

A Study To Assess The Effectiveness Of Structure Teaching Programme On Level Of Knowledge Regarding Substance Abuse Among Adolescent Boys In Selected School Of Rural In Pudukkottai

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Abstract

Substance abuse, defined as a state of psychological or physical dependence on drugs, is a growing concern among adolescents. This study aimed to assess the effectiveness of a structured teaching programme on knowledge regarding substance abuse among adolescents at Government Higher Secondary School, Lembalakudi, Pudukkottai District.

A pre-experimental one-group pre-test and post-test design was used. A total of 100 students were selected using non-probability convenience sampling. Data were collected using a structured questionnaire. The majority of participants were 14 years old (67%), female (52%), Hindu (86%), from nuclear families (71%), and had a monthly family income below ₹10,000 (75%). Most had some prior awareness about substance abuse (83%).

In the pre-test, 30% of students had inadequate knowledge, 49% had moderate knowledge, and 21% had adequate knowledge. Post-test results showed improvement: 58% had moderate and 21% had adequate knowledge. The paired t-test revealed a significant increase in mean knowledge scores from 14.48 ± 4.09 to 17.54 ± 3.50 ($t = 12.7, p < 0.001$). A significant association was observed between knowledge level and variables such as sex, education level, and prior awareness.

The study concluded that the structured teaching programme was effective in enhancing adolescents' knowledge on substance abuse. Continued awareness programmes are recommended to prevent early initiation and its associated physical and psychological consequences.

INTRODUCTION:

"Substance abuse is harmful to one's health, family, and society."

"Prevention is better than cure."

Substance abuse is a growing global concern, particularly prevalent among young children and adolescents. At a stage where they are expected to build their future, many become entangled in substance use due to various social, emotional, and environmental factors. Substance abuse refers to the excessive use of drugs, alcohol, or other mind-altering substances to the extent that it negatively affects a person's physical, psychological, and social well-being.

The use and abuse of these substances among teenagers is alarmingly common and can lead to serious, long-term consequences. In the 15–24 age groups, nearly 50% of deaths—resulting from accidents, homicides, and suicides—are associated with substance abuse. Adolescents typically progress through stages including abstinence, experimentation, regular use (either recreational or as a coping mechanism), abuse, and eventually, dependence. Regular and prolonged use often leads to mental health issues such as anxiety and depression. Many teenagers resort to drugs or alcohol to cope with these underlying issues or due to poor social skills. Moreover, tobacco and alcohol are considered “gateway drugs,” potentially leading to the use of more dangerous substances like marijuana, cocaine, hallucinogens, inhalants, and heroin.

Effects on Schooling:

Teen substance use severely impairs academic performance. Many users skip classes, fail to complete assignments, and neglect responsibilities. Substance abuse negatively impacts relationships, self-esteem, finances, and most significantly, grades. Alcohol, one of the most commonly abused substances, remains easily accessible on many high school and college campuses, contributing significantly to this widespread issue.

STATEMENT OF PROBLEM;

A study to assess the effectiveness of structure teaching programme on level of knowledge regarding substance abuse among adolescent boys in selected school of rural in pudukkottai.

Objectives:

1. To assess the level of knowledge regarding substance abuse among adolescent boys before and after the intervention.
2. To evaluate the effectiveness of a structured teaching programme on the level of knowledge regarding substance abuse among adolescent boys.
3. To determine the association between selected demographic variables and post-test knowledge scores regarding substance abuse among adolescent boys.

Hypotheses:

- **H₁:** There will be a significant difference in the level of knowledge regarding substance abuse among adolescent boys before and after the structured teaching programme.
- **H₂:** There will be a significant association between post-test knowledge scores and selected demographic variables among adolescent boys.

Research Methodology: A pre-experimental research design with a one-group pre-test and post-test approach was adopted for this study. A total of 100 adolescent boys, aged 14 to 16 years, were selected from Lembalakudi Government Higher Secondary School in Pudukkottai using a non-probability convenience sampling technique. The pre-test was conducted to assess the baseline level of knowledge regarding substance abuse. Following this, a structured teaching programme was implemented as the intervention. The post-test was then administered to evaluate the changes in knowledge levels after the intervention.

