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## Pre Experimental study to assess effectiveness of awareness programme on knowledge regarding alcohol abuse and its treatment among the boys of nursing students in S.G.R.R.I.M.& H.S College of Nursing Dehradun Uttarakhand

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### ABSTRACT

*Today's student is tomorrow's citizen; it is necessary for us to prevent adolescents from becoming prone to substance abuse. An adolescent is a period when a lot of change takes place in the body and mind. Adolescents start using harmful and illegal substances like drinking, smoking, and drug abuse. These substances affect the general health and physical growth, emotional development, and school performance. Continued use of these substances can lead to physical and psychological harm; it is very difficult to stop. According to WHO, 8.9% of the total burden of disease is due to the use of psychoactive substances, in which 4.1% is alcohol, 0.8% is illicit drug abuse, and the rest is due to the burden of disease. There are 2 billion alcohol users globally according to WHO. In this study, the pre-experimental research design is used, and a convenient sampling technique is used for the selection of the sample. The structured questionnaire is used for the collection of data. The sample size is 60 nursing students. The level of knowledge score regarding alcohol abuse and its treatment among the boys' students is different according to the age group. The findings of the study conclude that in the 17-19 year age group, the knowledge score is 39.99%, in the 20-22 year age group, it is 46.66%, and in the 23-25 year age group, it is 13.33%. The reason for conducting the study is that the majority of students are in the adolescent age group and they are more prone to using alcohol at that age.*

**Keyword**— Effectiveness, Awareness, knowledge, Alcohol abuse, Nursing

### 1. INTRODUCTION

According to WHO, 8.9% of the total burden of disease is due to the use of psychoactive substances, in which 4.1% is alcohol, 0.8% is illicit drug abuse, and the rest is due to the burden of disease. There are 2 billion alcohol users globally according to WHO. Different disease burdens exist on different age groups. Illicit drug use can cause mortality in early age, while alcohol is mainly used (65%) before the age of 60, while 70% of tobacco deaths occur after the age of 60. As estimated, 7.5 crore Indians are drug addicts, and the number is increasing significantly, spreading to semi-urban and backward areas according to official figures. As per national surveys on extent, pattern, and trends of drug abuse in India conducted by the center in collaboration with the United Nations Office on Drugs and Crime, the current prevalence with age and rate in the 11-18 year age group was alcohol (21.4%), cannabis (3%), opiates (7%), or any illicit drug is 3.6%.

### 2. OBJECTIVES

- To assess the existing knowledge regarding alcohol abuse.
- To evaluate the effectiveness of awareness programmes on alcohol abuse and its treatment.
- To find out the association between post-test knowledge scores with their selected demographic variables.

### 3. METHODOLOGY

- Research design:** Pre-experimental research design is chosen to assess the knowledge of drug abuse among the boys of nursing students.
- Setting of study:** The study was conducted in SGRRIM & HS nursing college of Dehradun, Uttarakhand.
- Population:** 60 boys of nursing college are selected for the study, which are from SGRRIM & HS nursing college of Dehradun, Uttarakhand.
- Sample:** 60 boys of SGRRIM & HS Nursing college, Dehradun, Uttarakhand.
- Sample size:** 60 boys' students.
- Inclusion criteria**
  - Nursing boys' students, SGRRIM & HS Nursing College, Dehradun, Uttarakhand.
  - Those who are willing to participate in the study.
  - Student who can speak, write, and read English.

**(g) Exclusion criteria**

- Student who are not ready to participate.
- Student who are not available at the time of study.
- Nursing student boys who are not using alcohol.

**(h) Sampling technique:** Convenient sampling technique was used in the study.

**(i) Development and description of tool:** Tool are used for the study consist two part.

**Part I:** Socio demographic tool

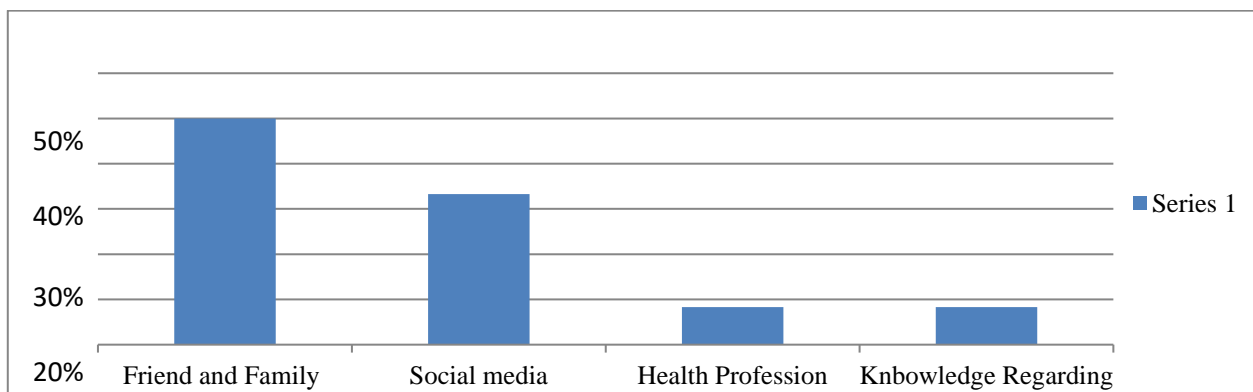
**Part II:** web authoring tool or software programme

Overall finding shows the there is significance association between knowledge of alcohol abuse.

**(j) Data Analysis and Interpretation**

**Table 1: Source of knowledge score regarding alcohol abuse among the nursing students (boys)**

Source of knowledge	Frequency	Percentages
Friends and family member	30	50%
Social media	20	33.32%
Health profession	5	8.33%
Knowledge regarding	5	8.32%
Total	60	100%



**Fig. 1: Source of knowledge regarding alcohol abuse among the boys of nursing**

Above bar diagram show the score related to source of knowledge about alcohol abuse among the boys nursing student. Which is as follows:

- 50% knowledge is gained from family member.
- 33.32% knowledge is gained from social media.
- 8.33% knowledge is gained from health professionals.
- 8.32% knowledge is gained from other sources.

The majority of the subject belong the source of knowledge, followed by (50%) subject to friend and family member, followed by 33.32% belong to the social media and followed by 8.33% belong to the health professional and 8.32% belong to the knowledge regarding.

**4. RESULT AND DICUSSION**

The source of knowledge is different in nursing boys’ students from the finding of study. the highest % of knowledge is gained from family member which is 50%, and 33.32% knowledge is gained from social media, or 8.33% from health professional and 8.32% from other sources so study is helpful for the society.

**5. CONCLUSION**

The finding of study concludes that highest % of knowledge on awareness on alcohol abuse and its treatment 17-19 year of sample maximum of sample 81.66% was in sex 81.66% above. the study prove that there is no significant association between pre experimental variable such as age religion educational qualification, food habit and residential area, type of family and previous knowledge and source of knowledge.

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