

Effectiveness Of Structured Teaching Program On Level Of Knowledge Regarding Substance Use Among High School Children

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Abstract

A quantitative research study was conducted to assess the effectiveness of structured teaching program on level of knowledge regarding substance use among high school children in Anjarakandy higher secondary school and sampling technique adopted was non probability stratified sampling and research design was one group pre-test post-test pre-experimental design. The sample of the study included 8th, 9th, 10th girls and boys between age group of 13-16. Totally 100 samples were selected based on sampling criteria. A structured knowledge questionnaire was used to collect demographic data and level of knowledge. The collected data was analyzed by using descriptive and inferential statistics. Frequency distribution and percentage was used to analyze the demographic variables and knowledge regarding substance use. Paired 't' test was used to evaluate the effectiveness of structured teaching program. The chi² test was used to find out the association between demographic variables and level of knowledge regarding substance use. The findings of the study showed that there was a significant improvement of knowledge among high school children after receiving structured teaching program on substance use.

Keywords: Level of knowledge, structured teaching program, substance use, High school children

1. Introduction

Substance use commonly leads to a physical dependence, psychological dependence or both. It may cause unhealthy lifestyles and behaviour such as poor diet. Chronic substance use impairs social and occupational functioning creating personal, professional, financial and legal problems. Substance use began in early adolescence, may lead to behavioural and emotional problems including depression problems with family relationship, problems with failure to complete school and chronic use problems. According to WHO substance use was persistent or sporadic drug was inconsistent with or unwanted to acceptable medical practice. It has become a worldwide

phenomenon among high schoolers.. Although the prevalence is relatively low in school going children, the rates are alarming, as 1 in every 5 school going children is affected by substance use. Therefore “prevention” has been the go-top word for the management of this social problem. Hence the investigators are interested to create awareness among high school children by sharing the knowledge regarding substance use. They believe that it will be useful in prevention of substance use among school children

OBJECTIVES

- To assess the level of knowledge regarding substance use among high school children in Anjarakandy Higher secondary school.
- To evaluate the effectiveness of Structured teaching program regarding substance use among high school children in Anjarakandy Higher secondary school.
- To compare the knowledge level of substance use among high school boys and girls in Anjarakandy Higher secondary school.
- To find out the association between selected demographic variables and level of knowledge regarding substance use among high school boys and high school girls in Anjarakandy Higher secondary school

HYPOTHESES

- H1- The mean post test score of knowledge among high school children will be significantly higher than the mean pre-test score of knowledge among high school children who have received the structured teaching programme on substance use.
- H2- There will be a significant association between the pre-test level of knowledge regarding substance use among high school children with their selected demographic variables

METHODOLOGY

RESEARCH APPROACH: Quantitative research approach

RESEARCH DESIGN : One group pre-test and post -test design.

SETTING: H.S.S Anjarakandy

POPULATION: high school students

SAMPLE SIZE: 100 High school children.

SAMPLING TECHNIQUE: Non probability stratified sampling

DESCRIPTION OF TOOL

SECTION A:

Demographic variables of high school children (age, family type, lives with, residing in, parent’s occupation, monthly family income, No of Siblings).

SECTION B:

Structured knowledge questionnaire on substance use that consisted of 27 items.

SECTION C:

Development of structured teaching program regarding knowledge on substance use.

VALIDITY

Tool validated by three experts in nursing field and two experts in medical field.

RELIABILITY

The reliability coefficient value $r = 0.9$ indicating high reliability

RESULTS

A) Assessing the knowledge regarding substance use among high school children in Anjarakandy Higher Secondary school

