



Effectiveness Of Educational Package On Level Of Knowledge Regarding Problems Of Substance Abuse Among Nursing Students

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Abstract

Background: As Substance abuse refers to the excessive use of a drug in a way that is detrimental to self, society, or both. 15-24 years age range, 50% of deaths (from accidents, homicides, and suicides) involved. Alcohol is the world's third largest risk factor for disease and contributes to 4% of the global burden of disease. In 2020-21, 66.7 million people in the United States reported binge drinking. Physical dependence caused by long-term drug use is a physiologic state in which withdrawal symptoms develop when the drug is stopped. Psychological dependence is defined as a strong desire to continue using a drug in the absence of physical dependence. Therefore, the current study aims to improve B.Sc. nursing students' knowledge of substance abuse problems by providing them with an educational package.

Method: A Quantitative pre-experimental one group pre-test post-test research design was used to conduct the study. A sample of 120 B.Sc. nursing students was selected by using purposive sampling technique. Structured knowledge questionnaire was prepared for data collection and a structured teaching program was delivered about problems of substance abuse.

Results: The mean pre test knowledge score was 12.60, whereas mean post test knowledge score was 22.05 with the mean difference of 9.45 and obtained "t" value 30.1841 was significant at 0.05 level. Study provide strong evidence in favour of effectiveness of structured teaching program in increasing B.Sc. nursing student's knowledge level about problems of substance abuse.

Discussion: Discussion based on the findings obtained from the statistical analysis and its relation to the objectives of the study, the conceptual framework and the related literature. The aim of the study was to assess the effectiveness of structured teaching program (STP) on knowledge regarding problems of substance abuse among first year B.Sc. nursing students.

Conclusion: Study concluded that continue educational intervention is the need of hour in enhancing knowledge level of B.Sc. nursing students regarding problems of substance abuse.

Keywords: Effectiveness, Nursing students, Problems of substance abuse, Structured teaching program, Knowledge.

Introduction:

The medical term for substance abuse is a pattern of using a substance (drug) that causes significant problems or distress. Substance abuse is a recognised medical brain disorder that refers to the use of illegal substances such as marijuana, heroin, cocaine, or methamphetamine. It could also be the abuse of legal substances such as alcohol, nicotine, or prescription medications. The most commonly abused legal drug is alcohol.¹

Psychoactive drugs are substances that, when consumed or administered to the body, alter mental processes such as perception, consciousness, cognition, mood, and emotions. Psychoactive drugs are part of a larger class of psychoactive substances that also includes alcohol and nicotine. "Psychoactive" does not always imply addictive, and the term is frequently left unsaid in common parlance, as in "drug use," "substance use," or "substance abuse".²

Excessive drug use that is harmful to oneself, society, or both is defined as substance abuse. Physical and psychological dependence are both included in this definition. Physical dependence caused by long-term drug use is a physiologic state in which withdrawal symptoms develop when the drug is stopped. Psychological dependence is defined as an intense desire to continue using a drug in the absence of physical dependence.³

Alcohol is the world's third leading risk factor for disease, accounting for 4% of the global disease burden. It is estimated that alcohol causes 2.5 million deaths each year, with alcohol being responsible for 9 percent of deaths among people aged 15 to 29. Heavy alcohol consumption in late adolescence appears to persist into adulthood and is linked to alcohol problems such as dependence, premature death, and reduced work capacity.⁴

Adolescents face so many issues, including morphological issues, psychological issues, social issues, family issues, and educational issues. Alcohol marketing communications have a strong influence on young people and come in a variety of forms.⁵

Half of all deaths (accidents, homicides, and suicides) occurred between the ages of 15 and 24. Abstinence (non-use), experimentation, regular use (both recreational and compensatory for other problems), abuse, and dependency are all possible stages of adolescent substance abuse. Usual recreational use can lead to other problems such as anxiety and depression. Tobacco and alcohol use in teenage should be discouraged because they can act as "gateway drugs" to other drugs (marijuana, cocaine, hallucinogens, inhalants, and heroin).⁶

Statement of Problem: "A study to assess the effectiveness of structured teaching program on level of knowledge regarding problems of substance abuse among first year B.Sc. nursing students in selected nursing colleges of Udaipur, Rajasthan."