Table 1: Distribution of samples based on the demographic variables n-100

S.no	Elements	Frequency	Percentage
1.	Age a) 14 years b) 15years c) 16years	67 29 4	67% 29% 4%
2.	Sex a) Male b) Female	48 52	48% 52%
3.	Religion a)Hindu b) Muslim C) Christian	86 10 4	86% 10% 4%
4.	Educational status o the student a)8 std b) 9 std c)10 std	26 46 28	26% 46% 28%
5`	Parents occupation		

	a) Government b) private c) business	6 37 57	6% 37% 57%
6.	Family income a) <10 000 b) 10,000-20,000 c) >20,000	75 18 7	75% 18% 7%
7.	Type of family a) Nuclear family b) Joint family	71 29	71% 29%
8.	Place o student staying a) home b) hostel	99 1	99% 1%
9.	Awareness about substance abuse a) yes b) no	83 17	83% 17%

Table 1: Distribution of Adolescents Based on Demographic Variables

Table 1 shows that among the 100 adolescents surveyed, 67% were aged 14 years, 29% were 15 years old, and 4% were 16 years old. Regarding gender, 48% were male and 52% were female. In terms of religion, the majority were Hindu (86%), followed by Muslim (10%) and Christian (4%).

With respect to educational status, 26% were studying in 8th standard, 46% in 9th standard, and 28% in 10th standard. Concerning parental occupation, 6% of parents were employed in government jobs, 37% in private jobs, and 57% were involved in business.

In terms of family income, 75% of participants reported a monthly income of less than ₹10,000, 18% between ₹10,000 and ₹20,000, and 7% above ₹20,000. Regarding the type of family, 71% belonged to nuclear families and 29% to joint families.

Regarding the place of residence, 99% of the adolescents lived at home, while only 1% resided in a hostel. In terms of awareness about substance abuse, 83% reported being aware of it, while 17% were not.

Figure 1 The pie diagram for the demographic variables of age

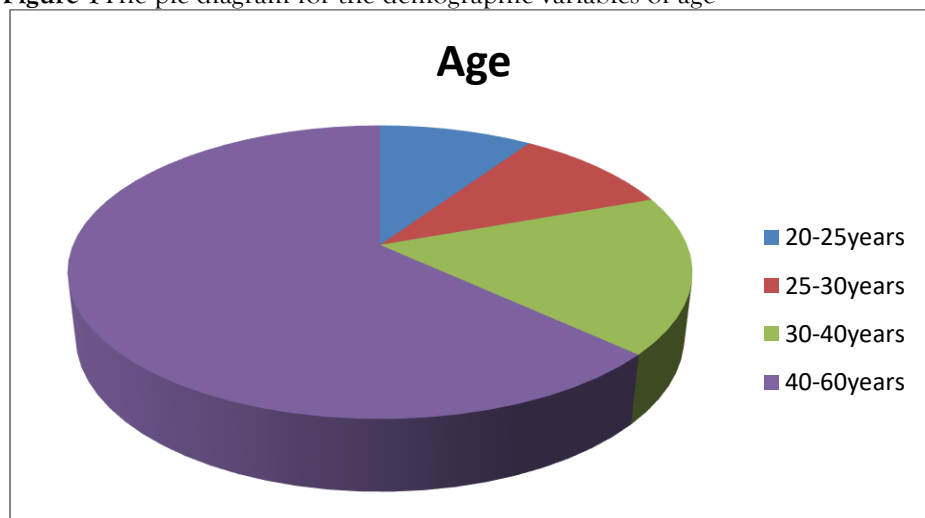


Figure 2: The bar diagram for the demographic variables of gender.

