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A study to assess the effectiveness of Structured Teaching Programme (STP) on knowledge of high school students regarding drug addiction in selected high schools at selected rural areas

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ABSTRACT

Drug addiction/abuse is a social problem, not in India alone, but the entire world. The use of drugs has its own culture and history, which varies from country to country. The problem of drug abuse is growing at an explosive rate and in just little over a decade it has spread its malevolent tentacles to almost every part of the globe surmounting almost all barriers of race, caste, creed, religion, sex, educational status, economic strata etc. Drug addiction among adolescents has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes. In this study quasi- experimental two-group pre-test - post-test design was adopted. The study sample consider the 60 students' high school regarding drug addiction in selected High schools at selected rural areas. Its shows that difference between pre-test and post-test overall knowledge score was 28.26%. So the results of the study shown the difference between the pre-test and post-test knowledge score of the high school students regarding drug addiction was statistically significant and the difference is due to the administration of structured teaching programme to high school students regarding drug addiction. The post-test analysis revealed there is significant association was found with age, monthly income of the family, year of high school study and source of information regarding drug addiction at $p < 0.05$ and no association could be found with other demographic variables of high school students. The majority of students awarded about the substance abuse side effect, Treatment, Coping with addiction by structured teaching

programme. The rise in drug use by young adolescents requires special attention from all the adults (and institutions) who work with young college going population.

Keywords: High School Students, Drug Addiction, Structured Teaching Programme (STP), Knowledge

1. INTRODUCTION

Drug addiction among adolescents has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes. June 26, 1992 was declared by W.H.O as the International Day against Drug Abuse and Illicit Trafficking. In addition, the years 1991-2000 were designated as the United Nations Decade against Drug Abuse. Global trade and liberalisation of socio-cultural interaction of the society has made easy access to use and spread of narcotic substances. Drug addiction is a universal phenomenon with its roots in history and tradition. Drug abuse problem has become a global challenge. From a transit country India is fast becoming a major consumer of different kinds of drugs. It has become a worldwide phenomenon among students.

Objectives: 1.To assess the knowledge of High school students regarding drug addiction before administering the structured teaching programme. 2.To develop and administer structured teaching programme on drug addiction. 3.To assess the knowledge of High school students regarding drug addiction after administering the structured teaching programme. 4. To evaluate the effectiveness of structured teaching programme to High school students regarding the knowledge about drug

addiction. 5.To examine association between the level of knowledge and selected socio demographic variables of High school students towards drug addiction.

2. MATERIAL AND METHODS

An evaluative research approach was adopted to test the main objective of evaluating the effectiveness of structured teaching programme on knowledge of High school students regarding drug addiction. In this study two-group pre-test - post-test design was adopted. Age in years, Gender, Religion, Type of family, Parent’s occupation, Monthly income of family, Year of engineering study, Percentage of marks obtained in previous year, any of your known people is drug addict, and source of information regarding drug addiction unit were the extraneous variables. The study was conducted in High schools at selected rural areas. This High schools was selected because sufficient participants will be available; proximity of this hospital, 200 meters from the study centre, made the data collection and also the study process easy. The study sample consisted of 60 High school students. After explaining the purpose of the study, written consent was obtained from the subjects. Based on the baseline data, subjects who met inclusion criteria were included

in the study. **Structured teaching programme:** In this study, it refers to the systematically developed instructional method and teaching aids designed for High school students to provide information regarding drug addiction. **Knowledge:** In this study, it refers to the correct response of High school students to the structured questionnaire on drug addiction. It also refers to the awareness and understanding of High school students regarding drug addiction, which covers the general information on reasons, causes, effects, prevention and management. Its included Knowledge about drug addiction, commonly abused drugs, Causes for drug addiction. Routes of drug addiction, Ill effects of drug addiction, Complication of drug addiction, Treatment for drug addiction, **Grading of the scores is as follows:** Inadequate knowledge level = 0-10 marks, Moderate knowledge level= 11-20 marks, Adequate knowledge level= 21-30 marks.

3. STATISTICAL ANALYSIS

A sample size of study is 60 High school students. The data on sample characteristics were analysed using descriptive statistic.

