

Evaluating the Effectiveness of a Structured Teaching Programme on Knowledge Regarding Substance Abuse among Adolescents in Selected Higher Secondary Schools of Kishtwar

John Shaveta Amar

Instructor, BGSB University, Jammu and Kashmir, India
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Abstract: Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD. Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. For others, particularly with opioids, drug addiction begins when they take prescribed medicines or receive them from others who have prescriptions. The risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it's increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill. These are called withdrawal symptoms. **Statement of problem:** A study to assess the effectiveness of structured teaching programme on knowledge regarding Substance abuse among adolescents at selected Higher Secondary School Kishtwar. **Objectives:** The objectives of the study are: 1) To assess the pre - test level of knowledge regarding drug abuse among adolescents. 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding drug abuse among Adolescents 3) To find out the association between the level of knowledge regarding drug abuse with selected demographic variable. **Hypothesis:** The hypotheses will be tested at 0.05 level of significance. H1: There is a significant difference between the pre test and post test scores of Structured Teaching Programme on prevention of substance abuse. H2: There Will be significant association between the level of knowledge among Adolescents Regarding Substance abuse with their selected demographic variable. **Methods of study:** An evaluative approach with quasi - experimental, one group pre - test post - test design without control group was used for the study. The sample consisted of 70 adolescent. The sample was selected using purposive sampling technique. The data was collected prior to and after administration of the structured teaching programme on substance abuse. Post - test was conducted on the seventh day using the same tool. **Result:** The data collected was analyzed using both descriptive (frequency, percentage, mean, median, SD, range) and inferential statistics (paired t test, chi - square test). By using statistical package SPSS version 25, all the inferences were checked at $p < 0.05$ level of significance. The study findings revealed that in the present study it was found that more than half of the adolescents (0%) had inadequate knowledge (22.85%) had moderate knowledge and the remaining adolescents (77.14%) had adequate knowledge after the post test. **Data interpretation and analysis:** - There is no significant association of pre - test knowledge scores regarding drug abuse among adolescents with their selected demographic variables i, e, age, gender, type of family and educational status at $p < 0.05$ level of significance. **Summary and conclusion:** The results of the study showed that majority (97.14%) of study subjects were having inadequate knowledge 2.85% study subjects were having moderate knowledge and 0% of study subjects had adequate knowledge before providing structured teaching programme.

Keywords: Adolscents, substance abuse, STP, knowledge, School

1. Introduction

Is life really to come in this world and enjoy the world at that time and then die. The meaning of life is different for different people. Life is a duty, a game, a promise, a sorrow, a song of happiness, a struggle to achieve a goal, a tragedy, an adventure, a lock, and finally life is too precious {1}. There are 5 different stages of life: babies, children, adolescents, adults, and elderly people, babies need a lot of attention from their parents. Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them. The most common problems among adolescents relate to growth and development, school, childhood illnesses that continue into adolescence, mental health disorders, and the consequences of risky or illegal behaviors, including injury, legal consequences, pregnancy, infectious diseases, and substance use disorders.

One of the most common problems seen in most of the adolescents is substance abuse and it may be defined as the habitual use of drugs not needed for therapeutic purposes, solely to alter one's mood, effect of state of consciousness, or to affect the body function unnecessarily. The main Cause of Substance Abuse are due to unemployment, financial burdens, socio - civilization culture, peer pressure, breaking relationships, depression, etc. The main symptoms of drug abuse are physical and behavioral warnings like bloodshot eyes, sudden weight gain/loss, impaired coordination, change in sleep pattern, financial problems, unexplained anxiety, accident prone, poor work, sudden change in friends and associates. Problems with drug abuse are people with addiction often have one or more associated health issues, which can include lung or heart diseases, stroke, cancer or mental health conditions e. g. tobacco smoke can cause cancer, methamphetamine can cause several dental problems, and opioids can lead to overdose and death. In addition drugs such as inhalants may damage or destroy nerve cells, and drug use can also increase the risk of contracting infections.

Substance abuse problems are treatable. Treatment may take a few weeks or months and may involve relapses, but for much treatment is successful. There are various treatment options available. A treatment plan will depend upon a persons need and will take into consideration such things as the severity of the problem; the persons support network and desire or motivation to enter the treatment. The treatment plan may be altered depending upon the need of the person. support group, withdrawal or detoxification, counselling, harm reduction for those who may not be ready to completely quit using the substances that are causing the problems, medications, people with alcohol using problems can be given naltrexone, a medication that helps to reduce cravings for alcohol, Prevention programs, helping youths to understand the risks of substance abuse problems reduces the risks.⁵

Objectives

The objectives of the study are:

- 1) To assess the pre - test level of knowledge regarding drug abuse among adolescents.
- 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding drug abuse among Adolescents
- 3) To find out the association between the level of knowledge regarding drug abuse with selected demographic variable

Hypotheses

The hypotheses will be tested at 0.05 level of significance.