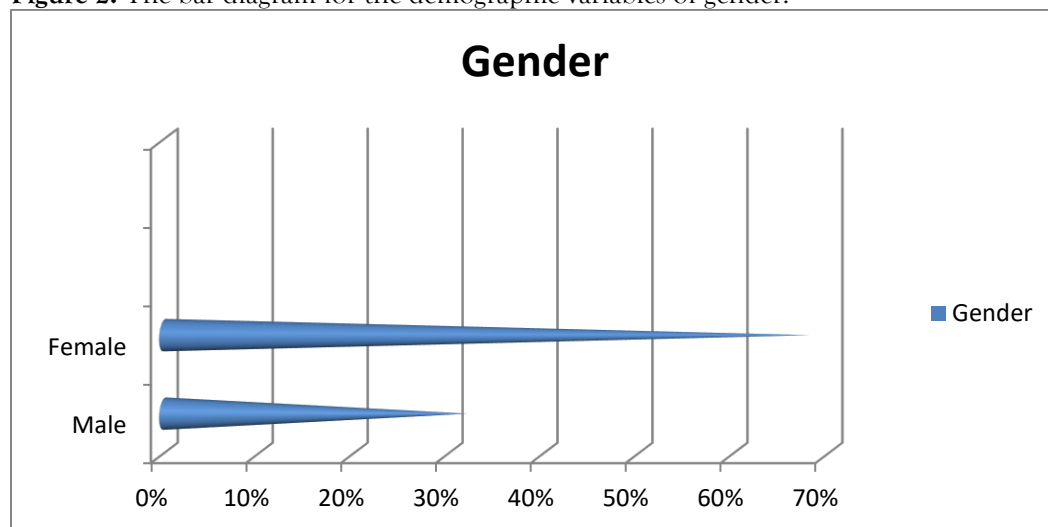


Figure 3 The demographic variables of religion

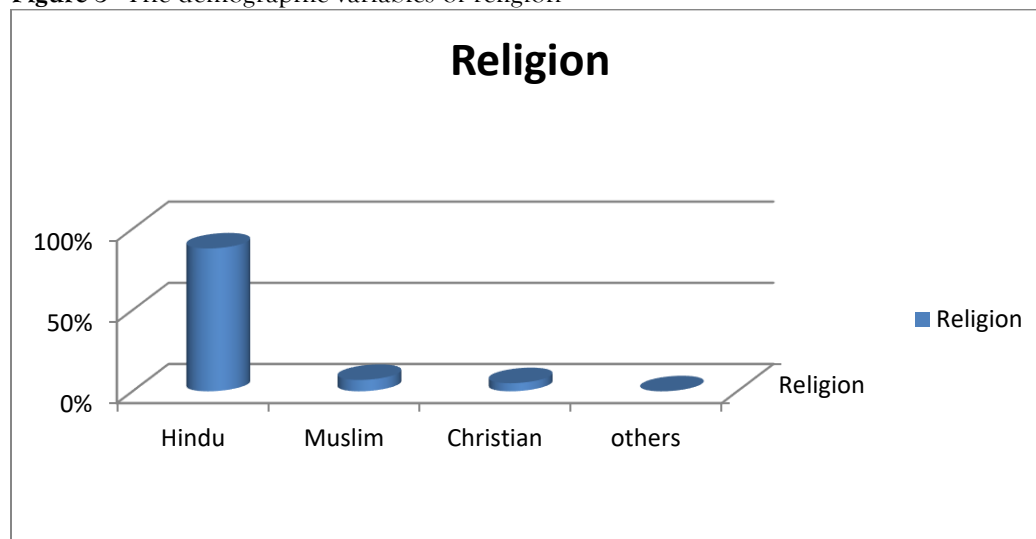


Figure 4: The demographic variables type of family

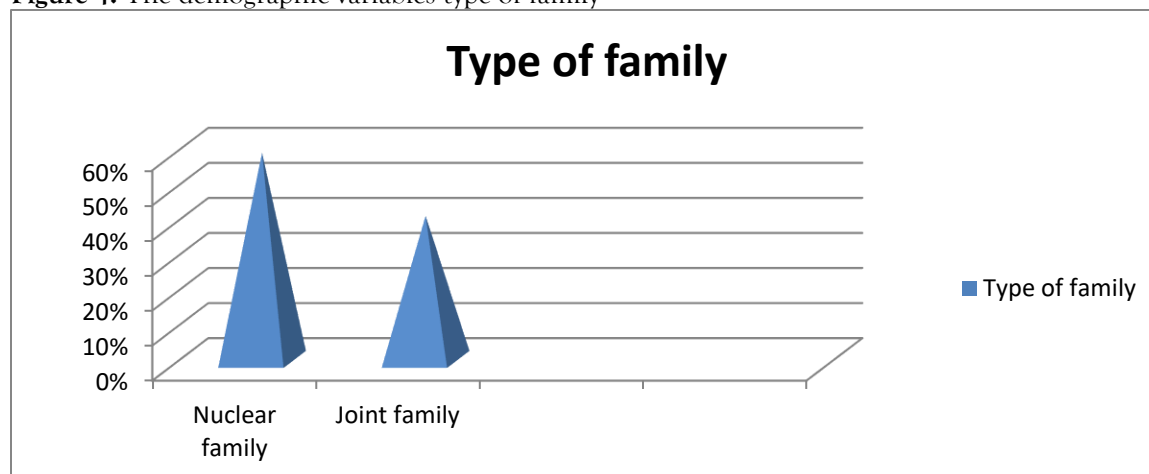