Objectives

1. To assess the pre-test level of knowledge regarding problems of substance abuse among first year B.Sc. nursing students.
2. To assess the post-test level of knowledge regarding problems of substance abuse among first year B.Sc. nursing students.
3. To evaluate the effectiveness of structured teaching program on the level of knowledge regarding problems of substance abuse among first year B.Sc. nursing students.
4. To find out the association of the pre test knowledge score among first year B.Sc. nursing students regarding problems of substance abuse with their selected demographic variables.

Material and Methods:

Research approach: - Quantitative approach.

Research Design: - Pre experimental one group pretest posttest design.

Research Setting: Study was conducted at Kalptaru B.Sc. nursing college, MASS B.Sc. nursing college and Udaipur B.Sc. nursing college at Udaipur,Rajasthan.

Sampling technique: Non probability purposive sampling technique was used for this study.

Sample: 120 B.Sc. nursing students selected for this study.

Limitations: 1. In this study the limitations are to take only B.Sc. nursing 1st year students from from different colleges (40) Kalptaru B.Sc. nursing college, (40) MASS nursing college and (40) Udaipur B.Sc. nursing.

The study was limited only to the first year B.Sc. nursing students.

1. The study was limited to only knowledge aspect. The study could be conducted to evaluate the attitude aspect also.

Research Tool: Self-structured questionnaire was used as data collection tool and study was conducted at Kalptaru B.Sc. nursing college for 2 days, MASS B.Sc. nursing college for 2 days and Udaipur B.Sc. nursing college for 2 days at Udaipur,Rajasthan. It has two sections: -

Section I: - It comprised of demographic variables such as age, religion, gender, educational status of father, educational status of mother, occupation of father, occupation of the mother, family income per month, place of stay, family member's habits of smoking, tobacco chewing, alcoholism and drug addiction.

Section II: - It comprised of structured questionnaire to assess knowledge regarding problems of substance abuse among first year B.Sc. Nursing students. It was edited as per the blueprint and different content area. It consists of 28 multiple choices question in five parts prior to tool administration all subjects were given an information sheet,explaining the purpose and outcome of study. Informed consent was taken from participants and self-explanatory tools were administered to participants. Permission for study was taken from concerned authorities. The knowledge of B.Sc. Nursing students regarding the problems of substance abuse was scored as followed,

1-14	Inadequate knowledge
15-21	Moderately adequate knowledge
22-28	Adequate knowledge

Results:

Results are always play vital role in any research. In this research the results shows there was 40% (48) first year B.Sc. nursing students were in the age group of 19-20 years, 65% (78) were male and 69.17% (83) were Hindus. 43.33% (52) fathers had graduation and above while 36.70% (44) mothers had secondary level education, in connection with occupation of parents, 29.17% (35) fathers were private employee and 37.50% (45) mothers were house maker. 43.33% (52) monthly family income was above 30001 Rs., 65% (78) samples were staying in hostel, 100 (83.33%) sample's family members had no habits of smoking, tobacco chewing, alcoholism and drug addiction.

Table: 1. Distribution of samples according to socio demographic variables (N=120)

S. No.	Demographic Variables	Freq.	%
1.	Age (in years)		
a)	17-18 years	20	16.67%
b)	19-20 years	48	40%
c)	21-22 years	40	33.33%
d)	> 22 years	12	10%
2.	Religion		
a)	Hindu	83	69.17%
b)	Muslim	25	20.83%
c)	Christian	12	10%
d)	Others	00	00%
3.	Gender		
a)	Male	78	65%
b)	Female	42	35%
4.	Educational status of father		
a)	No formal education	11	9.17%
b)	Primary level education	23	19.17%
c)	Secondary level education	34	28.33%
d)	Graduation and more	52	43.33%
5.	Educational status of mother		
a)	No formal education	16	13.33%
b)	Primary level education	36	30%
c)	Secondary level education	44	36.70%
d)	Graduation and more	24	20%
6.	Occupation of father		
a)	Unemployed	10	8.33%
b)	Daily wedges labour	14	11.66%
c)	Self Business	32	26.67%
d)	Govt. employee	29	24.17%
e)	Private employee	35	29.17%
7.	Occupation of mother		
a)	House maker	45	37.50%
b)	Daily wedges labour	12	10%
c)	Self Business	29	24.17%
d)	Govt. employee	14	11.66%
e)	Private employee	20	16.67%
8.	Monthly family income		
a)	Below Rs. 10000	17	14.17%
b)	Rs. 10001-20000	26	21.67%
c)	Rs. 20001-30000	25	20.83%
d)	Above Rs. 30001	52	43.33%
9.	Place of staying		
a)	Home with parents	16	13.33%

b)	Hostel	78	65%
c)	Paying guest	10	08.33%
d)	Rented room	16	13.33%
10.	Family members habits of smoking, tobacco chewing, alcoholism and drug addiction		
a)	Yes	20	16.67%
b)	No	100	83.33%

