addiction is the disease that makes you too selfish to see the havoc you created or care about the people whose lives you have shattered”.<sup>1</sup>**

Illicit substance abuse is common among young adults. At the age of beginning of their career young adults are getting involved in substance abuse due to many reasons, which are causing them many problems. Substance abuse, also known as drug abuse, is a patterned use of substance in which user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance-related disorder..<sup>2</sup> Substances have been used by people in almost all cultures since early times. Psychoactive substances alter the mind, the way reality is perceived, and the way a person feels. People use substances for relief of negative emotional states such as depression, fear, and anxiety, for relief from fatigue or bored; and as a break from daily routines because the substances produce altered states of consciousness. There are 12 classes of psychoactive substances which are associated with substance-use and substance induced disorders. The 12 classes are: Alcohol, Amphetamines and related substances, Caffeine, cannabis, cocaine, Hallucinogens, Inhalants, Nicotine, Opioids, Phencyclidine (PCP) and related substances, Sedatives, hypnotics or anxiolytics, and narcotics. According to one report, almost 74 percent Indian homes have one member, an adult, who is substance addict. In a National survey conducted by United Nations Office on Drugs and Crime (UNODC) and Ministry of Social Justice and Empowerment, for the year 2000-2001 (report published in 2004), it was estimated that about 732 lakh persons in India were users of Alcohol and other substances. Of these 87-lakh used cannabis, 20 lakh used opiates and 625 lakh were users of alcohol. One survey has revealed that there are an estimated 3 million addicts in India for substances.



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**Fig. 1.1: Pie Diagram depicts the percentage of substance abusers in India**

A nationwide survey was conducted in Himachal Pradesh regarding substance abuse which covers three districts which were Kangra, Kullu and Kinnaur. National Health Survey (2016-2017) had pegged the number of alcohol consuming persons at 39.7%, much higher than Punjab (34%) through Chandigarh residents ranks just a touch below 39.3%. Himachal also leads in number of tobacco user with 40.5% person consuming tobacco products while it is 22.5% in Chandigarh and 35.8% in Haryana.<sup>4</sup>

Drug addiction, particularly among the local youth has been noticed at higher rate and the situation is alarming due to unchecked cultivation and spread of substance abuse over the years in the state. In Una district of

Himachal Pradesh, which shares borders with Punjab, two youths between the ages of 18-24 died of Chitta overdose in June-July 2018. Prior to this incident, similar deaths were reported in Shimla and Sirmaur.<sup>5</sup> Youth in Shimla, and other Himachal towns, are increasingly shifting to harder substances like “CHITTA”. These substances are either injected or inhaled directly by the new young consumers, who are unaware of the consequences or the quantity their body can sustain.<sup>6</sup>

As the Districts of Himachal Pradesh involving Shimla are not free from the curse of substance abuse and it's trafficking by the Young adults. So, it has become more important to educate the young adult (males) regarding prevention of substance abuse, as the ratio or prevalence rate of substance abusers has been increasing. Hence, the researcher concluded that by going through all the articles, review of literature related to substance abuse, most commonly substance abuse starts at the adolescence age and is more prevalent in young adults (male). Researcher found that substance abuse prevalence in the District was growing in alarming state, which accounts one of the major causes of mortality and morbidity among young adults (male). Therefore, researcher wanted to make more awareness regarding Substance abuse among young adult (males), so that the Physiological and Psychological risk due to substance abuse can be reduced.

## 2. METHODS AND MATERIALS

**2.1 Research Approach Design:** Research approach preferred for this study was Quantitative research approach and under that design used was Quasi Experimental with Non-Randomized Pre-test Post-test control group design.

**2.2 Setting:** For Pilot Study setting was Himachal Pradesh University, Summerhill, Shimla, Himachal Pradesh (Experimental Group), Himachal Pradesh University, Department of Evening Studies, Shimla, Himachal Pradesh (Control Group) and for Final Study setting was Rajeev Gandhi Government Degree College, Chaura Maidan, Shimla, Himachal Pradesh (Experimental Group), Centre of Excellence, Government Degree College, Sanjauli, Shimla, Himachal Pradesh (Control Group)

### 2.3 Population:

- **Target population:** Young adults (male) of selected colleges of Shimla, Himachal Pradesh i.e. Rajeev Gandhi Government Degree college, Chaura Maidan, Shimla and Centre of Excellence, Government Degree college, Sanjauli, Shimla
- **Accessible population:** Students of B.A. 1<sup>ST</sup> Year and B.A. 2<sup>ND</sup> Year.