H1: There is a significant difference between the pre test and post test scores of Structured Teaching Programme on prevention of substance abuse.

H2: There Will be significant association between the level of knowledge among Adolescents Regarding Substance abuse with their selected demographic variable

2. Materials & Methods

Research Approach: Pre - experimental approach.

Research Design: One group pre - test posttest design.

Population: Adolscents

Settings: Selected high school at Kishtwar

Sampling Technique: Purposive sampling technique.

Sample size: 70 Students

Tools and Technique:

Data was collected for a period from 1st June 2023 to 7th June 2023. After explaining the purpose and obtaining an informed consent, the pre - test was administered for the samples followed by a period of 7 days a post - test was carried out for the samples.

Statistical Analysis

The data collected was analyzed using both descriptive (frequency, percentage, mean, median, SD, range) and inferential statistics (paired t test, chi - square test). By using statistical package SPSS version 25, all the inferences were checked at $p < 0.05$ level of significance.

3. Result

Table 1: Frequency and percentage distribution of pre - test level of knowledge regarding drug abuse. N=7

Pretest knowledge	Frequency	Percentage
Inadequate Knowledge (0 - 14)	62	88.57%
Moderate Knowledge (15 - 23)	8	11.43 %
Adequate Knowledge (24 - 31)	0	0%

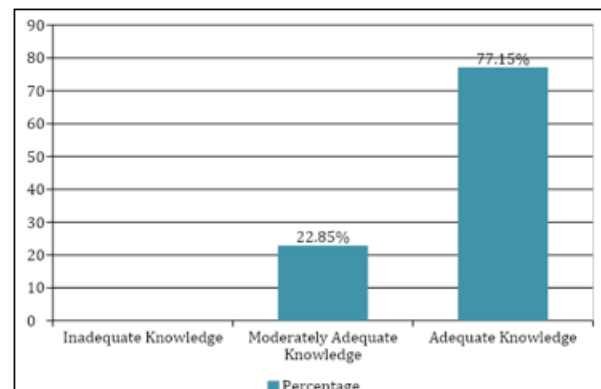


Figure 1: 3D Bar Diagram showing pre - test knowledge scores of study subjects

Table 2: Descriptive statistics of pre - test knowledge of study subjects regarding drug abuse. N=70

(Mean±SD)	Mode	Median	Minimum	Maximum	Range
(9.674±3.128)	9	9	4	19	15

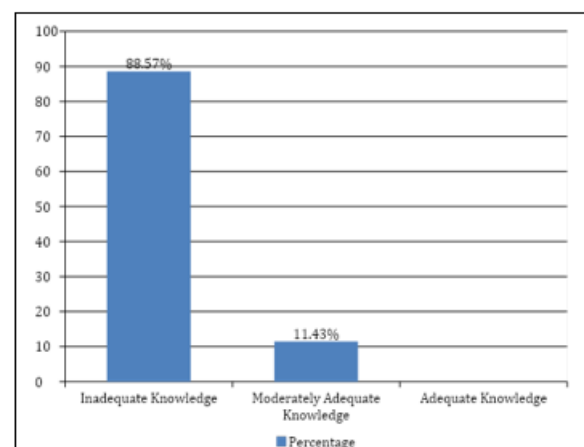


Figure 2: Bar diagram showing descriptive statistics of pretest knowledge of study subjects.

Table 3: Frequency and percentage distribution of post - test level of knowledge of study subjects regarding drug abuse

Post test Knowledge	Frequency	Percentage
Inadequate Knowledge (0 - 14)	0	0%
Moderate Knowledge (15 - 23)	16	22.85%
Adequate Knowledge (24 - 31)	54	77.15%

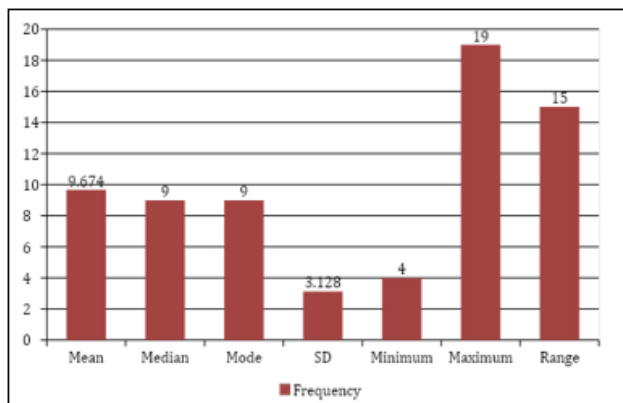


Figure 3: 3D Bar Diagram showing post - test knowledge scores of study subject

Association of pre - test knowledge scores regarding drug abuse among adolescents with their demographic variables.

