



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG ADOLESCENTS IN SELECTED SCHOOL OF DISTRICT BUDGAM, KASHMIR.

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ABSTRACT

INTRODUCTION: Substance abuse is growing problem throughout the world and unfortunately this is more common among young children and adolescents, where they are about to begin their career but get involved in this problems due to various reasons. Substance abuse trend is a rapidly increasing trend among the young adults. It's really fascinating the young tender minds. Whereas there is definition that the individual depends on the certain substance or they make miss use of certain substances.

OBJECTIVE: This study aimed to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents in selected school of district Budgam, kashmir.

METHODS: A pre-experimental one group pre-test post-test design was used for the study. This study was carried out on 50 adolescents of a selected school of District Budgam. Samples were selected by using simple random sampling technique. Self-Structured questionnaire was used to assess the effectiveness of structured teaching program on knowledge regarding substance abuse among adolescents in selected school of district Budgam, Kashmir.

RESULTS: The findings of the study revealed that in pre-test 75% students had inadequate knowledge, 25% had moderately adequate knowledge and none had adequate knowledge regarding substance abuse while as in post-test 89% students had adequate knowledge, 11% had moderately adequate knowledge

and none had inadequate knowledge regarding substance abuse.

CONCLUSION: The study concluded that the Structured Teaching Programme was effective in improving the knowledge of students as evidenced by the significant changes in pre-test and post-test knowledge scores of students.

INTRODUCTION

Substance abuse refers to use of drugs, alcohol and any other mind – altering agent to such an extent that it interferes with the person's biological, psychological, or social integrity¹.

Substance abuse refers to excessive use of a drug in a way that is detrimental to self, society, or both. This definition includes both physical dependence and psychologic dependence. Physical dependence caused by prolonged use of a drug refers to an altered physiologic state in which withdrawal symptoms develop when the drug is discontinued. Psychologic dependence refers to a state of intense need to continue taking a drug in the absence of physical dependence².

Substance abuse means using psychoactive substance in a way that causes physical, psychological, economic, legal or social harm to users themselves/ to people directly/ indirectly associated with them. The risks of substance abuse relate chiefly to the specific dangers of the particular substance the damage that it can do user's health and related social impacts. Substance abuse when it impairs the user's physical and psychological health aggravates certain illnesses or even causes premature death. A social risk harms the user or other people³.

The problem of substance abuse is growing at an explosive rate and in just little over a decade it has spread its malevolent tentacles to almost every part of the globe surrounding almost all barriers of race, caste, religion, sex, educational status, economic strata etc³.

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 narcotics⁴.

Etiologic factors ineffective parenting, lack of nutritioning, parental attached, shy behaviour in classroom, poor school performance, associated with a deviant peer group, perception of approval of drugs use behaviour, working parents, neglected child, and chaotic home environment¹.

Symptoms of substance abuse include giving up past activities such as sports, home-work or hanging out with new friends, declining grades in exam, aggressiveness and irritability, forgetfulness, feeling run down, hopelessness, depressed, suicidal thoughts, frequent hangovers¹.

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 disorder⁵.

Substance abuse is a major public health problem all over the world. The use and abuse of drugs by adolescents have become one of the most disturbing health related phenomena in Kashmir valley. It is estimated that there are about 70000 drug addicts in Kashmir including 4000 women. Also 65 to 70% students in Kashmir are drug addicts who include gateway drugs too and around 26% female students⁶.

In 2004, a study on changing socio-demographic and clinical profile of substance use disorder patients in Kashmir valley compared the substance use in 1980 to 1988 and 2002 in patients it was found that there has been an alarming increase in the use of opioid-based preparations (9.5 to 73.61%) along with multiple substance use (15.8 to 41.6%) from 80's to the year 2002 respectively⁶.

BACKGROUND

Globally 29.4 million people are affected by drug use and related problems. This means that the abuse of drugs is harmful to physical and mental health which requires immediate treatment (Global Burden of Disease Study 2015). 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 substances⁷.

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 Haryana⁸.