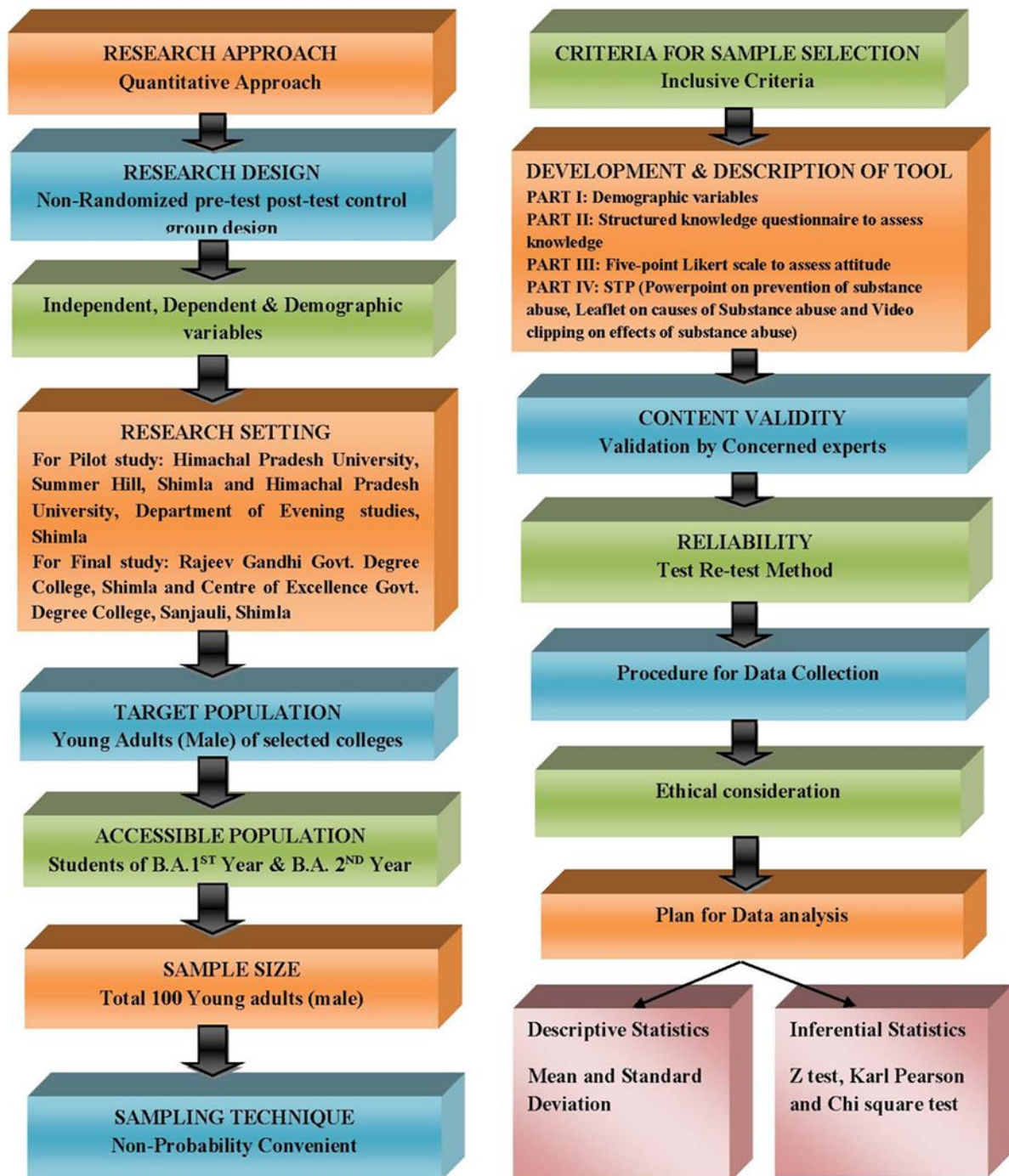
**2.4 Sample and Sampling Technique:** In the present study Non-Probability Convenient Sampling Technique was used to select 100 Young adults (Male). n=50 for Experimental group and n=50 for Control group.

