

Effectiveness of Structured Teaching Programme on Knowledge Regarding Smoking Cessation among Adolescent Boys in Selected Colleges, Sasaram, Bihar

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Abstract—Background: Tobacco use among adolescents is increasing globally and is a major public health concern. Adolescents are highly vulnerable to initiation of smoking due to peer pressure, stress, and lack of awareness of health hazards.

Objective: To assess the effectiveness of a structured teaching programme (STP) on knowledge regarding smoking cessation among adolescent boys.

Methods: A pre-experimental one-group pre-test-post-test design was used among 60 adolescent boys selected through convenient sampling from a college in Sasaram, Bihar. A validated structured knowledge questionnaire (20 items) assessed knowledge before and after STP. Data were analyzed using descriptive and inferential statistics.

Results: Mean pre-test knowledge score was low, whereas post-test scores showed significant improvement after the STP. A statistically significant difference was found between pre-test and post-test knowledge levels ($p < 0.05$).

Conclusion: The structured teaching programme was effective in improving knowledge regarding smoking cessation among adolescent boys.

Index Terms—Smoking cessation, Adolescents, Structured teaching programme, Tobacco use, Health education.

I. INTRODUCTION

Tobacco use remains one of the leading preventable causes of morbidity, disability, and mortality worldwide. Adolescence is the most critical stage for tobacco initiation, with most smokers beginning before 18 years of age. Smoking causes numerous

health complications, such as lung cancer, COPD, cardiovascular diseases, and adverse pregnancy outcomes. Despite strong evidence of harm, awareness among adolescents remains inadequate, especially in rural and semi-urban regions.

In India, tobacco consumption among youth is influenced by peer influence, family habits, stress, and aggressive media advertising. According to WHO, tobacco kills more than 8 million people annually, with 1.2 million deaths due to second-hand smoke. Strengthening awareness among adolescents is essential for preventing early onset of smoking and promoting cessation.

II. BACKGROUND OF THE STUDY

India is one of the largest consumers of tobacco in the world. The Global Adult Tobacco Survey (GATS) indicates that 28.6% of adults use tobacco. Adolescents in India exhibit increasing rates of both smoking and smokeless tobacco use. The addictive nature of nicotine, socio-cultural acceptance, and easy availability make tobacco use widespread in this age group.

Previous studies have shown that adolescent smokers demonstrate poor knowledge about cessation strategies and are highly susceptible to long-term addiction. The introduction of STP may significantly enhance their understanding, thereby motivating them to adopt preventive behaviors.

III. NEED FOR THE STUDY

Tobacco use among adolescents is a public health emergency. Early initiation increases the risk of long-term addiction, chronic diseases, and premature death. Studies estimate that 250 million young people worldwide may eventually die due to tobacco use if current trends persist. Indian adolescents aged 13–15 years show high prevalence of both smoking and smokeless tobacco use. Thus, educating adolescent boys on smoking cessation is crucial for prevention and control of tobacco-related diseases.

IV. OBJECTIVES

1. To assess the pre-test knowledge regarding smoking cessation among adolescent boys.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding smoking cessation.
3. To find the association between pre-test knowledge and selected demographic variables.

V. METHODS

Research Design

A pre-experimental one-group pre-test–post-test design.

Setting

Selected colleges in Sasaram, Bihar.

Population

Adolescent boys aged 13–19 years studying in selected colleges.

Sample & Sampling Technique

60 adolescent boys selected through non-probability convenience sampling.

Research Tool

A structured knowledge questionnaire consisting of:

- Demographic variables: age, income, type of family, history of smoking, prior knowledge
- 20 knowledge items related to smoking hazards and cessation

Scoring categories:

- Poor (0–5)
- Average (6–10)
- Good (11–15)

- Excellent (16–20)

Intervention

A structured teaching programme including information on tobacco hazards, nicotine addiction, withdrawal, cessation strategies, and support systems.

VI. DATA COLLECTION PROCEDURE

1. Pre-test administered
2. STP delivered in lecture & discussion format
3. After 7 days, post-test administered
4. Data analyzed using descriptive and inferential statistics (paired t-test)

VII. RESULTS AND DATA ANALYSIS

Demographic Findings

Majority of participants were aged 17–19 years, belonged to nuclear families, and had prior exposure to information on smoking hazards through media or peers.

Knowledge Scores

Knowledge Level	Pre-test	Post-test
Poor	High %	Dramatically reduced
Average	Majority	Fewer
Good	Few	Increased
Excellent	Very few	Significantly increased

Mean Pre-test Score: LowMean Post-test Score: Significantly higherPaired t-test: $p < 0.05$ indicating significant effectiveness of STP

Interpretation

The structured teaching programme improved the knowledge levels among adolescent boys regarding smoking cessation.

VIII. DISCUSSION

The findings reveal that adolescent boys initially possessed inadequate knowledge about health hazards and cessation strategies related to smoking. After the structured teaching programme, their knowledge improved significantly. Similar results were reported by studies conducted in India, Nepal, and China,

which emphasize the importance of school-based awareness programs. Knowledge enhancement plays a crucial role in motivating young individuals to quit tobacco or avoid initiation.

The positive response to STP highlights the need for regular educational interventions in colleges and schools. Strengthening tobacco control policies, youth-centered prevention programs, and early identification of at-risk adolescents are essential.

IX. SUMMARY

The study assessed the effectiveness of a structured teaching programme among 60 adolescent boys. The post-test scores showed a significant increase compared to pre-test scores, indicating that STP successfully improved knowledge regarding smoking cessation.

X. CONCLUSION

The structured teaching programme was highly effective in improving knowledge regarding smoking cessation among adolescent boys. Educational interventions such as STP should be implemented routinely in schools and colleges to prevent tobacco initiation and promote cessation among youth.

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(You may format these according to the journal guidelines)

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