Table 1: Aspect wise pre-test mean knowledge scores of high school students regarding drug addiction

| n=60 | | | | | | |
|------------------------|---------------|-----------|-------|-------|------|-------|
| Aspects wise knowledge | Max Statement | Max Score | Range | Mean | SD | Mean% |
| Drug addiction | 14 | 14 | 3--9 | 6.37 | 2.34 | 45.50 |
| Causes & Ill effects | 7 | 7 | 2--6 | 3.45 | 2.6 | 49.29 |
| Treatment | 9 | 9 | 2--6 | 4.69 | 3.2 | 52.11 |
| Overall | 30 | 30 | 7--18 | 14.51 | 3.8 | 48.37 |

The above table and figure-12, describes the mean and standard deviation of knowledge score obtained by High school students regarding drug addiction before administration of structured teaching Programme. It is noticeable in the table that the staff

nurses had obtained significantly low score in each aspect of drug addiction before administration of structured teaching Programme with overall mean 14.51(48.37%) and standard deviation 3.8.

Table-2 Aspect wise post-test mean knowledge scores of high school students regarding drug addiction.

| n=60 | | | | | | |
|------------------------|---------------|-----------|--------|-------|------|-------|
| Aspects wise knowledge | Max Statement | Max Score | Range | Mean | SD | Mean% |
| Substance abuse | 14 | 14 | 7--12 | 10.3 | 2.2 | 73.57 |
| Causes & Ill effects | 7 | 7 | 4--7 | 5.89 | 1.8 | 84.14 |
| Treatment | 9 | 9 | 5--8 | 6.8 | 2.92 | 75.56 |
| Overall | 30 | 30 | 15--27 | 22.99 | 3.2 | 76.63 |

The above table-4 and figure-14 Shows that, the mean and standard deviation of knowledge score obtained by high school students regarding drug addiction after administration of structured teaching Programme. It is noticeable in the table that the high school students have obtained significantly high score in each aspect of drug addiction after administration of structured

teaching Programme with overall mean 22.99(76.63%) and standard deviation 3.2.

Objective : To evaluate the effectiveness of structured teaching Programme to high school students regarding the knowledge about drug addiction.

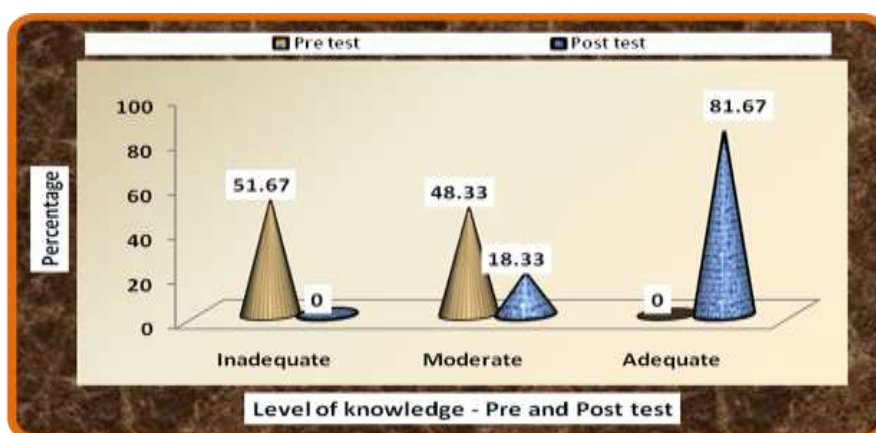


Fig. 1: Mean, SD and Mean% of the knowledge of high school students regarding drug addiction before and after administering the structured teaching programme.

The above table shows the comparison of pre-test and post-test knowledge of high school students on drug addiction. The pre-test table depicts majority of high school students 31(51.67%) had inadequate level of knowledge about drug addiction Only 39(48.33%) of high school students had moderate level of knowledge and none of high school students had adequate knowledge regarding drug addiction before administration of structured teaching programme. The post-test table depicts that,

majority of high school students 49(81.67%) had adequate level of knowledge about drug addiction whereas 11(18.33%) of high school students had moderate level of knowledge and none of high school students had inadequate knowledge regarding drug addiction after administration of structured teaching Programme. Hence the data reveals the effectiveness of structured teaching Programme.