**2.5 Data Collection Tools and Techniques:** Based on the objectives of the study the tools was divided into following parts:

- Part I:** This part deals with demographic variables (Age, Education status, marital status, Type of family, Residential area, Educational status of father & mother, Occupational status of father and mother, Life status of parents, Family monthly income, Monthly pocket money given by parents, source of information).
- Part II:** This part deals with Structured Knowledge questionnaire. Total 39 questions were formulated. Questions were prepared in the form of multiple choice Questionnaires.
- Part III:** This part deals with Likert five- point rating scale to assess the Attitude. Total 24 statements were formulated.
- Part IV:** After an extensive review of literature and discussion with Guide, & experts, the intervention tool was prepared. It was systematically developed instructional programme using instructional aide (PowerPoint presentation, Leaflets and Video clipping) designed to provide information regarding prevention of substance abuse. The training program was developed by the researcher.

**2.6 Ethical consideration:** Written Permission was obtained from the principal, research & ethical committee of Shimla Nursing College, Shimla, Himachal Pradesh and from the Principals of selected colleges to conduct study. Written/Verbal consent was taken from the Young adults (male) regarding the Confidentiality of the data collected. Purpose and detail of study was explained to the Young adults (male).

**SCHEMATIC REPRESENTATION OF THE STUDY**





### 3. Results:

#### Section A: Description of demographic variables among Young Adults (Male)

**Table-1: Description of Demographic variables among Young Adults (Male) in experimental and control Group**

N=100

S.No.	Demographic variables	Experimental Group (N=50)		Control Group (N=50)	
		Frequency (f)	Percentage (%age)	Frequency (f)	Percentage (%age)
1.	<b>Age in Years</b>				
	18-20 years	43	86%	45	90%
	21-23 years	7	14%	5	10%
	24-26 years	0	0%	0	0%
	More than 26 years	0	0%	0	0%
2.	<b>Educational Status</b>				
	B.A. 1 <sup>st</sup> Year	25	50%	25	50%
	B.A. 2 <sup>nd</sup> Year	25	50%	25	50%
3.	<b>Marital Status</b>				
	Married	1	2%	0	0%
	Unmarried	49	98%	50	100%
	Separated	0	0%	0	0%
	Widower	0	0%	0	0%
4.	<b>Type of family</b>				
	Nuclear Family	26	52%	29	58%
	Joint Family	24	48%	21	42%
	Extended Family	0	0%	0	0%
5.	<b>Residential Area</b>				
	Rural	28	56%	20	40%
	Urban	18	36%	15	30%
	Semi-Urban	4	8%	15	30%
6.	<b>Educational Status of Father</b>				
	Primary Education	0	0%	0	0%
	Middle education	0	0%	2	4%
	Higher Secondary Education	1	2%	7	14%
	Senior Secondary Education	14	28%	12	24%
	Graduation	19	38%	19	38%
	Post-Graduation	16	32%	10	20%
	No formal education	0	0%	0	0%
7.	<b>Educational Status of Mother</b>				
	Primary Education	0	0%	1	2%
	Middle Education	3	6%	6	12%
	Higher Secondary Education	11	22%	10	20%
	Senior Secondary Education	17	34%	18	36%
	Graduation	18	36%	15	30%
	Post- Graduation	1	2%	0	0%
	No formal education	0	0%	0	0%
8.	<b>Occupational Status of Father</b>				
	Government Employee	25	50%	36	72%
	Private Employee	2	4%	1	2%
	Own Business	12	24%	10	20%
	Farmer	11	22%	3	6%
	Unemployed	0	0%	0	0%
9.	<b>Occupational Status of Mother</b>				
	Government Employee	10	20%	10	20%
	Private Employee	3	6%	5	10%
	Own Business	4	8%	4	8%
	Housewife	33	66%	31	62%

