



“A Study to Assess The Effectiveness of Information Booklet Regarding Knowledge on Oral Health Hazards of Tobacco Among Adolescent in Selected Area”.

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Abstract: **Aim:** The study aims to find the effectiveness of information booklet on knowledge regarding oral health hazards of tobacco among adolescent. **Problem statement:** “A study to assess the effectiveness of information booklet regarding knowledge on oral health hazards of tobacco among adolescent in selected area”. **Primary objective:** the primary objective of study was to find out the effectiveness of information booklet on knowledge regarding oral health hazards of tobacco among adolescent. **Secondary objective:** 1.To assess the existing knowledge regarding oral health hazards of tobacco among adolescent. 2.To find the effectiveness of information booklet on knowledge regarding oral health hazards of tobacco among adolescent.3. To determine the association between the pre test knowledge scores of adolescent with selected demographic variables. **Method:** Quasi- experimental pre experimental with one group pre test and post test research design use for the study. It was conducted over 60 people by using convenient sampling technique. **Result:** Study reveals that in post test 6(10%) had Inadequate knowledge, 14(23%) had Moderately Adequate knowledge and 40(67%) had Adequate knowledge. Study reveals that that the pre-test mean score of the adolescent was 4.5 and post -test of the mean score was 12.7. And Standard deviation was 19.50. The obtained ‘t’-value was 1.542 was greater than the table value (1.02) at 29 degree of freedom at 0.05 level of significance. Therefore it was concluded that there was significant gain in knowledge. Therefore H1 was accepted. **Interpretation and conclusion:** On the basis of the findings of the study the below said conclusion were drawn. It also brings out the limitations of the study in picture. The implication are given on the various aspect like Nursing Practice, Nursing Education, Nursing Administration and Nursing Research and it also give insight in the future studies.

Keywords: effectiveness, information booklet, adolescents, tobacco

INTRODUCTION

The Word Adolescence is coined from latin word “Adolescere” that implies “To grow into maturity” Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood.¹ Adolescence begins with the onset of Puberty. It is defined by the UNICEF as “the sequence of events by which the individual is transformed into a young adult by a

series of biological changes. According to WHO, adolescence is the period of life that extends from 10 years to 19 years. It is divided in three phases early, middle and late adolescence. Rogers (1985) submitted that adolescence is a process of achieving the attitude and beliefs needed for effective participation in a society.²

BACKGROUND OF THE STUDY

Tobacco is a type of American leaves which contains nicotine. Tobacco may be consumed either by smoking (in the form of cigarettes, beedies, cigars, cheroots, chuttas, dhumti, pipe, hooklis, chillum and hookah) or other smokeless as chewed (as gutka, khaini, pan masala, mawa,snus etc.) and inhaled as snuff.¹⁹Tobacco is a complex mixture of chemicals such as nicotine, carbon monoxide, hydrogen cyanide, nitrogen oxides, formaldehyde, acroleine, benzene, phenol, poaromatic hydrocarbons, N-nitrosamines, cadmium, ammonia, methanol, arsenic and acetic acid.²⁰

NEED OF THE STUDY

Tobacco use is the single greatest cause of preventable death globally, As many as half of people who use tobacco die from the results of this use. While tobacco use is decreasing in many developed countries it is increasing in developing countries such as India.³⁰ Globally, tobacco use kills nearly 6 million people a years, including approximately 600,000 deaths resulting from second hand smoke. If current trends, continue it is estimated that tobacco will cause approximately 8 million deaths per year 2030, and 1 billion total deaths in the twenty first century the majority of which will occur in low and middle income countries.³¹

Problem statement

“A study to assess the effectiveness of information booklet regarding knowledge on oral health hazards of tobacco among adolescent in selected area”.

Objectives:

Primary objective: The primary objective of study was to find out the effectiveness of information booklet on knowledge regarding oral health hazards of tobacco among adolescent.

Secondary objective: 1. To assess the existing knowledge regarding oral health hazards of tobacco among adolescent.

2. To find the effectiveness of information booklet on knowledge regarding oral health hazards of tobacco among adolescent.

3. To determine the association between the pre test knowledge scores of adolescent with selected demographic variables.

Hypothesis

H1: There will be significant difference between the pretest and post test knowledge scores of adolescent regarding oral health hazards of tobacco.

H2: There will be significant association between pretest knowledge scores of adolescent regarding oral health hazards of tobacco and selected demographic variables.

REVIEW OF LITERATURE

Section – a : studies related to incidence of tobacco use.

