



“A Study To Assess The Effectiveness Of Self-Instructional Module On Knowledge Regarding Psychoactive Substances And Home Care Management Among The Caretakers Of Psychoactive Substance Users In Tertiary Care Hospital Of The City.”

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Abstract

Background:

Psychoactive substance use disorder is one of the most common psychiatric disorders that has deleterious consequences not only the patient with psychoactive substance users but also hampers social, financial, and legal matters of his family hence could be considered as a disorder of the family spouses of patients with psychoactive substance use disorder, a key member of dysfunctional family system, are most vulnerable to have significant psychiatric disorders like adjustment disorders, mood disorders, anxiety disorders and psycho-social problems. Hence, we have undertaken this study in order to understand and address such issues which is largely neglected in psychiatric research.

Materials and Method: Quantitative research approach, research design in this study is Experimental study design, non-probability convenient sampling technique used. A study conducted on caregivers of psychoactive substance users. The sample size was 95. By using the self-structured questionnaire knowledge regarding psychoactive substances and home care management was assessed. Time given to fill the questionnaire was 30 minutes.

Result:

Percentage wise distribution of pre-test and post-test knowledge of caretaker depicts that highest percentage in pretest (64.22) had average knowledge, (32.63%) of them had poor knowledge and in post-test (70.53%) of the respondents had good knowledge. Hence it can be interpreted that self-instructional module was effective in improving the knowledge regarding psychoactive substances and homecare management of caretaker. Hypothesis testing was done by using 't' test and chi-square test. t value was calculated to analyse the difference in pre-test and post-test

knowledge score of caretakers. Highly significant difference was found between pre and post-test knowledge score of caretakers (17.100).

Hence the stated null hypothesis is rejected as it is interpreted that there was significant difference between pre-test and post-test knowledge score regarding psychoactive substances and homecare management.

Chi-square test is applied for association between pre-test study findings and selected demographic variables. Chi-square values for this test are respectively for Age is ($\chi^2=4.591$), Gender is ($\chi^2=10.671$), educational qualification is ($\chi^2=3.972$), Occupation is ($\chi^2=1.585$), Family income is ($\chi^2=13.971$), Type of family is ($\chi^2=2.587$), relation with patient is ($\chi^2=16.080$) and for drug does your patient consume is ($\chi^2=5.621$)

Conclusion:

The focus of this study was to assess effectiveness of self-instructional module on knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users in tertiary care hospital of the city. In this study One group pretest post-test design with quantitative research approach was used. 95 samples were selected from selected hospitals of the city by using non-probability convenient sampling technique. The data was collected by using Self- structured Questionnaire on knowledge of caretakers of psychoactive substances and home care management. Self-Instructional module on psychoactive substances and home care managements. Data was analysed and interpreted by applying statistical method. The researcher felt deep sense of satisfaction and fulfilment at having undertaken the study. The study provided deeper insight and empathy towards the needs of the expert guidance from the guide and cooperation of teachers has made the study a fruitful and pleasant experience.

Key word: Psychoactive substances, homecare management, caregivers

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 these problems due to various reasons. 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 integrity Since the beginning of human history and before, people have found ways to alter their bodies and their consciousness by taking substances such as herbs, alcohol, and drugs. Out of this practice has sprung many important contributions to science and culture, prominent among them being the development of modern medicine and the medical profession and the making of fine wines and liquors. Some religions have found uses for mind-altering drugs to aid communion with the divine principle.

The National Household Survey on Drug Abuse estimated the number of users of illicit drugs in the United States to be about 13 million. In addition, the survey estimated that 10% of Americans abuse or are dependent on alcohol, and 25% of Americans smoke cigarettes.

Background of the study:

Psychoactive substance use disorder is one of the most common psychiatric disorders that has deleterious consequences not only the patient with psychoactive substance users but also hampers social, financial ,and legal matters of his family hence could be considered as a disorder of the family spouses of patients with psychoactive substance use disorder , a key member of dysfunctional family system, are most vulnerable to have significant psychiatric disorders like adjustment disorders, mood disorders, anxiety disorders and psycho-social problems. Hence, we have undertaken this study in order to understand and address such issues which is largely neglected in psychiatric research.