Elnager et al., (2010) reported a prevalence rate of 13 per 1000 in West Bengal, while Nandi et al gave a figure of 0.94 per 1000 of the total population for the same state. Similarly in Uttar Pradesh, Dube and Handa reported that 22.8 per 1000 were dependent on alcohol and drugs while Thacore from Lucknow gave a figure of 18.55 per 1000. Important finding of these studies is that alcohol was the commonest substance used (60-98%) followed by cannabis use (4-20%)⁹.

According to UN report, One million heroin addicts are registered in India, & un-officially there is as many as five million. Cannabis, heroin & Indian produced pharmaceutical drugs are the most frequently abuse drugs in India¹⁰.

According to drug addiction centre Srinagar: In January 2016 there were as 33,981 adolescents attended in drug de-addiction centre. According to current data total no. of school going adolescents abused to multiple substances are 10187 in 2017 till date⁶.

NEED OF THE STUDY

Increasing substance abuse is a public health concern affecting the young generation, their physical, psychological health and gradually the life of an individual. It is an urgent need to plan health education to have knowledge on the magnitude and types of substance abuse among students and their attitude and behaviour towards its control and preventions.

Adolescent drug abuse is one of the major areas of concern in adolescent and young people's behavior. So, it has become more important to educate the adolescents 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). Therefore the Researcher found that substance abuse prevalence was growing in alarming state, which accounts one of the major causes of mortality and morbidity among adolescents and the researcher wanted to make more awareness regarding Substance abuse among adolescents, so that the Physiological and Psychological risk due to substance abuse can be reduced.

PROBLEM STATEMENT

A study to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among adolescents in selected school of district Budgam, Kashmir.

OBJECTIVES

To assess pre-test knowledge regarding substance abuse among adolescents in a selected school of district Budgam, Kashmir.

To evaluate the effectiveness of structured teaching program.

MATERIALS AND METHODS

Research approach: A Quantitative research approach was used.

Research design: Pre-experimental one group pre-test post-test design was selected. Sampling technique: simple random sampling technique was used.

Sample size: 50 adolescents from selected school of District Budgam, Kashmir. Tool:

Part I: socio demographic sheet of the participants which includes information of respondents about Age, Gender, Education, parental income, exposure to mass media.

Part II: Self Structured Questionnaire that Consists of 30 items of objectives type related to knowledge of adolescents regarding substance abuse, Causes and Risk factors, Signs and symptoms, Complications and Treatment / prevention for substance abuse.

ETHICAL CONSIDERATION:

Written permission was obtained from the principal of selected school.

Written consent was taken from the participants regarding the confidentiality of the collected data.

TABLE 1: Frequency and Percentage distribution of demographic variables of students (n=50)

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	Age (years)		
	12-14	12	24
	14-16	15	30
	16-18	17	34
	>18	06	12
2.	Gender		
	Male	26	52
	Female	24	48
3.	Religion		
	Islam	50	100
	Hinduism	0	0
	Christianity	0	0
	Others	0	0

4.	Educational status of parents		
	No formal education	08	16
	Primary school	15	30
	Secondary school	22	44
	Above	5	10
5.	Occupation of parents		
	Un-employed	35	70
	Private employee	04	8
	Govt employee	06	12
	Self-employment	05	10
6.	Type of family		
	Nuclear family	33	66
	Joint family	14	28
	Extended family	03	6
7.	Family income		
	<30,000/annum	13	26
	30,000-50,000/annum	23	46
	50,000-80,000/annum	12	24
	>80,000/annum	02	4
8.	Place of stay		
	Urban	0	0
	Rural	50	100

The Table (1) shows that 17 (34%) participants are in the age group of 16-18 years, 26 (52%) are males, all the participants are Muslims by religion. Among all the participants, the parents of 22 (44%) participants have secondary level education and 35 (70%) are un-employed. Majority of the participants 33 (66%) live in the nuclear families, 23 (46%) have an annual income of 30,000-50,000/annum and all the participants are from the rural area.

SECTION B: Column diagram showing percentage distribution of students on level of knowledge regarding substance abuse.