Table 3: Association between demographic variables and post-test knowledge level of high school students on drug addiction.

| S no. | Demographic Variables | No | % | Level of knowledge | | | | Chi square |
|----------|--|----|-------|--------------------|-------|---------------|-------|------------|
| | | | | ≤ Median (27) | | < Median (33) | | |
| | | | | No | % | No | % | |
| 1 | Age in years | | | | | | | |
| | a) 13 years | 20 | 33.33 | 14 | 70 | 6 | 30 | 9.50 |
| | b) 14 years | 24 | 40.0 | 9 | 37.5 | 15 | 62.5 | df 3 |
| | c) 15 years | 12 | 20.0 | 4 | 33.3 | 8 | 66.7 | S |
| | d) 16 years and above | 4 | 6.67 | 0 | 0.0 | 4 | 100.0 | |
| 2 | Sex | | | | | | | |
| | a) Male | 49 | 81.67 | 24 | 49.0 | 25 | 51.0 | 1.70 |
| | b) Female | 11 | 18.33 | 3 | 27.3 | 8 | 72.7 | df 1 N.S |
| 3 | Religion | | | | | | | |
| | a) Hindu | 34 | 56.67 | 16 | 47.1 | 18 | 52.9 | 0.15 |
| | b) Christian | 21 | 35.00 | 9 | 42.9 | 12 | 57.1 | df 2 |
| | c) Muslim | 5 | 8.33 | 2 | 40.0 | 3 | 60.0 | N.S |
| | d) Others | 0 | 0.0 | 0 | 0 | 0 | 0 | |
| 4 | Type of family | | | | | | | |
| | a) Joint family | 12 | 20.0 | 5 | 41.7 | 7 | 58.3 | 0.07 |
| | b) Nuclear family | 48 | 80.0 | 22 | 45.8 | 26 | 54.2 | df 1 N.S |
| 5 | Parents occupation | | | | | | | |
| | a) Government service | 19 | 31.67 | 10 | 52.6 | 9 | 47.4 | 7.34 |
| | b) Private Service | 32 | 53.33 | 9 | 28.1 | 23 | 71.9 | df 3 |
| | c) Self-employed/Business | 7 | 11.67 | 2 | 28.6 | 5 | 71.4 | N.S |
| | d) Agriculture | 2 | 3.33 | 2 | 100.0 | 0 | 0.0 | |
| 6 | Monthly income of the family | | | | | | | |
| | a) Rs.5, 000-Rs.10, 000 | 23 | 38.33 | 16 | 69.6 | 7 | 30.4 | 14.30 |
| | b) Rs.10, 000-Rs.15, 000 | 12 | 20.00 | 6 | 50.0 | 6 | 50.0 | df 3 |
| | c) Rs.15, 000-Rs.20, 000 | 16 | 26.6 | 5 | 31.3 | 11 | 68.8 | S |
| | d) Rs.20, 000 and above | 9 | 15.0 | 0 | 0.0 | 9 | 100.0 | |
| 7 | Year of High school study | | | | | | | |
| | a) 7 th standard | 12 | 20.0 | 9 | 75.0 | 3 | 25.0 | 19.60 |
| | b) 8 th standard | 10 | 16.67 | 5 | 50.0 | 5 | 50.0 | df 6 |
| | c) 9 th standard | 10 | 16.67 | 4 | 40.0 | 6 | 60.0 | S |
| | d) 10 th standard | 8 | 13.33 | 4 | 50.0 | 4 | 50.0 | |
| 8 | Percentage of marks obtained in previous year | | | | | | | |
| | a) 90% and above | 4 | 6.67 | 0 | 0.0 | 4 | 100.0 | 8.54 |
| | b) 80% and above | 12 | 20.0 | 5 | 41.7 | 7 | 58.3 | df 4 |
| | c) 70% and above | 22 | 36.67 | 8 | 36.4 | 14 | 63.6 | N.S |
| | d) 60% and above | 17 | 28.33 | 12 | 70.6 | 5 | 29.4 | |
| | e) 50% and above | 5 | 8.33 | 2 | 40.0 | 3 | 60.0 | |
| | f) 40% and above | 0 | 0.00 | 0 | 0 | 0 | 0 | |

n=60

| | | | | | | | | |
|----|---|----|-------|----|------|----|------|------|
| 9 | Any of your known people is drug addict? | | | | | | | |
| | a) Family member | 0 | 0.0 | 0 | 0 | 0 | 0 | |
| | b) Friends | 4 | 6.67 | 3 | 75.0 | 1 | 25.0 | 1.60 |
| | c) Neighbors | 2 | 3.33 | 1 | 50.0 | 1 | 50.0 | df 2 |
| | d) None | 54 | 90.0 | 23 | 42.6 | 31 | 57.4 | N.S |
| 10 | Source of information regarding drug addiction | | | | | | | |
| | a) Mass Media | 38 | 63.33 | 22 | 57.9 | 16 | 42.1 | 8.40 |
| | b) Peer group/ Friends | 18 | 30.0 | 3 | 16.7 | 15 | 83.3 | df 2 |
| | c) If any other sources | 4 | 6.67 | 2 | 50.0 | 2 | 50.0 | S |

