



“Effectiveness of Structured Teaching Programme (STP) on knowledge score regarding Tobacco use and its effects among adolescents in selected schools of Aizawl, Mizoram.”

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ABSTRACT

Tobacco use among adolescents remains a serious public health concern in India, particularly in North Eastern states such as Mizoram. Despite awareness campaigns, early initiation of tobacco use continues due to peer pressure, cultural normalization, and limited health education. To assess the effectiveness of a Structured Teaching Programme (STP) on knowledge regarding tobacco use and its harmful effects among adolescents in selected schools of Aizawl, Mizoram.

Material And Methods: Quantitative research approach, Pre-experimental one group Pre-test Post-test design was used. The study was conducted at Staines Memorial School and Govt. KM High School Aizawl, Mizoram among 100 adolescent students within the age group 14-19 years by simple random sampling technique. The tools used for data collection were self-administered structure questionnaire. Validity was ensured through consultation with experts.

Results: The majority 50% students were within the age group of 16-17 years, followed by 49% students within the age group of 14-15 years and remaining 1% were within the age group 18-19 years. There is an equal distribution in gender, 50% from male and female. Results further illustrated that 64% adolescent student had moderate knowledge, 32% and 4% had adequate and inadequate knowledge regarding tobacco use and its effects respectively. There was significant association between level of knowledge with age ($P=0.00001$) at 0.05 level of significance and tobacco user and none ($P=0.00001$) at 0.05 level of significance. The mean difference between pre-test and post-test knowledge score was tested using t-test with obtained $t=3.92$ at $df=99$ was statistically significant at $p<0.05$ level of significance. Self-instructional Module was effective in increasing the knowledge of adolescent regarding tobacco use and its effects.

Conclusion: The study concludes that the Structured Teaching Programme was effective on knowledge regarding tobacco use and its effects among adolescents in selected schools of Aizawl, Mizoram.

Keywords: Evaluate, Effectiveness, Structured Teaching Programme, Knowledge and tobacco use and its effects.

INTRODUCTION

Tobacco is an agricultural product derived from the leaves of several species of Nicotina Plants. When combined with nicotina tartrate, tobacco becomes one of the most commonly abused recreational drugs. Nicotine, a naturally occurring stimulant in tobacco, can be poisonous if taken in sufficiently high doses, which is not the amount of nicotine absorbed by tobacco use. Nicotine is an addictive substance that makes the user feel alert at first, then relaxed with continued use.

Tobacco is the second most commonly used psychoactive substance worldwide, with more than one billion smokers globally. Although smoking prevalence has reduced in many high-income countries (HICs), tobacco use is still very prevalent in low-income and middle-income countries (LMICs). The majority of smokers are addicted to nicotine delivered by cigarettes. As a result of the neuro-adaptations and psychological mechanisms caused by repeated exposure to nicotine delivered rapidly by cigarettes, cessation can also lead to a well-characterized withdrawal syndrome, typically manifesting as irritability, anxiety, low mood, difficulty concentrating, increased appetite, insomnia and restlessness, that contributes to the difficulty in quitting tobacco use.

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of Structured Teaching Programme (STP) on knowledge score regarding Tobacco use and its effects among adolescents in selected schools of Aizawl, Mizoram.”

HYPOTHESIS

(The hypotheses will be tested at 0.05 level of significance)

H₁: There is significant mean difference between Pre-test and Post -test knowledge score among adolescents regarding tobacco use and its effects in selected schools of Aizawl, Mizoram.

H₂: There is significant association between Pre-test knowledge score with selected demographic variables of adolescents regarding tobacco use and its effects in selected schools of Aizawl, Mizoram.

METHODOLOGY

The objective of the study were to assess the pre-test knowledge score of adolescents regarding Tobacco use and its effects, to assess the post-test knowledge score of adolescents regarding Tobacco use and its effects, to evaluate the effectiveness of structured teaching programme on knowledge level regarding Tobacco use and its effects and to determine the association between pre-test knowledge score on Tobacco use and its effects with selected demographic variables. The research approach chosen for the study was Quantitative Research Approach and Pre-experimental (one-group pre-test post-test) research design was selected. The study was conducted among adolescent students at Staine's Memorial School Chanmari and Govt KM High School Dawrpui Vengthar, Aizawl, Mizoram. Formal permission was obtained from each participant. Every participant were assured of their privacy and confidentiality. The sample size was 100 adolescent students studying at Staine's Memorial School Chanmari and Govt KM High School Dawrpui Vengthar, Aizawl, Mizoram. Non-probability purposive sampling technique was adopted.