Below the table shows the result shows that in pretest, out of 120 students 85 respondents (70.83 %) belongs to inadequate knowledge, 35 respondents (29.17%) belongs to moderate adequate knowledge and none of the participants belongs to adequate knowledge regarding problems of substance.

In the posttest 83 (69.17%) belongs to adequate knowledge, 37 (30.83%) belongs to moderate adequate knowledge and none of the participants belongs to inadequate knowledge regarding problems of substance.

Table 2: Frequency & percentage distribution of respondents to their knowledge score N=120

Knowledge level among first year B.Sc. nursing students	Pre-test scores		Post-test scores	
	Freq.	%	Freq.	%
Inadequate knowledge level	85	70.83%	00	00
Mod. adequate knowledge level	35	29.17%	37	30.83%
Adequate knowledge level	00	00	83	69.17%

Below the table shows the mean post-test knowledge score (22.05) was higher than the mean pre-test (12.60), with mean difference is 9.45. The Paired 't' test value was 30.1841 was greater than table value (1.98 at df 119) at .05 level of significance. This shows that there is significant difference between the pretest and posttest knowledge level among first year B.Sc. nursing students regarding problems of substance abuse after structured teaching program.

Chi-square was calculated to find out the association between pre-test score of knowledge with the selected demographic variables. There was no significant association found between the pre-test knowledge score among first year B.Sc. nursing students with demographic variables like age, religion, gender, educational status of father and mother, occupational status of father and mother, monthly family income, place of staying and family member's habits of smoking, tobacco chewing, alcoholism and drug addiction

Table 3: Effectiveness of planned teaching program on knowledge regarding substance abuse.

N=120

Sr. No.	Observation	Mean	SD	Mean Difference	Paired 't' value
1	Pre-test	12.60	3.2	9.45	30.1841
2	Post-test	22.05	3.09		

Discussion:

According to table no. 2, the study revealed that in pre-test majority of first year B.Sc. nursing students, 85 (70.83%) had inadequate knowledge level, 35 (29.17%) had moderately adequate knowledge level and none of the participants had adequate knowledge level but in posttest majority 83 (69.17%) had adequate knowledge level, 37 (30.83%) had moderately adequate knowledge and none of the participants had inadequate knowledge level regarding problems of substance. The above finding clearly states that structured teaching program regarding problems of substance abuse has significant beneficial effect in enhancing the level of knowledge among first year B.Sc. nursing students. Our findings supported by study conducted by **Jyoti Laxmi Chetty (2018)⁷**, **Arora A. et al (2016)⁸** and **Kaur Jasdeep et al (2015)⁹**.

As per table 3 we found that there is significant difference between the pretest and posttest knowledge level among first year B.Sc. nursing students regarding problems of substance abuse after structured teaching program. Our findings supported by study conducted by **Kaur Prakash (2020)¹⁰**, **Teena Kavungal(2019)¹¹** and **Bhgya Laxmi M. (2019)¹²** with similar result.

Chi-square was calculated to find out the association between pre-test score of knowledge regarding problems of substance abuse among first year B.Sc. nursing students with the selected demographic variables. There was no significant association with pre-test knowledge score among first year B.Sc. nursing students with demographic variables. Our findings were partially supported by study conducted by **Kumar D, Huidrom H (2016)¹⁴** and fully supported by study conducted **Chandran V. (2012)¹⁵**.

Conclusion:

This study proved to be very essential as STP plays an important role in enhancing knowledge among first year B.Sc. nursing students regarding problems of substance abuse. Study concluded that continue educational intervention is the need of hour in enhancing knowledge level of B.Sc. nursing students regarding problems of substance abuse.

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Conflict of Interest: There was no conflict of interest involved while conducting the present study.

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