Figure 5: The demographic variables of education

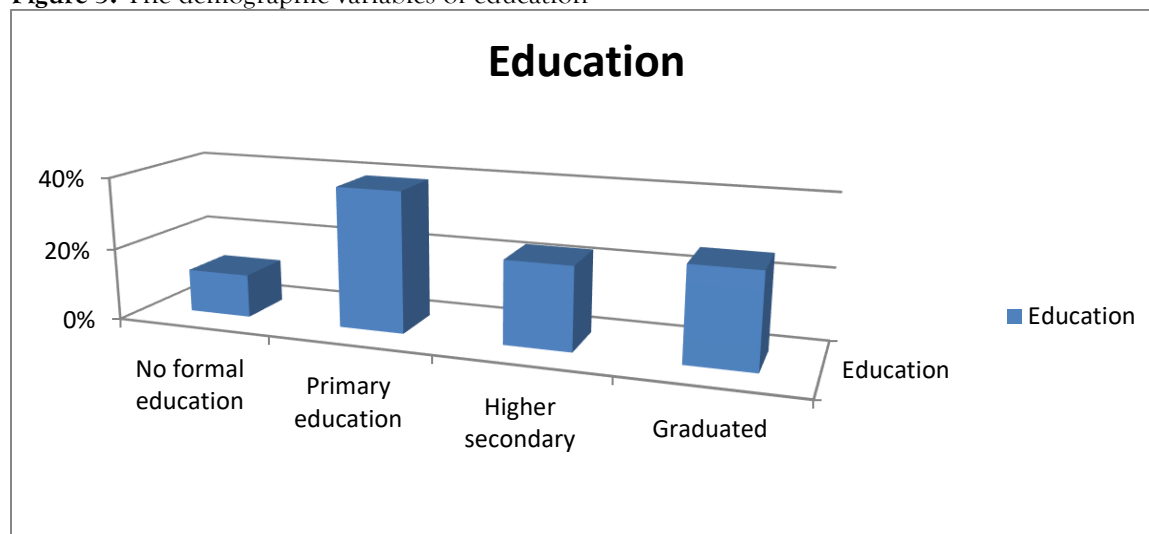


Figure 6: The pie diagram for the demographic variables of income

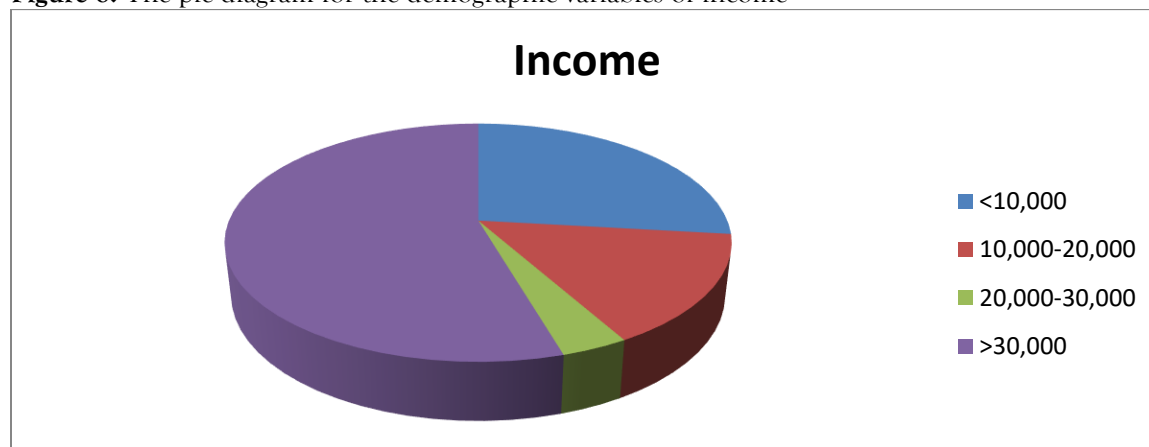


