

EFFECT OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE ILL EFFECTS OF TOBACCO USE AMONG ADOLESCENTS

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ABSTRACT

India is the second largest producer of tobacco. Most of the people who smoke first, light up a cigarette when they are teenagers. In fact 80% of tobacco users began the habit before they turned 18 years. It was estimated in 2010 – 2011 that 5,500 adolescents start using tobacco every day in India. The most susceptible time for initiating tobacco use in India is during adolescence and early adulthood between the ages of 15 – 24 years. In this study, to assess the effectiveness of structured teaching programme (STP) on knowledge about the ill-effects of tobacco use, 50 adolescents were selected using simple random sampling technique from a selected high school of Trivandrum district. The pre-test was conducted using a structured interview questionnaire. STP was conducted and a booklet was given to each individual following STP. After 7 days, post-test was conducted using the same structured interview questionnaire. Most of the individuals had moderate knowledge (66%) in the pre-test and after STP 72% had high knowledge and 2% had poor knowledge. Paired 't' test was applied to compare pre-test and post-test knowledge score at $p < 0.001$. There was a significant association between the knowledge scores with selected demographic variables using chi-square test. This study demonstrated that STP on the ill-effects of tobacco use is effective in improving knowledge level of adolescents.

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INTRODUCTION

Adolescence is generally understood as the period of transition from childhood to adulthood and signifies both development and sexual maturity. The term adolescent is derived from the Latin word 'Adolescere' which means to grow into maturity. It also means to emerge with or achieve identity and is the most challenging and critical time of life.

In fact 80% of smokers began the habit before they turned 18. Tobacco is the biggest enemy of public health today and the distributors are one of the richest business groups. Tobacco smoking and chewing is the main cause of lung cancer and oral cancer. Tobacco use begins in adolescence at the time of their observation, understanding, struggling and facing challenges and physiological development. Prevalence of tobacco use in India is continuously increasing but there are considerable changes in methods of its use. According to WHO estimates, about 194 million men and 45 million women use tobacco in smoked or smokeless form in India. Information on prevalence of tobacco use is available from several studies, which shows a great deal of variation by region, social customs, gender and in the form of tobacco consumption. Tobacco is the second major cause of death in the world.

WHO sources emphasises the rate of tobacco consumption especially in developing countries spreads as an epidemic. Tobacco death is expected to double by 2025 from the present 5 million deaths. At every 6.5 seconds one dies because of tobacco related diseases globally. Use of tobacco, particularly the use of smokeless tobacco products was found to be more common in government school boys in comparison to private school boys. Whereas the pattern was reverse among girls.

The role of nursing professionals is crucial in giving health education and creating awareness within the community. The nurse must deliver health education in schools and colleges for the teachers and students. They must be helped to break the chain of embarrassment and develop awareness among themselves and give importance to their health. The study is a step towards evaluating the effectiveness of structured teaching programme among adolescents of age group 12-17 years with an aim to improve their knowledge regarding the ill effects of tobacco.

OBJECTIVES

- To assess the knowledge of adolescents regarding the ill effects of tobacco use before and after administering structured teaching programme.
- To find out association between knowledge and the selected socio-personal variables.

METHODOLOGY

Research Approach

A quasi-experimental approach was adopted in this study because the present study aimed at determining the effectiveness of structured teaching programme on the ill effects of tobacco use.

Research Design

There was a randomisation and a pre-test before intervention and a post-test after intervention were done; the design was experimental. One group pre-test post-test experimental design was chosen for conducting this study. Pre-test was done on selected samples by using tool - I and tool - II, and then structured teaching programme was conducted. After five days, using tool - II, knowledge was re-assessed. The schematic representation of the present study design is as follows: $O_1 \times O_2$

O_1 = Knowledge regarding ill effects of tobacco use before structured teaching programme was administered.

X = Structured teaching programme

O₂ = Knowledge after the structured teaching programme

Setting of the Study

The study was conducted in Mundur high school at Palakkad.

Population

The population of the present study was comprised of adolescents between 12-17 years of age in Chalai high school at Trivandrum

Sample

Sample size of the present study is 50 adolescents within the age group of 12-17 years in Chalai high school, Trivandrum.

Criteria for Selection of Sample

Inclusion criteria:

1. Adolescents who were willing to participate in the study.
2. Adolescents between the ages of 12-17 years.

Exclusion criteria

1. Adolescents who were not available or absent at the time of data collection.
2. Adolescents who were not willing to participate in the study.
3. Adolescents above the age of 17 years.

Sampling Technique

In the present study, convenient sampling was used for the location of the school and random sampling for the selection of subjects. In the second stage, random sampling method was used. Lottery method was used for selecting tenth standard divisions from high school. The divisions selected were 10th G and 10th H. From these divisions, 25 students were selected by systematic random sampling. Thus we got 50 students to conduct the research study.