<b>10.</b>	<b>Life Status of Parents</b>				
	Both parent alive	42	84%	49	98%
	Father dead	4	8%	1	2%
	Mother dead	3	6%	0	0%
	Both dead	1	2%	0	0%
	Not known about parents	0	0%	0	0%
<b>11.</b>	<b>Marital Status of Parents</b>				
	Married	44	86%	49	98%
	Divorced	0	0%	0	0%
	Separated	0	0%	0	0%
	Single Parent	7	14%	1	2%
<b>12.</b>	<b>Family monthly income</b>				
	Less than 5,000	0	0%	0	0%
	5,001-10,000	0	0%	0	0%
	10,001-15,000	11	22%	10	20%
	More than 15,000	39	78%	40	80%
<b>13.</b>	<b>Monthly pocket money given by parents</b>				
	Below Rs. 1,000	6	12%	11	22%
	Rs. 1,001- Rs. 5,000	39	78%	35	70%
	Rs. 5,001- Rs. 10,000	5	10%	2	4%
	More than 10,000	0	0%	0	0%
	Not received	0	0%	2	4%
<b>14.</b>	<b>Ever heard or read about addiction and addictive substances</b>				
	Yes	48	96%	50	100%
	No	2	4%	0	0%
<b>15.</b>	<b>History of any substance abuse in family</b>				
	Yes	16	32%	16	32%
	No	34	68%	34	68%
	If yes, mention about the specific substance:				
	Alcohol	10	20%	12	24%
	Cigarette	3	6%	1	2%
	Alcohol and Cigarette	3	6%	3	6%
<b>16.</b>	<b>Ever taken any kind of substance</b>				
	Yes	26	52%	20	40%
	No	24	48%	30	60%
	If yes, mention:				
	Alcohol	12	24%	10	20%
	Cigarette	6	12%	5	10%
	Chitta	1	2%	1	2%
	Alcohol and Cigarette	3	6%	0	0%
	Alcohol, Heroin & Cigarette	2	4%	0	0%
	Alcohol and Heroin	1	2%	2	4%
	Heroin and Cigarette	1	2%	0	0%
	Marijuana	0	0%	2	4%
<b>17.</b>	<b>Availability of substance by</b>				
	Friends	24	48%	18	36%
	Family	2	4%	2	4%
	Other resources (Specify_____)	0	0%	0	0%
	Not taken	24	48%	30	60%
<b>18.</b>	<b>Age of starting or taking any substance</b>				
	Less than 18 year	8	16%	8	16%
	19-20 years	18	36%	12	24%
	21-22 years	0	0%	0	0%
	More than 22 years	0	0%	0	0%
	Never taken	24	48%	30	60%

19.	<b>Previous knowledge regarding substance abuse</b>				
	Yes	50	100%	50	100%
	No	0	0%	0	0%
20.	<b>Source of information about substance abuse</b>				
	Media (T.V., Radio, Newspapers & magazines)	7	14%	7	14%
	Peer education	16	32%	16	32%
	Education curriculum	3	6%	3	6%
	Awareness campaigns	24	48%	19	38%
	Rehabilitation center	0	0%	1	2%
	Family members	0	0%	4	8%
	Others (Specify_____)	0	0%	0	0%

Table-1 showed the frequency and percentage distribution of demographic variables with respect to Age in Years, Educational Status, Marital Status, Type of Family, Residential Area, Educational status of Father, Educational status of Mother, Occupational status of Father, Occupational Status of Mother, Life status of Parents, Marital Status of Parents, Family Monthly income, Pocket money given by Parents, Ever heard or read about addiction and addictive substances, History of any substance abuse in family, Ever taken any kind of substance, Availability of substance by, Age of starting or taking any substance, Previous knowledge regarding substance abuse, Source of information about substance abuse.

### Section B: Findings related to assessment of the pre-test and post-test knowledge score and attitude score of experimental and control group

**Table-2: Frequency and Percentage distribution of Pre-test and Post-test Knowledge Score among Young adults (male) in Experimental group and control Group**

**N=100**

Level of Knowledge	Pre-test				Post-test			
	Experimental Group		Control Group		Experimental Group		Control Group	
	(f)	(%age)	(f)	(%age)	(f)	(%age)	(f)	(%age)
Inadequate Knowledge	11	22%	11	22%	-	-	4	8%
Moderate Knowledge	38	76%	39	78%	32	64%	46	92%
Adequate Knowledge	1	2%	-	-	18	36%	-	-

**Maximum Score=39**

**Minimum score=0**

Table-2 showed Frequency and Percentage distribution of Pre-test and Post-test Knowledge Score among Young adults (male). Before the administration of Structured Teaching Programme in Experimental group 76% had inadequate knowledge and in Control Group 78% had moderate knowledge. But after the administration of Structured Teaching Programme in Experimental group 64% had moderate knowledge and in control group 92% had moderate knowledge.