Figure 7: The column diagram for the demographic variables of occupation

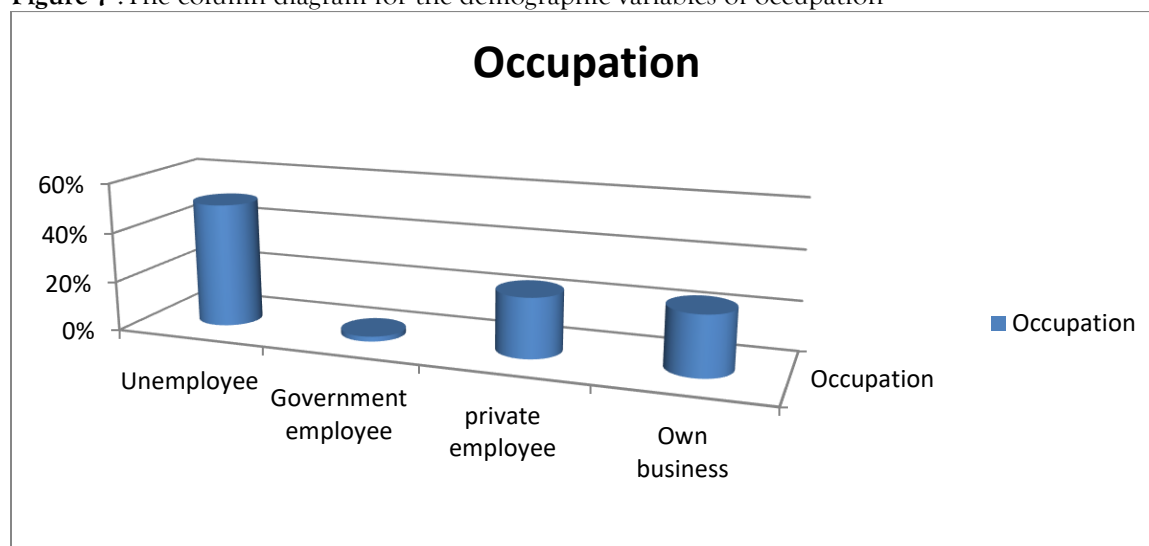


Figure-8 : Distribution of level of knowledge regarding effects of plastic waste and dispose on health among