Description of the tool

A closed ended structured questionnaire was prepared to collect the necessary data from the samples. The same tool was translated in Malayalam also, as the selected high school had Malayalam as the medium of instruction. The questionnaire had two parts. They are the following —

Tool - I: Tool for socio personal variable's assessment

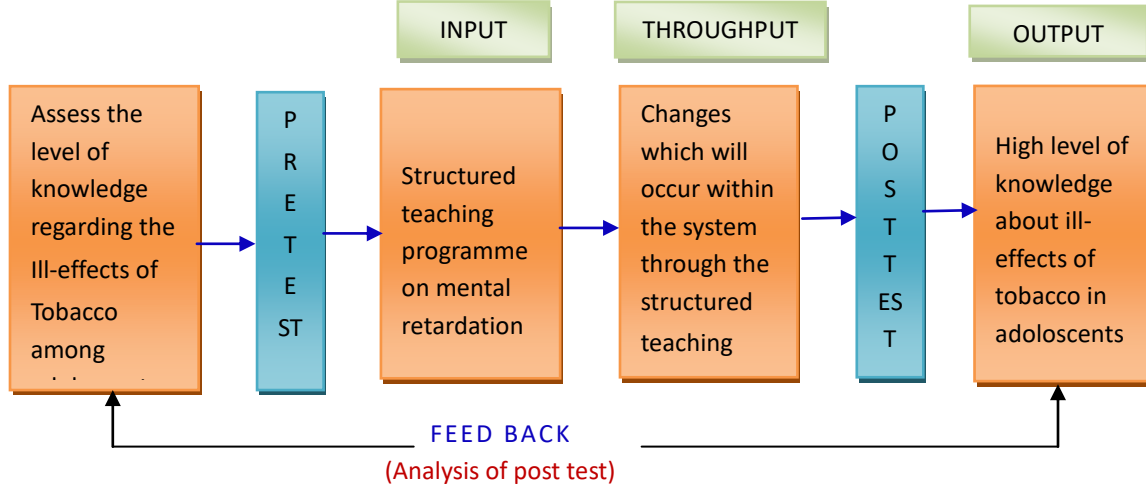
Tool - II: Tool for assessing knowledge related to ill effects of tobacco use among adolescents

Thus, altogether there were 20 items with maximum score of 20 and minimum score of 0.

Each correct answer carries a score of one and zero (for wrong answer). 0-9 mark obtained means they have poor knowledge, 10-15 means average knowledge, 16-20 means good knowledge.

CONCEPTUAL FRAMEWORK

The conceptual frame work based on J. W. Kenny’s open system model



The Conceptual Framework Based on J.W. Kenny’s Open System Model (2002)

The main concepts of the system theory are input, throughput, output and feedback. This model of J.W.Kenny’s open system is suited to determine the effectiveness of structured teaching programme on ill effects of tobacco consumption among adolescents of the selected school.

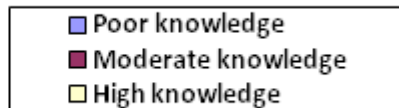
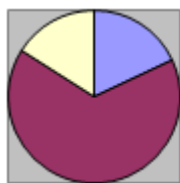
DATA ANALYSIS AND INTERPRETATION

Distribution of subjects based on level of knowledge

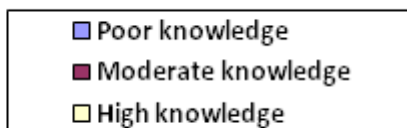
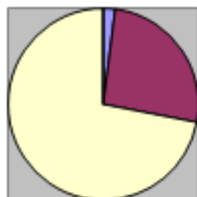
N=50

Level of knowledge	Score range	Before structured teaching programme		After structured teaching programme	
		F	%	F	%
Poor Knowledge	0-9	9	18%	1	2%
Moderate Knowledge	10-15	33	66%	13	26%
High Knowledge	16-20	8	16%	36	72%

Pre-test knowledge level



Post-test knowledge level



Difference in the mean level of knowledge of samples before and after structured teaching programme

Characteristics	Before structured teaching programme		After structured teaching programme		t value	P value
	Mean	S.D.	Mean	S.D.		
Knowledge score	11.94	4	16.3	2.937	10.50	<0.001

CONCLUSION:

The findings of the present study have implication in health care delivery system. It emphasises the need for screening programme among adolescents. Also the findings throw light on the importance of periodic evaluation of knowledge regarding the ill effects of tobacco use and conduct of structured teaching programme for improving the knowledge. A Nurse can follow a collaborative approach and take charge of school health clinics, taking initiative for screening programme, health counselling, organising awareness programmes to promote knowledge for developing good health habits and motivate or assist the adolescents to adopt healthy life style habits such as quitting smoking and consuming non smoking forms of tobacco such as pan masala, HANS, and Gutka. Health education is one of the most important roles of the nurses in both community and hospital settings. They should propagate information on serious consequences of tobacco use with the help of education programmes conducted with mass media and able to motivate adolescents to adopt good health habits for better living.

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