Section – b : studies related to ill-effects of tobacco use

RESEARCH APPROACH

This study aimed to assess the effectiveness of information booklet regarding knowledge on oral health hazards of tobacco among adolescent in selected area. In this study research approach used is the Quantitative approach

RESEARCH DESIGN

A pre-experimental with one group pre-test & post-test research design was used to collect data before and after intervention to assess the effectiveness of information booklet regarding knowledge on oral health hazards of tobacco among adolescent in selected area.

POPULATION

Target population: adolescent in selected area.

Accessible population: adolescents available for the present research study were the accessible population.

SAMPLING

Sample: In this study sample was adolescent in selected area.

Sampling technique: For this study, a **non-probability convenient sampling technique** was found to be appropriate.

Data and Sources of Data

After obtaining permission from concerned authorities, the investigator has fixed the date and time for data collection in consultation with adolescents. According to pre-planned date and time, the investigator has visited the community and collected from 04/10/2024 to 11/10/2024.

Pre-test: As per tentative schedule, the investigator has visited and handed over the SAQ with instructions to handover after 30 minutes. And, they were requested to read the question one by one and put (√) mark on right option mentioned below each question. The doubts were clarified and collected the filled in tool after 30 minutes.

Intervention: On the same day of pre-test, the instruction module give immediately after obtaining filled in pretest. Accordingly, the investigator asked each people to read and understand regarding. Further, the adolescents were informed regarding date and time for post test.

Post test: The post test was conducted using same tool used for pre-test After the data gathering process the researcher thanked all the study samples as well as the authorities for their cooperation.

PLAN FOR DATA ANALYSIS

The data collected was planned to analyse by using both descriptive and inferential statistics based on objectives and hypothesis of the study. The descriptive statistics includes; mean median, mode, mean percentage and standard deviation. The inferential statistics includes; student paired t test, Chi square are test, reliability analysis, degree of freedom.

However, the tabulated data were planned to analyze underfollowing heading –

SECTION – I: Distribution of adolescents according to their demographic variables.

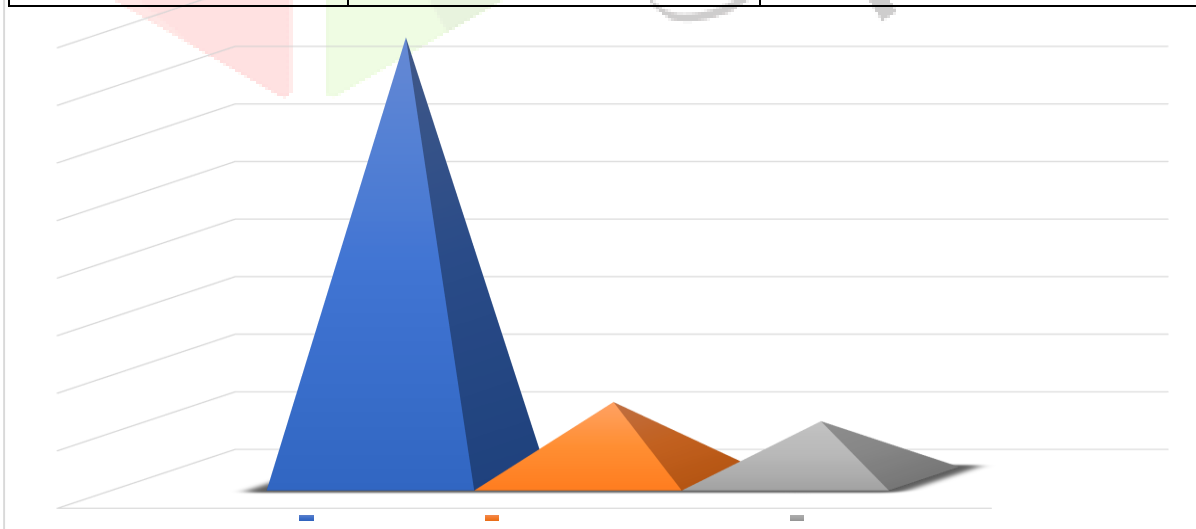
Demographic variables	Category	No of subjects (N)	Percentage %
GENDER	Male	51	85
	Female	9	15
Education Status of Parents	Illiterate	18	30
	Primary	13	22
	Secondary	16	27
	Higher Education	9	15
	Graduate and Above	4	7
Occupation of Parents	Private	17	28
	Government	3	5
	Self Employed	11	18
	Daily wages worker	29	48
Type of Family	Joint	18	30
	Nuclear	42	70
	Hindu	21	35
	Muslim	8	13

Religion	Christian	6	10
	Buddhist	19	32
	Others	6	10
Monthly Income of Family	Below Rs 10000	12	20
	Rs. 10001 to Rs.15000	14	23
	Rs.15001 to Rs. 20000	10	17
	Rs.20001 and Above	24	40
Previous knowledge on oral health hazards of tobacco	Yes	14	23
	No	46	77

SECTION – II: assessment of the pre-test knowledge regarding knowledge on oral health hazards of tobacco among adolescent.