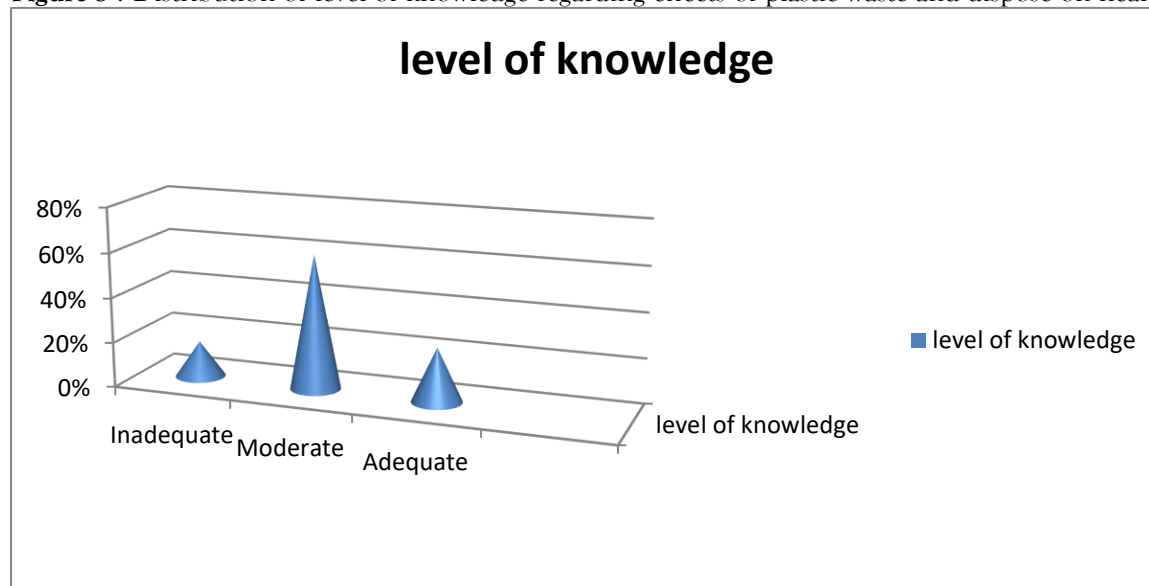


Table 2: Frequency and percentage distribution of level of knowledge regarding substance abuse among adolescents.

Pre test value;

S.no	Level of knowledge	Frequency	Percentage
1.	Inadequate	30	30%
2.	Moderate	49	49%
3.	Adequate	21	21%

The data represented in table 2, inadequate knowledge (30%), Adequate knowledge (49%), Moderate knowledge (21%).

Posttest value

s.no	Level of knowledge	Frequency	Percentage
1	Inadequate	21	21%
2..	Moderate	58	58%
3.	Adequate	21	21%

The data represented in table 2, Inadequate knowledge (21%), Adequate knowledge (58%), Moderate knowledge (21%).

Table 3; Paired test on knowledge score among adolescents

group	Variable	Mean	SD	T value	P value
Pre test	Knowledge	1448	4.094	12.7	< 0.001
Post test	knowledge	1754	3.502		

Table reveals that the knowledge mean score and the SD (1448 +_4.094) in the pre test mean score and SD was (1754+_ 3.502). reveals that the paired “t” test score with in the group on knowledge was 12.7($p < 0.001$) found to be highly significant in the pre-test and the post –test.

Table 4: Association between the selected demographic variables and level of knowledge regarding effects of substance abuse among adolescents

s.no	Demographic variables	Inadequate Frequency	Moderate Frequency	Adequate Frequency	X ²	P value
1.	Age a)14 years b)15 years c)16 years	14 5 2	42 14 2	11 10 0	3.618	13.28
2.	Sex a)male b)female	15 06	30 28	03 18	12.1772 [#]	9.21
3.	Religion a)Hindu b)Muslim christian	86 02 01	49 07 03	19 01 0	0.802	13.28
4.	Educational status o the student. a)8std b)9std c)10 std	07 10 04	18 27 13	01 09 11	14.3892 [#]	13.28

