



Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Adverse Effects Of Substance Abuse Among Adolescent Boys Of Selected Senior Secondary Schools Of District Mandi (Himachal Pradesh).

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ABSTRACT

Background

Substance use among adolescents especially cannabis, is becoming a public health problem in the District Mandi (H.P.). School-based health education is an appropriate approach for improving students' knowledge regarding substance use in an attempt to prevent or reduce such problem. The purpose of the study was **to assess the** effectiveness of an educational intervention

for senior secondary school students to improve their knowledge for substance use and its negative consequences, which will, in turn, motivate students to take protective measures against substance use.

The objective of study was to assess the effectiveness of structured teaching programme on knowledge regarding the adverse effects of substance abuse among adolescent boys in selected senior secondary schools of District Mandi (Himachal Pradesh).

Material and methods:

A quantitative research approach and Pre-experimental research design, with one group pre- test and post-test design was chosen for the study, conducted at Govt. Senior secondary school, Rakhota, Distt. Mandi (H.P.), Vardhman Mahavir public school Sunder Nagar Distt. Mandi (H.P). The samples consisted 100 adolescent boys selected using as purposive sampling technique. A structured teaching programme on effects of substance abuse was the intervention

of the study. The pre and post-test knowledge score on effects of substance abuse was assessed using self-structured knowledge questionnaire.

Results:

The statistical analysis was to compare the pre and post-test knowledge score on effects of cannabis abuse among adolescents shows that pre-test mean score of knowledge was 15.56 ± 4.823 and the post-test mean score of knowledge was 26.05 ± 3.580 . The calculated paired "t" value of $t = 35.53$ found to be significant ($p \leq 0.05$). The chi-square test was used to determine the association of post-test knowledge score of adolescent boys with their selected demographic variables. The finding revealed that religion had shown significant association with knowledge

score regarding cannabis abuse among adolescent boys at <0.05 .

Conclusion:

The present study concluded that the structured teaching programme on knowledge regarding adverse effects of substance abuse among adolescent boys proved to be an effective.

Keywords: Adolescent, substance abuse, effects of substance abuse.

