

# A pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding the prevention of substance abuse among young adults studying in selected colleges of Muktsar, Punjab.

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**Abstract:** The Aim of the study to Access the effectiveness of structured teaching programme on knowledge regarding the prevention of substance abuse among Adults studying in selected collages of Muktsar Punjab. Sample size was 60. The design used for this study was pre-experimental in nature . Structured Knowledge questionnaire includes 30 questions preparation of blue print , constructing of items pretesting and testing realibility and validity pilot study was conducted on 6 purposively selected respondants by Administrating structured knowledge questionnaire for pre and post test in order to ascertain the reliability and validity of the tool by karl pearson's method . The realibility coefficient worked out to be 0.9

**Keywords:** Adults, Substance abuse , pre test / post test

## INTRODUCTION

Prevalence of substance abuse is high among young adults as they are keen to experiment the drugs to fulfill their curiosity. If their experimentation could be prevented by making them aware about the abuse and its consequences, the prevalence of the substance abuse can be reduced.

As Good health is a prerequisite of human productivity and the developmental process. Health is essential to economic and technological development of the country. Health is a state of well- being of individual and community. Health as the person's capacity to function in a way to maximize potential, to maintain a balance appropriate to age and social needs, to be reasonably free of gross dissatisfaction, discomfort, disease or disability and to behave in ways that promote survival as well as self- fulfillment or enjoyment.<sup>1</sup>

Young adults are considered to be those people fall into the age group of 18-25 years. The period of young

adult is not easy stage of life for most of the time because it is a period of transition from childhood to adulthood. During this age group many alterations like physical, emotional, education, social, Psychological and economical changes take place.<sup>2</sup>

According to WHO Substance abuse refers to the harmful or hazardous use of psychoactive substance, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome- a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometime a physical withdrawal symptoms.<sup>3</sup>

Drugs commonly misused are: Cannabis and its product ( Bhang, Charas, Ganja, Hashish, Marijuana), Opioids(Morphine, Pethidine, Pentazocine, heroin), Tranquillizers, Hypnotics and sedatives (Diazepam, chloral hydrate, Benzodiazepines), Barbiturates (Phenobarbital, Secobarbital), Amphetamines (Pemoline, dextro amphetamine, methyl amphetamine) , Hallucinogens(LSD, Mescaline, Phencyclidine), Tobacco, Cocaine, Alcohol, Inhalants, pain killers.<sup>4</sup>

Substance refers to prescription drugs, over the counter medications, illicit drugs and alcohol. Substance abuse is defined as ' It is the maladaptive pattern of drug user leading to impairment or distress in social and occupational functioning manifested by failure to fulfill major roles, use in situations that are hazardous, securing related legal problems and continued use.

## Research statement

“A pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding the prevention of substance abuse among young adults studying in selected colleges of Muktsar, Punjab.”

## AIM OF STUDY

To assess the effectiveness of structured teaching programme on knowledge regarding the prevention of substance abuse among young adults.

## OBJECTIVES OF THE STUDY

1. To assess the pre test knowledge score regarding prevention of substance abuse among young adults.
2. To implement the structured teaching programme regarding prevention of substance abuse among young adults.
3. To evaluate the effectiveness of structured teaching programme on prevention of substance abuse among young adult.
4. To determine the association between post test knowledge score regarding prevention of substance abuse with their selected demographic variables.

## HYPOTHESIS

H1: The mean post test scores of young adults regarding knowledge of substance abuse will be significantly higher than the mean pre test knowledge scores after structured teaching programme.

H2: There will be significant association between Post test knowledge score with their selected demographic variables.

## Delimitations:

The study will be limited to

1. Young adults who are between the age group 18-25 years.
2. Young adults who are studying at selected colleges of Muktsar.
3. Young adults who are present at the time of data collection.
4. Young adults who are willing to participate in the study.

## METHODOLOGY

Research methodology deals with the methodology adopted for the proposed study. It includes research approach, research design, setting of the study,

population, sampling technique, method data collection.

## Research approach

A research approach is an umbrella that covers the basic procedure for conducting research. It tells the researcher from whom to collect data, how to collect the data and how to analyze them. It also suggests possible conclusions and helps the researcher in answering specific research question, is the most accurate and efficient way possible.

The research design is a plan structure and strategy for investigations in answering the research questions. It is the overall plan or blue print selected to carry out the study. A pre experimental research approach was used for the study.

## Research design

The research design adopted for the study was Pre-experimental One group pre test and post test design.

## Section I

Analysis and interpretation on the basis of demographic variable

It depicts classification of subjects according to age, gender, religion, residence, family income, source of information.

□ The result revealed that age (in years) of young adults, majority i.e. 46 (76.7%) belonged to age group 18-20 years, 12 (20%) belonged to age group 21-23 years, 2 (3.3%) belonged to age group > 25 years.

□ Score of gender revealed that majority i.e. 42 (70%) were males and 18 (30%) were females.

□ Score of religion revealed that majority i.e. 33 (55%) belonged to Hindu religion, 21 (35%) belonged to Sikh religion, 4(6.7%) belonged to Christian religion and 2(3.3%) belonged to Muslim religion.

□ Score of residence shows that majority i.e. 43(71.7%) belonged to urban area, 17 (28.3%) belonged to rural area.

□ Score of family income (monthly) shows that majority 30 (50%) had below Rs 10,000/-, 14(23.3%) had Rs 10,001 – Rs 20,000/- , 8(13.3%) have Rs 20,001 – Rs 30,000 and 8(13.3%) has above Rs 30,001.

□ Score of source of information revealed that majority of young adults i.e. 21 (35%) had friends, 20(33.3%) had family members and relatives 19(31.7%)

## Section-II

Assessing the level of knowledge of samples regarding prevention of substance abuse among young adults in pretest

Table no: 1 Frequency and percentage distribution of pre-test knowledge score among young adults.

S.No	Level of Knowledge	Frequency (f)	Percentage
1.	Low (0-10)	29	48.3%
2.	Moderate (11 – 20)	31	51.7%
3.	High (21-30)	0	0%

Table-1: revealed that majority of young adults i.e. 31(51.6%) has moderate knowledge, 29 (48.3%) has low level of knowledge, 0% has high level of knowledge regarding prevention of substance abuse.

Section-III

Table-2 Assessing the level of knowledge of samples regarding prevention of substance abuse among young adults in post test

S.No	Level of Knowledge	Frequency (f)	Percentage
1.	Low (0-10)	0	0%
2.	Moderate (11 – 20)	16	26.7%
3.	High (21-30)	44	73.3%

Table-2: revealed that majority of young adults i.e. 44(73.3%) has high level of knowledge, 16 (26.7%) has moderate level of knowledge regarding prevention of substance abuse.

Section –IV

To assess the effectiveness of structured teaching programme and comparison of mean and standard deviation scores of samples knowledge in pre and post test.

Table-no:3 N=60

Variable	Mean	Standard Deviation	t Test value	Table Value
Pre test	10.6	2.3	31.25	2.00
Post test	23.3	3.1		

df = 59

Table 3: shows that mean score of pre test and post test of samples regarding prevention of substance abuse is 10.6(SD + 2.3) and 23.3 (SD + 3.1) respectively. Post

test mean score was higher than the pre test mean scores the ‘t’ test value is 31.25 which is significant at 0.05 level as (p>0.05).

CONCLUSION

The result of study shows that there is significant difference in the mean post test score. The findings reveals that the pre-test mean knowledge score on knowledge regarding prevention of substance abuse among young adults found to be 10.6, with SD=2.3. The post test mean knowledge score found to be 23.3, with SD=3.1.

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