

# Educating the Adolescents about Alcoholism and Its Prevention

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**Abstract:** Alcohol use by adolescents is widespread and is connected to a number of negative health and social outcomes. Adolescents receiving emergent care for injuries are often linked with risky use of alcohol. Early initiation of alcohol abuse is often associated with poor prognosis and a lifelong pattern of irresponsible behavior.. So a study was taken to assess the effectiveness of structured teaching programme on alcoholism and its prevention among adolescents.. Quasi experimental study with one group pretest posttest design was used for this study. Sample size was 50 and convenient sampling technique was used in this study. The results depicts that before the intervention, 64% (n=32) had not adequate knowledge, 32 %(n=16) had moderately adequate knowledge and only 4% (n=2) had adequate knowledge regarding the alcoholism and its prevention. After structured teaching program, 56% (n=78 ) had adequate knowledge ,40%(n=20) had moderately adequate and 4% (n= 2) had good knowledge. It was concluded that structured teaching programme was effective in increasing knowledge of adolescents regarding alcoholism and its prevention.

**Keywords:** Alcoholism and its prevention, quasi experimental research design, adolescents.

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## 1. INTRODUCTION

- Alcohol misuse is a global health risk. And it causes more than 60 types of illnesses and lesions and results in approximately 2.5 million deaths annually. (WHO, 2011.)
- Alcohol use by adolescents is widespread and is connected to a number of negative health and social outcomes. Adolescents receiving emergent care for injuries are often linked with risky use of alcohol.
- Early initiation of alcohol abuse is often associated with poor prognosis and a lifelong pattern of irresponsible behavior. In India, the law prohibits the sale of alcohol and cigarettes to children aged less than 18 years. Both alcohol and cigarettes are heavily taxed and expensive.
- Research reveals that Male adolescents of above 13 yrs of age and belonging to moderate to large sized joint families were at most risk of substance abuse.
- Substance use has been a topic of interest to many professionals in the area of health, particularly mental health. An area with enormous implications for public health, it has generated a substantial amount of research.
- Since Pondicherry being Union Territory the alcohol is much cheaper than Tamil Nadu and all the choice of international brands at much lower prices. it makes the risk of alcohol consumption high among the population particularly among adolescents,

- More over the research on preventive aspects of alcohol abuse among adolescents is very minimal. So the investigator felt the need to conduct research on this topic the effectiveness of brief interventions in terms of reduction of alcohol use among late adolescents.

## 2. OBJECTIVES

1. To assess the level of pre- test level of knowledge among adolescents regarding alcoholism and its prevention.
2. To evaluate the effectiveness of structured teaching programme on alcoholism and its prevention.
3. To find out the association between pretest knowledge and selected demographic variables of adolescents.

## 3. METHODOLOGY

### **Research Approach and Design:**

Quasi –experimental with one group pre-test post-test design was used.

### **Population:**

Target population: All adolescents studying in the schools

Accessible population: Adolescents with the age group of 14-16 yrs. in the selected schools.

### **Sample:**

50 Adolescents at selected schools who were present during the time of data collection

### **Sampling Technique:**

Convenient sampling technique

### **Setting:**

Selected schools, Puducherry

### **Data Collection Tool:**

Tool 1: questionnaire to assess the selected demographic variables like, sex, religion, and place of residence, type of family and previous source of information.

Tool 2: Structured knowledge questionnaire to assess the pre-test and post-test knowledge of alcoholism and its prevention.

## 4. RESULTS

**SECTION A: Distribution of subjects according to the selected demographic variables.**

**SECTION B: Frequency and percentage wise distribution of pre – test and post-test level of knowledge regarding the alcoholism and its prevention.**

**SECTION C: Effectiveness of STP in the level of knowledge regarding the alcoholism and its prevention**

**SECTION D: Association of pre-test level of knowledge with the selected demographic variables.**

**SECTION A:** Distribution of subjects according to the selected demographic variables.

Frequency and percentage distribution of subjects according to the selected demographic variables (n=50)

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY (n)	PERCENTAGE (%)
1	AGE ( in years)		
	14-15 years	23	46
	15-16 years	27	54
2	Sex:		
	Male	24	48
	female	26	52
4	RELIGION		
	Hindu	43	86
	Christian	4	8
	Muslim	3	6
5	PLACE OF RESIDENCE		
	Urban	45	90
	Rural	5	10
6.	Type of family:		
	Nuclear	33	66
	joint	17	34
7	PREVIOUS SOURCE OF INFORMATION		
	TV/Radio	10	20
	Newspaper	16	32
	Health Personnel	9	18
	None	15	30

**SECTION B:** Frequency and percentage wise distribution of pre – test and post-test level of knowledge regarding the alcoholism and its prevention.

Level of knowledge	Pre test		Post test	
	F	%	f	%
Adequate (21-30)	2	4	78	56
Moderately adequate (10-20)	16	32	20	40
Not adequate (0-9)	32	64	2	4

**SECTION C: COMPARISON OF THE LEVEL OF KNOWLEDGE BEFORE AND AFTER STP:**

DEPRESSION SCORE	MEAN	STANDARD DERVIATION	PAIRED “t” TEST	“P” VALUE	REMARKS
Pre – Test	9.06	2.7	13.07	0.0013	
Post –Test	17.06	3.8		<0.05* *	

#### **SECTION D: ASSOCIATION BETWEEN PRETEST KNOWLEDGE AND SELECTED DEMOGRAPHIC VARIABLES OF ADOLESCENTS:**

There was no significant association found between pretest knowledge score and demographic variables like age, sex, religion, and place of residence, type of family and previous source of information.

#### **5. CONCLUSION**

50 adolescents were selected by convenient sampling techniques. A Structured Teaching Programme on alcoholism and its prevention was administered which included all information regarding the definition, epidemiology, causes, pathology of adolescents craving towards alcoholism, individual and community strategic level in the prevention of alcoholism. It was found as an effective method for information.

#### **6. RECOMMENDATIONS**

- ✓ A similar study can be conducted on adolescents with other age groups in assessing knowledge regarding alcoholism and prevention.
- ✓ A study can be conducted to find out the factors that can lead to alcoholism.
- ✓ A study can be conducted on to assess teachers and parents knowledge regarding the alcoholism.
- ✓ A similar study can be done on a large sample.

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