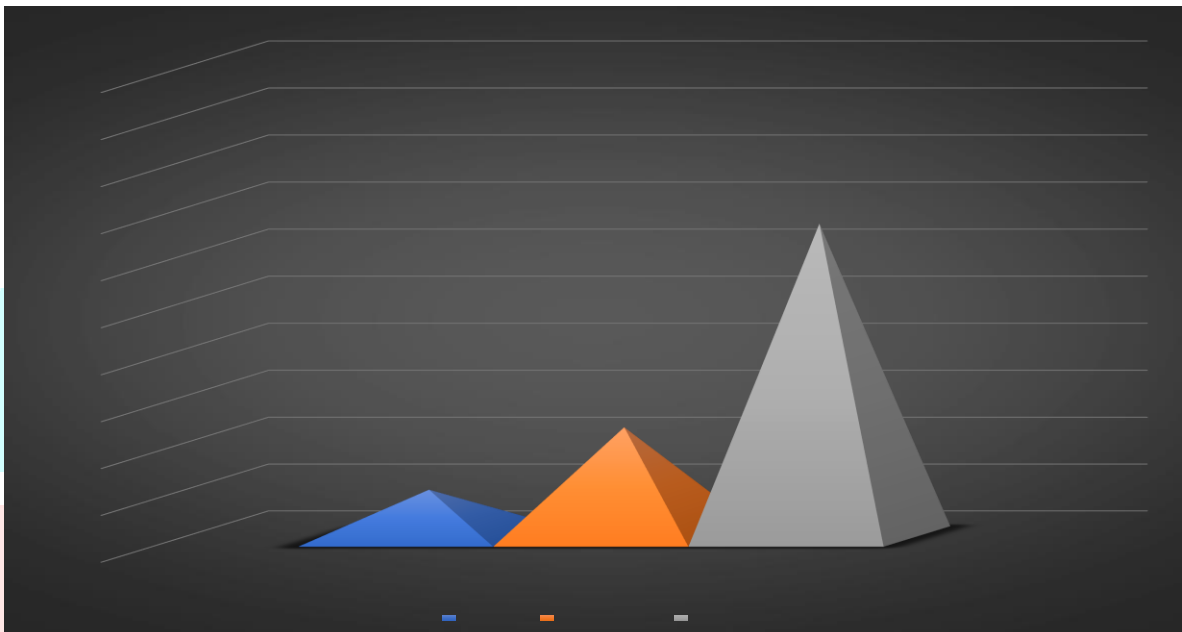
Percentage wise distribution of knowledge on oral health hazards of tobacco among adolescents .

LEVEL OF KNOWLEDGE	PRE TEST	
	FREQUENCY	PERCENTAGE
Inadequate	46	77
Moderately Adequate	8	13
Adequate	6	10