Need of the Study

1) Psychoactive substance use disorder problem thus comprises of physical, psychological, and social problem that are a consequence of dependence. Psychoactive substance use disorder is considered as an ongoing stressor which is associated with multiple life problem and challenges that enhance the risk for wide range morbidities not only for the individual but for family members as well. The negative social consequences of psychoactive substance and stressful life events may trigger psychological biological and behavioural response which interact to diminish the individual's ability to adapt, leading to emotional distress reaction and thereby increasing the likelihood of psychological problem.

2) Caretakers are particularly affected given intimate nature of their relationship and the constant exposure to the behavior of the psychoactive substance use disorder. with psychological well-being comprised, Caretakers are likely to cope less efficiently their social and functional roles as well as impacting their family harmony. Caretakers of psychoactive users are known to be exposed to

high rates of domestic violence, which could be physical verbal or sexual. Low marital satisfaction, maladaptive coping skill and poor social support, in addition to economic Burden and social stigma, are the other major issues among the spouse.

3) The caretakers of psychoactive substance users' disorder are core members of this dysfunctional family system and problems such as family conflicts domestic violence which can be physical, verbal sexual and poverty caused by psychoactive substance Use. Results in significant psychiatric disorder like adjustment, mood and anxiety disorder medical morbidity and psychological problem in their spouses their mental health is very crucial for their husband children and family harmony. There is many Research report on the maladaptive coping skill personality characteristics poor quality of marital life psychological distress economic burden co dependence of caretakers of person with psychoactive substance use disorders. Understanding and addressing the mental health issue of caretakers of a psychoactive substance use disorder will not only decrease their burden improve their coping skill and overall quality of life.

Caretakers of persons with substance use problem, including partners, have been recognized as an underserved population in healthcare and quality of life assessments can be useful in identifying those who struggle the most and need support or follow up. Examining the knowledge of caretakers of persons with substance use problem will provide knowledge of their overall situation. Reviewing which level of knowledge of life dimensions have been covered in the studies of substance use problems quality of life will be provide evidence on Knowledge gaps that requires further investigation. Synthesize knowledge on psychoactive substances and home-care management in caretakers may serve as the basis for preventing negative outcome, such as burden and health issues are both for the substance users and other relatives or family member in (i.e.) Children's as well as an intervention for improvement

Aim of The Study

To assess the Effectiveness of self-instructional module on knowledge regarding psychoactive substances and home care management among the caretakers of psychoactive substance users in tertiary care hospital of the city

Objectives:

1. To assess the knowledge of caretakers regarding psychoactive substances and homecare management.
2. To assess effectiveness of self-instructional module on knowledge of caretakers regarding psychoactive substances and home care management.
3. To determine the association between the pre - test levels of knowledge regarding psychoactive substances and home care management with their selected demographic variables.

Hypothesis

H₁: There will be significant difference between Pretest and post-test knowledge score regarding psychoactive substances and homecare management.

H₂: There will be significant association between the post test score of knowledge and selected demographic variables.

Research Design: One group pretest post-test design with quantitative research approach.

Subjects and Methods: Caretakers of psychoactive substance users in tertiary care hospital of the city.

The samples were selected by non-probability convenient sampling technique.

The tool was divided into 4 sections

Section A: Consent form

Section B: Demographic data of caretakers of psychoactive substances users.

Section C: Self-structured Questionnaire on knowledge of caretakers of psychoactive substances and home care management.

Section D: Self-Instructional module on psychoactive substances and home care managements.

Data Collection

- a. Approval from the research committee member and written permission from the head of institution to conduct the research.
- b. Explain the purpose of the research to the samples.
- c. Obtained informed written consent from samples.

d. Assess effectiveness of self-instructional module on knowledge of caretakers regarding psychoactive substances and home care management at selected hospitals of the city.

Ethical review

This study was reviewed and approved by the Ethics Committee of the college. All participants signed informed consent. The authors promise that there will be no academic misconduct such as plagiarism, data fabrication, falsification, and repeated publication.

Statistical analysis: The data were computerized and verified using the SPSS (statistical package for social science) version 16.0 to perform tabulation and statistical analysis. Qualitative variables were described in frequency and percentages, while quantitative variables were described by mean and standard deviation.

Results: The data was analysed and presented in the following sections:

Section I: Description of Socio-demographic data of caretakers.

Section II: Effectiveness of self-instructional module on knowledge regarding psychoactive substances and homecare management

Section III: Hypotheses testing

Effectiveness of self-instructional module on knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users in selected hospitals of the city. Hypothesis testing was done by using Paired 't' test and chi-square test.

