

OUTCOME OF STRUCTURED EDUCATION PROGRAMME ON KNOWLEDGE OF ADOLESCENTS REGARDING ILL EFFECTS OF SUBSTANCE ABUSE IN SELECTED SCHOOLS OF VADODARA

(Short Communication)

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Abstract: Substance abuse is a social problem, not in India alone, but the entire world. The use of substance has its own culture and history, which varies from country to country. Substance abuse among adolescents has become a global challenge and also an important public health concern and for the past two decades there has been a dramatic increase in the demand for interventions to address the substance abuse problem. This demand has led to the development of multiple primary, secondary and tertiary substance abuse prevention programmes. June 26, 1992 was declared by WHO as the International Day against Substance abuse and Illicit Trafficking.

Keywords: Outcome, knowledge, structured education programme, substance abuse, ill effects.

“When you can stop you don’t want to, and when you want to stop, you can’t...”

— Luke Davies, Candy

OBJECTIVES OF THE STUDY: To assess pre-existing knowledge regarding ill effects of substances abuse, To evaluate the effectiveness of the structured education program on ill effects of substances abuse and To find association between pre-test knowledge regarding ill effects of substances abuse with demographic variables.

MATERIALS AND METHODS: An evaluative research approach with pre-experimental single group pre-test and post-test design was used. 60 samples were collected by using convenient method from Jay Ambe School. Tool consisted of 9 demographical variables and 35 structured questionnaires was administered before and after SEP. The reliability of the tool was established by using test retest method. Data was analyzed using inferential and descriptive statistics.

RESULT: Paired sample *t*-test revealed that the mean posttest knowledge score regarding ill effects of substances abuse in Adolescents was significantly higher (24.14 ± 4.8) than that of mean pretest knowledge score (16.66 ± 4.71) ($P < 0.005$). Computed T value 35.503 is higher than table value t_{99} at $P < 0.005$. Hence hypothesis is accepted and thus shows that SEP was highly effective in increasing knowledge of ill effects of substances abuse in Adolescents.

CONCLUSION: The study finding revealed that structured education programme was highly effective in improving knowledge of ill effects of substances abuse in Adolescents.