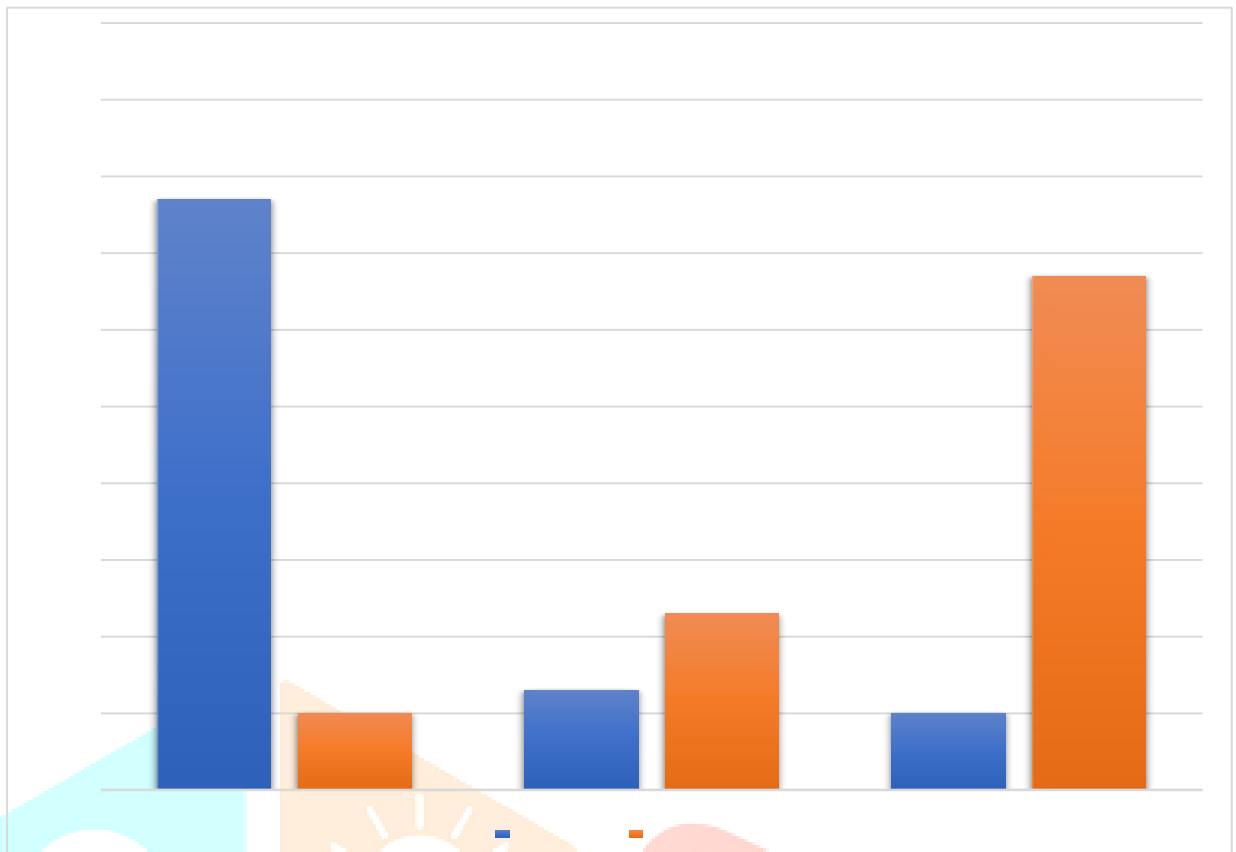
SECTION – III: ASSESSMENT OF THE POST-TEST REGARDING KNOWLEDGE ON ORAL HEALTH HAZARDS OF TOBACCO AMONG ADOLESCENT.

LEVEL OF KNOWLEDGE	POST TEST	
	FREQUENCY	PERCENTAGE
Inadequate	6	10
Moderately Adequate	14	23
Adequate	40	67



SECTION D : EFFECTIVENESS OF EFFECTIVENESS OF INFORMATION BOOKLET REGARDING KNOWLEDGE ON ORAL HEALTH HAZARDS OF TOBACCO AMONG ADOLESCENT BY COMPARISON BETWEEN PRE-TEST AND POST-TEST KNOWLEDGE SCORES

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Inadequate	46	77	6	10
Moderately Adequate	8	13	14	23
Adequate	6	10	40	67



SECTION E : ASSOCIATION BETWEEN THE PRE TEST KNOWLEDGE SCORES AND SELECTED DEMOGRAPHIC VARIABLES

Demographic Variables	Category	Table Value	df	x ²	Significance
Gender	22 to 25 Years	7.82	3	4.12	NS
	26 to 29 Years				
Educational Status of Parents	Illiterate	8.18	4	5.05	NS
	Primary				
	Secondary				
	Higher Education				
	Graduate and Above				
Occupation of parents	Private	7.82	3	3.85	NS
	Government				
	Self Employed				
	Daily Wages Worker				
Type of Family	Joint	3.84	1	1.11	NS
	Nuclear				
	Hindu				

Religion	Muslim	8.18	4	5.14	NS
	Christian				
	Buddhist				
	Others				
Monthly Income of Family	Below Rs 10000	7.82	3	4.11	NS
	Rs. 10001 to Rs.15000				
	Rs.15001 to Rs. 20000				
	Rs.20001 and Above				
Previous knowledge on oral health hazards of tobacco	Yes	3.84	1	2.11	NS
	No				

ANALYSIS AND INTERPRETATION

SD AND MEAN PERCENTAGE OF PRE TEST AND POST TEST LEVEL OF KNOWLEDGE

Knowledge	Mean	Standard deviation	t-value
Pre-test	4.5	19.5	1.542
Post-test	12.7	0	* Df=29 P=1.02

shows that the pre-test mean score of the adolescent was 4.5 and post- test mean score was 12.7. And Standard deviation was 19.50. The obtained 't'- value was 1.542 was greater than the table value (1.02) at 29 degree of freedom at 0.05 level of significance. Therefore, it was concluded that there was significant gain in knowledge.

CONCLUSION

On the basis of the findings of the study the below said conclusion were drawn. It also brings out the limitations of the study in picture. The implication are given on the various aspect like Nursing Practice, Nursing Education, Nursing Administration and Nursing Research and it also give insight in the future studies.

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