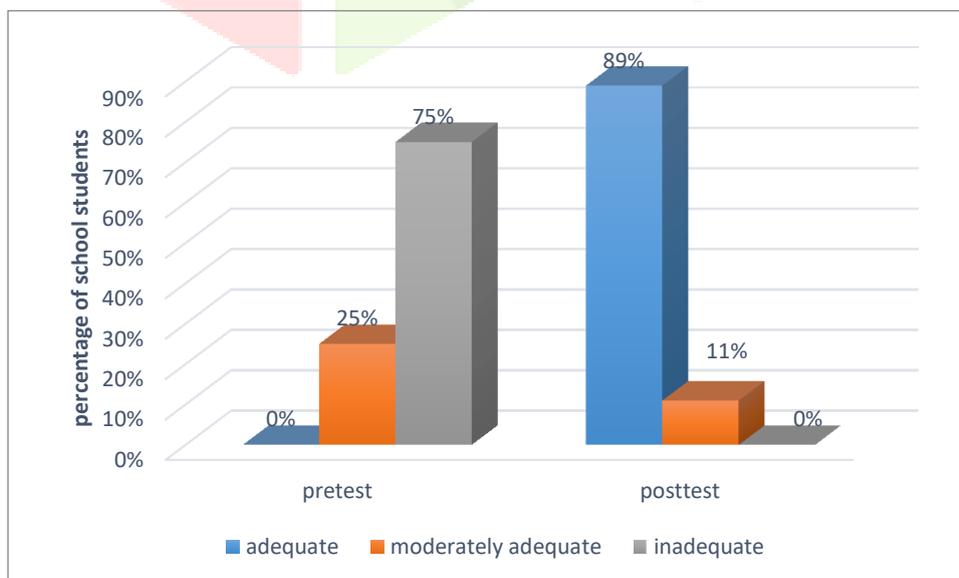


Figure-1: The data in figure (1) shows that in pre-test, 75% of students were having inadequate knowledge regarding substance abuse, 25% of students were having moderately adequate and none of the students was having adequate knowledge while as in post-test, 89% of the students were having adequate knowledge regarding substance abuse, 11% were having moderately adequate and none was

having inadequate knowledge regarding substance abuse.

DISCUSSION

The findings of the present study revealed that in pre-test 75% students had inadequate knowledge, 25% had moderately adequate knowledge and none had adequate knowledge regarding substance abuse while as in post-test 89% students had adequate knowledge, 11% had moderately adequate knowledge and none had inadequate knowledge regarding substance abuse.

The findings of the study are in line with a previous study conducted by Sandeep kumar Shandilya et al to evaluate the effectiveness of structured teaching programme on level of knowledge regarding problems of substance abuse among higher secondary school students at selected schools in Etawah district. In this study, the results reveal that in pre-test 16.66% students had inadequate knowledge, 65% had moderate knowledge and 18.33% had adequate knowledge regarding Problems of Substance Abuse while as In the post-test 1.66% students had inadequate knowledge, 58.33% students had moderate knowledge and 40% students had adequate knowledge regarding Problems of Substance Abuse¹¹.

The result of this study is supported by the study conducted by Mr. B.Rajesh et al to evaluate the effectiveness of planned teaching programme on effects of drug abuse among intermediate students of the selected college of Moradabad (up). In the pre-test 51.67% had inadequate level of knowledge, 48.33% had moderate level of knowledge and none of student had adequate knowledge regarding drug abuse while as In the post-test 81.67% had adequate level of knowledge, 18.33% had moderate level of knowledge and none of student had inadequate knowledge regarding drug abuse¹².

The findings of this study are also in line with the study conducted by Miss.M.Uhaa et al to assess the effectiveness of Structured Teaching Programme on prevention of substance abuse among adolescents at selected schools in Tirupati. In this study, the results reveal that in pre- test 30% students had inadequate knowledge, 36.7% students had moderate knowledge and 33.3% students had adequate knowledge regarding prevention of substance abuse while as in post-test 20% students had inadequate knowledge, 33.3% students had moderate knowledge and 46.7% students had adequate knowledge¹³.

LIMITATIONS

The sample size was small, which restricts the generalization of the findings of this study.

RECOMMENDATIONS

A similar study can be done on large sample size.

A comparative study can be conducted in different setting to find out the effectiveness of structured teaching program.

CONCLUSION

The study concluded that the Structured Teaching Programme on knowledge regarding Substance abuse among adolescents in selected school of district Budgam, Kashmir was effective in improving the knowledge of students as evidenced by the significant changes in pre-test and post-test knowledge scores of students.

CONFLICT OF INTEREST

None

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