5.	Parent occupation a)government job b)private job c)business	01 03 17	04 22 32	01 12 08	6.9839	13.28
6.	Family income a)<10000 b)10000-20000 c)>20,000	16 03 02	39 14 05	20 01 0	4.5373	13.28
7.	Type o family a)nuclear family b)joint family	12 09	44 14	15 06	1.8369	6.64
8.	place of student staying a)home b)hostel	21 0	57 01	20 0	0.8191	9.21
9.	awareness about substance abuse a)yes b)no	11 10	52 06	20 01	14.686	9.21

The analysis revealed the following Chi-square (χ^2) values for the association between demographic variables and the level of knowledge regarding substance abuse among adolescents: Age ($\chi^2 = 3.618, p < 0.001$), Sex ($\chi^2 = 12.177, p < 0.001$), Religion ($\chi^2 = 0.802, p < 0.001$), Educational Status ($\chi^2 = 14.3892, p < 0.001$), Parent's Occupation ($\chi^2 = 6.983, p < 0.001$), Family Income ($\chi^2 = 4.5373, p < 0.001$), Type of Family ($\chi^2 = 1.836, p < 0.001$), Place of Residence ($\chi^2 = 0.8191, p < 0.001$), and Awareness about Substance Abuse ($\chi^2 = 14.686, p < 0.001$). These results indicate a statistically significant association between the level of knowledge and selected demographic variables. The findings confirm a highly significant relationship ($p < 0.001$) between adolescents' knowledge about substance abuse and factors such as sex, education, parental occupation, and awareness status.

DISCUSSION

This chapter presents the major finding of the study and discusses them in relation to the similar studies conducted by other researcher. The main aim of the study to assess the effectiveness of structured teaching programme on knowledge regarding substance abuse among the adolescent boys in selected school lembalakudi at pudukkottai.

The discussion was faced on objectives specified and hypothesis in this study`

Objective 1:To assess the level of knowledge regarding substance abuse among adolescent boys before and after administering a structured teaching programme. In the pre-test, among the adolescent boys, 49% had moderate knowledge, 30% had inadequate knowledge, and only 21% had adequate knowledge about substance abuse. After the intervention, in the post-test, 58% had moderate knowledge, 21% had inadequate

knowledge, and 21% had adequate knowledge. This indicates an overall improvement in knowledge levels following the structured teaching programme.

Objective 2: To evaluate the effectiveness of a structured teaching programme on the level of knowledge regarding substance abuse among adolescent boys. The mean post-test knowledge score (17.54 ± 3.054) was higher than the mean pre-test score (13.03 ± 4.094). The calculated t -value was 12.7, which was greater than the table value, indicating a statistically significant improvement. This demonstrates that the structured teaching programme was effective in enhancing the knowledge of adolescent boys regarding substance abuse. Although the discussion mentions improved knowledge among mothers of under-five children, this appears unrelated to the current objective and may be a misplacement.

Hypothesis (H₁):

The mean post-test knowledge score will be significantly higher than the mean pre-test knowledge score. **H₁ was accepted**, confirming the effectiveness of the structured teaching programme.

Conclusion: The study was conducted at Government Higher Secondary School, Lembalakudi, in Pudukkottai District, using a pre-experimental one-group pre-test and post-test design. Data collection was carried out over one week. A total of 100 students were selected through convenience sampling. Oral consent was obtained from all participants.

During the week, students' knowledge on substance abuse was assessed using a structured questionnaire. A Structured Teaching Programme was then provided, followed by a post-test to evaluate the improvement in knowledge.

Descriptive statistics (mean and standard deviation) were used to describe the data. Paired t -test was used to assess the effectiveness of the teaching programme, and the Chi-square test was used to find associations between knowledge levels and demographic variables.

The results showed a significant improvement in knowledge after the intervention. The mean pre-test score was 14.48 (± 4.094) and the post-test mean score was 17.54 (± 3.502), with a p -value < 0.05 , indicating the effectiveness of the Structured Teaching Programme. However, there was no significant association found between knowledge levels and demographic variables.

Overall, the study concluded that the Structured Teaching Programme was effective in improving knowledge about substance abuse among higher secondary school students.

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