**Table-3: Frequency and Percentage distribution of Pre-test and Post-test Attitude Score among Young adults (male) in Experimental group and control Group**

N=100

Level of Knowledge	Pre-test				Post-test			
	Experimental Group		Control Group		Experimental Group		Control Group	
	(f)	(%)	(f)	(%)	(f)	(%)	(f)	(%)
Unfavourable Attitude	-	-	-	-	-	-	-	-
Moderately Favourable Attitude	49	98%	47	94%	42	84%	44	88%
Favourable Attitude	1	2%	3	6%	8	16%	6	12%

**Maximum Score=120****Minimum score=1**

Table-3 showed Frequency and Percentage distribution of Pre-test and Post-test Attitude Score among Young adults (male). Before the administration of Structured Teaching Programme in Experimental group 98% had moderately favourable attitude and in Control Group 88% had moderately favourable attitude. But after the administration of Structured Teaching Programme in Experimental group 84% had moderately favourable attitude and in control group 88% had moderately favourable attitude.

### Section C: Findings related to comparison of pre-test and post-test knowledge and attitude scores among young adults (male) in experimental and control group to determine effectiveness of structured teaching programme (STP)

**Table 4: Comparison of Pre-test and Post-test Knowledge scores in Experimental Group and Control Group**

N=100

Group	Pre-test		Post-test		Z-test	
	Mean	S.D.	Mean	S.D.	Z value	P value
Experimental Group (N=50)	15.72	3.381	25.36	2.834	15.451	<0.00001*
Control Group (N=50)	17.64	4.119	20.18	3.800	3.205	0.001*

**\*Significant, <sup>NS</sup>- Non Significant****\*Significant at 0.05 level**

Table 4 Showed the Comparison of Pre-test and Post-test Knowledge score of Experimental Group and Control Group to determine the effectiveness of Structured Teaching Programme. In Experimental group, Mean post-test knowledge score, 25.36 was significantly higher than the mean pre-test knowledge score 15.72 as evident from 'Z' value 15.451 at 0.05 level of Significance. In Control group, Mean post-test knowledge score, 20.18 was significantly higher than the mean pre-test knowledge score 17.64 as evident from 'Z' value 3.205 at 0.05 level of Significance.

**Table 5: Comparison of Pre-test and Post-test Attitude score in Experimental Group and Control Group**

N=100

Group	Pre-test		Post-test		Z-test	
	Mean	S.D.	Mean	S.D.	Z value	P value
Experimental Group (N=50)	72.36	4.388	79.02	5.897	6.175	6.592 *
Control Group (N=50)	77.04	4.184	77.52	4.311	0.565	0.572 <sup>NS</sup>

**\*Significant, <sup>NS</sup>- Non Significant****\*Significant at 0.05 level**

Table 5 Showed the Comparison of Pre-test and Post-test Attitude score of Experimental Group and Control Group to determine the effectiveness of Structured Teaching Programme. In Experimental group, Mean post-test attitude score, 79.02 was significantly higher than the mean pre-test attitude score 72.36 as evident from 'Z' value 6.175 at 0.05 level of Significance.



## Section D: Findings related to correlation between knowledge and attitude scores among young adults (male) in Experimental and Control Group

**Table 6: Correlation between Knowledge and Attitude scores among young adults (Male) in Experimental Group and Control Group**

S.No.	Correlation	Experimental Group		Control Group	
		r value	P value	r value	P value
1	Pre-test Knowledge and post-test Knowledge	<b>0.543</b>	<b>0.00004 *</b>	<b>0.955</b>	<b>&lt;0.00001*</b>
2	Pre-test Knowledge and Pre-test Attitude	0.074	0.611 <sup>NS</sup>	0.228	0.11111 <sup>NS</sup>
3	Pre-test Knowledge and Post-test Attitude	0.088	0.542 <sup>NS</sup>	<b>0.312</b>	<b>0.27349*</b>
4	Post-test Knowledge and Pre-test Attitude	0.016	0.915 <sup>NS</sup>	0.2217	0.12178 <sup>NS</sup>
5	Post-test Knowledge and Post-test Attitude	<b>0.326</b>	<b>0.209 *</b>	<b>0.302</b>	<b>0.3305*</b>
6	Pre-test Attitude and Post-test Attitude	<b>0.408</b>	<b>0.0033 *</b>	<b>0.886</b>	<b>&lt;0.00001*</b>

\*Significant, <sup>NS</sup>- Non Significant

\*Significant at 0.05 level

Table 6 Showed the Correlation between Knowledge and Attitude scores among young adults (Male) in Experimental Group and Control Group. Positive correlation was found between Pre-test knowledge and post-test knowledge (0.543), Post-test knowledge and Post-test attitude (0.326) and Pre-test attitude and Post-test attitude (0.408) at 0.05 level of significance.