Table (I): Socio-demographic characteristics of the studied group

SN	Demographic Variable	Frequency	Percentage (%)
1	Age		
a	20-29	06	6.31
b	30-39	35	36.84
c	40-49	32	33.68
e	50-59	17	17.89
f	60 and above	05	5.26
2	Gender		
a	Male	83	87.36
b	Female	12	12.64
c	Transgender	00	00
3	Educational Qualification		
a	Primary	09	9.47
b	High School	57	60
c	Junior college	25	26.31
d	Graduate / Post-graduation	04	4.22
4	Occupation		
a	Professional	13	13.68
b	Business	76	80
c	Unemployed	06	6.32
5	Family income (rupees per month)		
a	< 5,000	06	6.32
b	05,001 to 10,000	12	12.63
c	10,001 to 15 ,000	59	62.10

d	15,001 to 20 ,000	17	17.89
e	More than 20,001	01	1.1
6	Type of Family		
a	Nuclear family	56	58.94
b	Joint family	39	41.1
7	Relation with patient		
a	Father	13	13.68
b	Mother	02	2.10
c	Spouse/ husband	11	11.60
d	Sibling	67	70.53
e	Specify other if any	02	2.10
8	Which type of drug does your patient consume?		
a	Alcohol	80	84.22
b	Forms of tobacco	08	8.42
c	opioids	00	00
d	More than two	07	7.36

Section II

Effectiveness of self-instructional module on knowledge regarding psychoactive substances and homecare management (n=95)

Table No: II

Frequency and percentage wise distribution of pre-test and post-test knowledge regarding psychoactive substances and homecare management.

SN	Knowledge Score	Pretest		Post-test	
		Freq	%	Freq	%
1	Poor (1 - 8)	31	32.63	03	3.15
2	Average (9 - 16)	61	64.22	25	26.32
3	Good (17- 25)	03	3.15	67	70.53

Table No:2 shows percentage wise distribution of pre-test and post-test knowledge of caretaker depicts that highest percentage in pretest (64.22), had average knowledge, (32.63%) of them had poor knowledge and in post-test (70.53%) of the respondents had good knowledge. Hence it can be interpreted that self-instructional module was effective in improving the knowledge regarding psychoactive substances and homecare management of caretaker.

Table No: III

Paired 't' value of pre and post-test knowledge regarding psychoactive substances and homecare management. (n =95)

SN	Group	Mean	SD	't' value	P Value	Level of significance
1	Pre-test	9.69	3.430	17.100	<0.0001	Significant
2	Post-test	18.30	4.203			

table value = 2.132 at p = ≤0.05

t value was calculated to analyse the difference in pre-test and post-test knowledge score of caretakers. Highly significant difference was found between pre and post-test knowledge score of caretakers (**17.100**).

Hence the stated null hypothesis is rejected as it is interpreted that there was significant difference between pre-test and post-test knowledge score regarding psychoactive substances and homecare management

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Suggestions and Recommendations

Nursing Implication

The findings of the study had implications in different dimensions of mental health nursing, nursing profession, (i.e.) Nursing Practice, Nursing Education, Nursing Administration and Nursing Research. Many steps could be taken to strengthen the findings of the study which was bounded by the dimensions of nursing professions.

Mental Health Nursing:

This study will help to student as well as teacher to get idea to identify problems occurred while taking care of patients who has been on psychoactive substances. It also used as source of information and reference for the study material. Study also giving idea about the knowledge regarding knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users. It also shows how mental health professional could play vital role in improving the knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users as well as teacher.

Nursing Education

The nurse educator helps to develop more insight on new concepts. Education is most important factor of every individual. Educating them regarding the regarding psychoactive substances and homecare management.

Nursing Research

Extensive research can be carried out be to assess effectiveness of self- instructional module on knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users. The essence of the research is to build

up the knowledge in nursing as evolving profession. Assessing something and finding the new thing is always good habit for everyone. This research will be always useful for all and it will provide the data as well as knowledge regarding psychoactive substances and homecare management among caretakers of psychoactive substances users by the help of self-instructional module.

Nursing Administration:

This study is helpful for the administrative level. It also helps to reduce the mistakes occurred during taking care of psychoactive substance users.

Limitations

This study was limited to caretakers.

This study was limited to tertiary care Hospital of the city.

Recommendations

The researcher recommends the following studies

A similar study can be replicated with larger sample size and in various other settings.

It would be of immense value to conduct a comparative study among males and females

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