N.S- Not significant S- Significant at P<0.05level

It shows the association of knowledge level of high school students regarding drug addiction after administering the structured teaching programme with their selected demographical variables, using Chi –square test. The analysis revealed that there is significant association was found with age, monthly income of the family, year of high school study and source of information regarding drug addiction at $p < 0.05$ and no association could be found with other demographic variables of high school students.

The first objective of the study is: - To assess the knowledge of High school students regarding drug addiction before administering the structured teaching programme.

Based on the above objective of the study the data was collected by the investigator during the pre-test revealed that the knowledge of high school students on drug addiction. The pre-test data revealed that, majority of high school students 31(51.67%) had inadequate level of knowledge about drug addiction, whereas 29(48.33%) of high school students had moderate level of knowledge and none of high school students had adequate knowledge regarding drug addiction before administration of structured teaching programme.

The second objective of the study is: - To develop and administer structured teaching programme on drug addiction.

The investigator prepared structured teaching programme on knowledge of high school students regarding drug addiction. This topic consists of general information knowledge about drug addiction, causes, its effects and management. Teaching was given by power point.

The third objective of the study is: - To assess the knowledge of high school students regarding drug addiction after administering the structured teaching programme.

The findings of the study revealed a significant increase in the post-test knowledge score of high school students after the administration of structured teaching programme. The post test data revealed that, majority of high school students 49(81.67%) had adequate level of knowledge about drug addiction whereas 11(18.33%) of high school students had moderate level of knowledge and none of high school students had inadequate knowledge regarding drug addiction after administration of structured teaching Programme.

The fourth objective of the study is: - To evaluate the effectiveness of structured teaching programme to high school students regarding the knowledge about drug addiction.

The pre-test table depicts majority of high school students 31(51.67%) had inadequate level of knowledge about drug addiction Only 39(48.33%) of high school students had moderate level of knowledge and none of high school students had adequate knowledge regarding drug addiction before administration of structured teaching programme. The post-test table depicts that, majority of high school students 49(81.67%) had adequate level of knowledge about drug addiction whereas 11(18.33%) of high school students had moderate level of knowledge and none of high school students had inadequate knowledge regarding drug addiction after administration of structured teaching Programme. Hence the data reveals the effectiveness of structured teaching Programme.

The fifth objective of the study is: - To examine association between the level of knowledge and selected socio demographic variables of high school students towards drug addiction.

The association of knowledge level of high school students regarding drug addiction before administering the structured teaching programme with their selected demographical variables, using Chi –square test. The analysis revealed that there is significant association was found with -age, percentage of marks obtained in previous year and source of information regarding drug addiction at $p < 0.05$ and no association could be found with other demographic variables of high school students. The association of knowledge level of high school students regarding drug addiction after administering the structured teaching programme with their selected demographical variables, using Chi –square test. The analysis revealed that there is significant association was found with age, monthly income of the family, year of high school study and source of information regarding drug addiction at $p < 0.05$ and no association could be found with other demographic variables of high school students.

4. HYPOTHESIS TESTING

Hypothesis testing was done to evaluate the effectiveness of structured teaching programme on knowledge of high school students regarding drug addiction at selected High schools at, Bidar. The paired‘t’ test was used to test the hypothesis and significant difference in the level of knowledge between pr-test and post-test. Chi-square test was used to test the hypothesis and significant association in knowledge between pre-test and post-test. The overall mean score of pretest is 14.51(48.37%) and overall mean score of post-test was 22.99(76.63%) knowledge. Based on the paired‘t’ value of the findings H_0 is rejected as there was significant difference between pre test and post test scores of the high school students regarding drug addiction. And H_1 was accepted as there was significant association between post test scores and selected demographic variables.

5. CONCLUSION

The structured teaching programme was significantly effective in improving knowledge regarding Drug addiction in high school students.

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