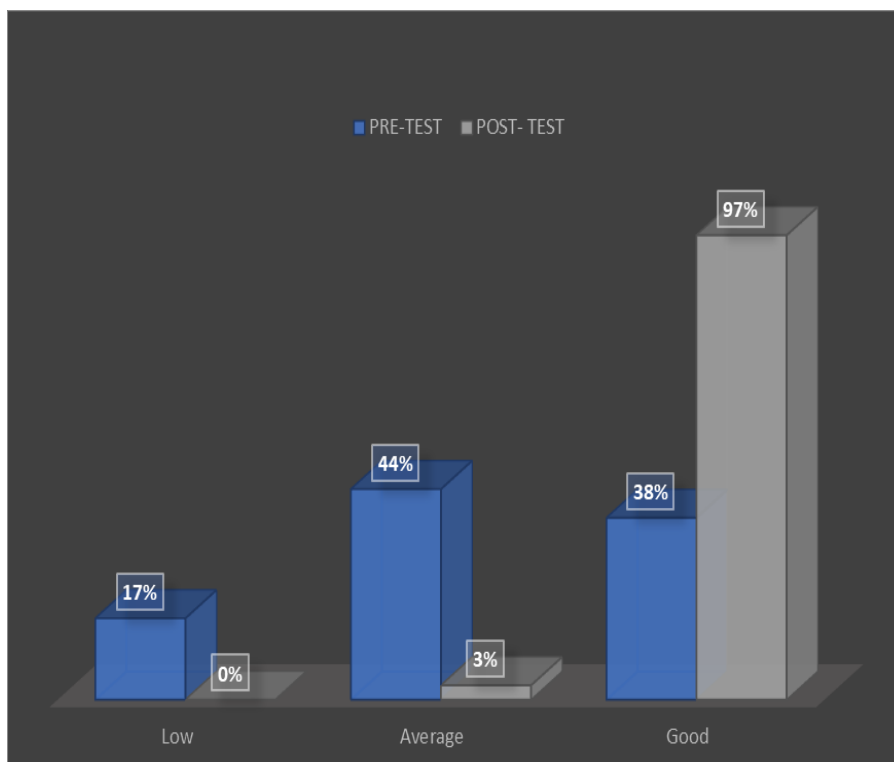


Diagram depicts the frequency and percentage distribution of high school children according to their level of knowledge

The finding of the study is that out of 100 samples 17% have low knowledge, 44% have average knowledge and 38% have good knowledge regarding substance use during the pre-test. Among the 100 samples, 97% had good knowledge, 3% had average knowledge and no one had low knowledge regarding substance use after receiving structured teaching program.

Evaluate the effectiveness of structured teaching program regarding substance use among high school children

N=100

Sl No	Assessment	Mean	Standard deviations	't' value	Df	P value
1	Pre-test	10.57	4.438	26.346	99	0.001
2	Post-test	22.39	2.330			

The data presented in the above table shows that there is a significant difference in the mean, pre-test and post-test knowledge score of substance use among high school children and difference is statistically significant (t=26.346, p=0.001).

Association between selected demographic variables and level of knowledge regarding substance use.

N=100

Sl No	Demographic variable	Df	Chi ² value	INFERENCE
1.	Age	2	6.2813	S*
2.	Gender	2	0.235	NS*
3.	Area	4	7.7	NS*
4.	Family type	4	3.377	NS*
5.	Parent occupation	4	13.86	S*
6.	Monthly income	4	5.26	NS*

S*= Significant

NS*= Not Significant

The calculated value of χ^2 is greater than tabular value for the demographic variables age and occupation that is 6.281 and 13.86 respectively.

DISCUSSION

Major findings of the study revealed that out of 100 high school children, the knowledge score among boys 34% had good knowledge and knowledge score of girls 40% had good knowledge on substance use after attending teaching program. The mean post test level of knowledge score of high school children was higher than the mean pre test knowledge score after structured teaching program ($t=26.346$). There was a significant association between knowledge score of high school children and selected demographic variables such as age of the child and parent occupation.

CONCLUSION

Effectiveness of structured teaching program on level of knowledge regarding substance use among high school children is the main concept of the study. Administration of structured teaching program found to be effective among high school students regarding knowledge on substance use.

LIMITATIONS OF THE STUDY

The study sample was confined to only 8th, 9th, 10th students of Anjarakandy higher secondary school.

RECOMMENDATIONS

*A study can be replicated with larger sample, that finding can be generalized for a larger population.

*A comparative study can be conducted among rural and urban high school children.

*A similar study can be conducted among parents and school teachers.

Declaration of conflicting interests

The authors declare no potential conflicts of interest with respect to the research, authorship and publication of this article.

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