To find out the association, null hypothesis was formulated.
H02: There is no significant association of pre - test knowledge scores regarding drug abuse among adolescents with their selected demographic variables i, e, age, gender, type of family and educational status at $p < 0.05$ level of significance.

Table 4: Association of Pretest Knowledge Scores of with selected Demographic Variables.

Variables	Opts	Inadequate Knowledge	Moderate Knowledge	Adequate Knowledge	χ^2 Test	χ^2 table Value	df	p value	Results
Age in years	(12 - 14)	7	13	5	11.10	9.48	4	0.04	S
	(14 - 16)	2	15	8					
	(16 - 18)	1	5	10					
Gender	Male	8	4	26	9.10	5.99	2	0.02	S
	Female	15	5	12					
Religion	Hindu	5	5	5	2.13	5.99	2	0.14	NS
	Muslim	20	15	20					
	Sikh	0	0	0					
	Other (specify)	0	0	0					
Type of family	Nuclear	12	14	12	2.04	5.9	2	0.28	N
	Extended	5	4	6					
	Joint	6	6	5					
Knowledge regarding substance abuse	Yes	4	6	18	10.18	5.99	2	0.05	S
	No	5	7	30					
If yes (specify) Source of information	Mass Media	2	11	12	21.2	12.5	6	0.02	S
	Parents	8	4	14					
	Friends	1	2	7					
	Relatives	2	2	5					
Educational status of father	No formal education	5	6	4	27.12	23.685	14	0.04	S
	Primary education	5	7	3					
	Secondary education	1	2	4					
	Higher secondary education	1	3	2					
	Senior secondary education	0	2	3					
	Bachelors or equivalent	1	1	2					
	Masters or equivalent	2	3	5					
	Doctorate or equivalent	0	2	6					
Educational status of mother	No formal education	2	0	8	24.11	21.026	12	0.03	S
	Primary education	0	4	11					
	Secondary education	2	3	3					
	Higher secondary education	0	1	3					
	Senior secondary education	3	7	8					
	Bachelors or equivalent	4	5	5					
	Doctorate	0	0	1					
Residence	Rural	5	5	5	7.11	9.48	4	0.9	NS
	Urban	15	20	20					
	Any other	0	0	0					

4. Discussion

The study findings revealed that in the present study it was found that half of the adolescents (88.571%), had inadequate knowledge (11.42%) had moderate knowledge and the remaining students (0%) had adequate knowledge after the pretest. The study findings revealed that in the present study it was found that more than half of the adolescents (0%) had inadequate knowledge (22.85%) had moderate knowledge

and the remaining adolescents (77.14%) had adequate knowledge after the post test. There is no significant association of pre - test knowledge scores regarding drug abuse among adolescents with their selected demographic variables i, e, age, gender, type of family and educational status at $p < 0.05$ level of significance.

5. Conclusion

The study was conducted to assess the effectiveness of Structured Teaching Programme on knowledge regarding substance abuse among adolescents at selected higher secondary schools of Kishtwar. The study findings revealed that in the present study it was found that more than half of the adolescents (0.1%) had inadequate knowledge (22.85%) had moderate knowledge and the remaining adolescents (77.14%) had adequate knowledge after the post test.

6. Limitations

- The study only included 70 subjects, which restricts the findings' ability to be generalised.
- The study was restricted to Selected schools of Kishtwar only.
- The study was only conducted on age group of 13 – 19 years who were present when the data were being gathered.

7. Recommendations

Based on the findings of the study the following recommendations are made.

- A study can be replicated using a large sample to validate the findings on generalization.
- A study can also be done to assess the knowledge and attitude regarding substance abuse among adolescents students.
- Study can be done with randomization for better results.
- The study can be conducted among different groups in schools I and community settings.
- The study can be conducted using various research design

Declaration by Authors

Ethical Approval: Approved

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