## Section E: Findings related to association between knowledge scores and attitude scores among young adults (male) in Experimental and Control Group

In Pre-test Knowledge scores among young adults (male) regarding prevention of substance abuse in Experimental Group was significantly associated with Life status of parents ( $\chi^2=12.949$ ,  $df=6$ ) at p value  $<0.05$ , Ever taken any kind substance ( $\chi^2=11.111$ ,  $df=2$ ) at p value  $<0.005$ . Availability of substance by ( $\chi^2=10.292$ ,  $df=4$ ) at p value  $<0.05$  and Age of starting or taking any substance ( $\chi^2=29.929$ ,  $df=2$ ) at p value  $<0.05$ . Whereas in Control Group Pre-test Knowledge scores among young adults (male) regarding prevention of substance abuse was significantly associated with Family monthly income ( $\chi^2=5.711$ ,  $df=1$ ) at p value  $<0.05$ .

In Post-test Knowledge scores among Young adults (male) regarding prevention of substance abuse in Experimental Group was significantly associated with Educational status of Father ( $\chi^2=9.088$ ,  $df=3$ ) at p value  $<0.05$ , Age of starting or taking any substance ( $\chi^2=8.965$ ,  $df=2$ ) at p value  $<0.05$ . Whereas in Control Group Post-test Knowledge scores among young adults (male) regarding prevention of substance abuse was significantly associated with Monthly pocket money given by parents ( $\chi^2=11.150$ ,  $df=3$ ) at p value  $<0.05$ .

In Pre-test Attitude scores among Young adults (male) regarding prevention of substance abuse in Experimental Group was significantly associated with Educational status of Mother ( $\chi^2=19.322$ ,  $df=4$ ) at p value  $<0.05$ . Whereas in Control Group Pre-test Attitude scores among Young adults (male) was not statistically associated with selected demographic variables.

In post-test Attitude scores among Young adults (male) regarding prevention of substance abuse in Experimental Group was significantly associated with Age in years ( $\chi^2=4.368$ ,  $df=1$ ) at p value  $<0.05$ , Marital status ( $\chi^2=4.648$ ,  $df=1$ ) at p value  $<0.05$ , Occupational status of Mother ( $\chi^2=23.279$ ,  $df=3$ ) at p value  $<0.05$ , Life status of parents ( $\chi^2=7.789$ ,  $df=3$ ) at p value  $<0.05$ , Marital status of parents ( $\chi^2=0.957$ ,  $df=1$ ) at p value  $<0.05$ . Whereas in Control Group Post-test Attitude scores among Young adults (male) was not statistically associated with selected demographic variables.

## CONCLUSION

The present study was to assess the effectiveness of structured teaching programme on Knowledge and Attitude regarding prevention of substance abuse among young adults (male) of selected Colleges of Shimla, Himachal Pradesh.

On the basis of the total mean score, the finding revealed that the Knowledge was moderate and Attitude was moderately favourable of young adults (male). The Knowledge was increased and Attitude was changed of young adults (male) after administering Structured Teaching Programme.

Hence. Structured Teaching programme was found to be effective in improving Knowledge and in changing the Attitude regarding prevention of substance abuse among young adults (male).

## LIMITATIONS

1. Due to COVID pandemic, it was hard to get permission from Principal of selected colleges of Shimla.
2. There was difficulty in convincing parents to allow their children for Research study to COVID pandemic.
3. Literature related to attitude regarding prevention of substance abuse in India was limited.

## RECOMMENDATIONS

Based on the result of the study following recommendations were made.

1. A comparative study to assess the Knowledge regarding prevention of substance abuse among Adolescents of Urban and Rural area of Mandi, H.P.
2. A pre-experimental study to assess the effectiveness of Structured Teaching Programme on Knowledge regarding substance abuse among Teachers of selected schools of Solan, H.P.
3. A descriptive study to assess the Knowledge regarding Substance abuse among Bus Drivers in selected areas of Himachal Pradesh.
4. A pre-experimental study to evaluate the effectiveness of Video assisted Teaching programme on Knowledge regarding substance abuse among staff nurses of selected Hospital of Shimla, H.P.
5. A Quasi-Experimental study to assess the Knowledge regarding Substance abuse and its effects on health among family members in selected areas of Punjab.
6. A comparative study to assess the Knowledge and Attitude regarding prevention of substance abuse among young adults (Boys and Girls) of selected colleges of Chandigarh.
7. A community based study to assess the Knowledge regarding Chitta Abuse and its effects on Health among Young adults in selected colleges of Una, Himachal Pradesh.

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