The tools for data collection were includes Demographic variables and Self-structured knowledge questionnaire. Pre-test knowledge score was assessed using a self-structured knowledge questionnaire. Structured teaching programme was conducted. Post-test Knowledge Score was assessed after one week using self-structured knowledge questionnaire.

RESULT :

The data is analyzed by descriptive and inferential statistics in terms of frequency distribution, chi square and percentage.

Table 1: Frequency and Percentage Distribution of Demographic Variables.**n=100**

SL. NO	DEMOGRAPHIC PERFORMA	PRE TEST	
		FREQUENCY (f)	PERCENTAGE(%)
1	Age (in years)		
	14-15	49	49
	16-17	50	50
	18-19	1	1
2	Gender		
	Male	50	50
	Female	50	50
3	Class		
	Class X	86	86
	Class IX	14	14
4	Tobacco user/none		
	User	43	43
	Non-user	57	57

Table 1 shows that majority (50%) of participants were between the age group 16-17 years, followed by 14 -15 years (49%) and the remaining minority 18-19 years (1%), in terms of Gender, both male and female were equally distributed (50%), majority of participants (86%) were Class X and the remaining participants (14%) are Class IX, majority of participants (57%) were non tobacco users and the remaining participants (43%) were tobacco-users.

Figure 1: Frequency and percentage distribution of pre-test and post-test knowledge score regarding Tobacco use and its effects among adolescents in selected schools of Aizawl, Mizoram.
n=100

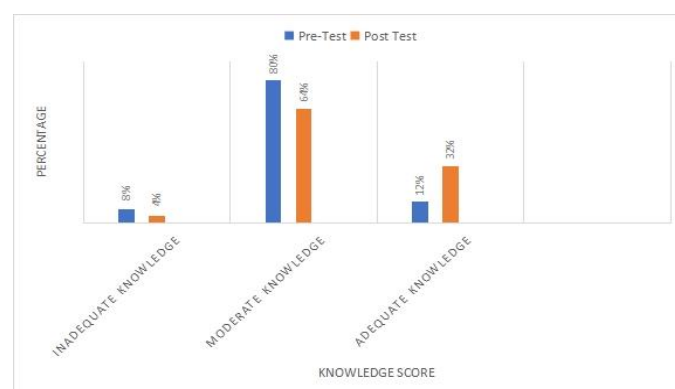


Figure 1: Knowledge Score of Pre-Test and Post-Test

The above figure shows that in Pre-Test, 8% had inadequate knowledge, 80% had moderate knowledge and 12% had adequate knowledge. In Post-Test, 4% had inadequate knowledge, 64% had moderate knowledge and remaining 32% had adequate knowledge.

Table 2: Paired t-test for comparing knowledge of adolescents in selected schools regarding Tobacco use and its effects.

n=100

Knowledge	Mean	SD	Mean Difference	T value	df	P value	Remarks
Pre-Test	10.05	3.3254	2.16	3.92	99	0.00001	S*
Post test	12.21	4.4068					

The above table shows that mean paired difference in knowledge score was 2.16 with t- value=3.92, with p value =0.00001 indicates that structured teaching programme regarding tobacco use and its effects was effective.

Table 3: Association between pre-test knowledge score with selected demographic variables of adolescents in selected schools of Aizawl, Mizoram.

n=100

SL. NO	DEMOGRAPHIC VARIABLES	KNOWLEDGE SCORE		χ^2	DF	P-VALUE	REFERENCE
		0-9	10-21				
1	Age in years			5.1976	1	0.0226	S*
	14-16	42	32				
	17-19	8	18				
2	Gender			-	1	1	NS*
	Female	25	25				
	Male	25	25				
3	Class			0.3324	1	0.5642	NS*
	X	44	42				
	IX	6	8				
4	Tobacco user/none			4.9368	1	0.0263	S*
	User	27	16				
	Non-user	23	34				

S*= Significant at 0.05 level of significance

NS*= Not Significant

Table 5 shows χ^2 (Chi square) value computed between the knowledge scores of tobaccos use and its effects and selected demographic variables. It reveals that there was significant association between the pre-test knowledge score of students regarding tobacco use and its effects with age and tobacco user/none and was no significant association with gender and class.

CONCLUSION

The study findings revealed that there was sufficient knowledge among the adolescents in selected schools of Aizawl, Mizoram. Thus, the result shows that the Structured Teaching Programme was effective on knowledge regarding tobacco use and its effects among adolescents in selected schools of Aizawl, Mizoram.

RECOMMENDATION

- Schools should organize regular health education sessions and awareness campaigns on tobacco prevention to reinforce knowledge and promote behavior change.
- Educational interventions should also involve parents and community members to create a supportive environment for adolescents to resist tobacco use.
- Periodic follow-up sessions should be conducted to assess knowledge retention and reinforce learning over time.

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