A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF GNM FIRST-YEAR NURSING STUDENTS REGARDING THE ADVERSE EFFECTS OF ACTIVE AND PASSIVE SMOKING IN ‘HEALTH & HYGIENE NURSING EDUCATION INSTITUTE,’ AT ALWAR IN RAJASTHAN

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ABSTRACT
The group pre-test that was conducted among the 50 subjects, of which we conclude that only 43 (86%) subjects had good knowledge regarding active and passive smoking and its adverse effect, whereas 34 (68%) had an average level of knowledge while only 07 (14%) had poor knowledge. After post-test, 22 (44.89%) acquired good knowledge regarding active and passive smoking, whereas 21 (42.85%) had moderate knowledge while 6 (12.24%) still had poor level of knowledge.

Key Words: Active and Passive Smoking, Health & Hygiene Nursing, Adverse.

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INTRODUCTION

“Snow and adolescence are the only problems that disappear if you ignore them long enough.”
- Earl Wilson

“Smoking is a shocking thing – blowing smoke out of our mouths into other people’s mouths, eyes, and noses, and having the same thing done to us.”
- Samuel Johnson

Smoking is one of the most common forms of recreational drug use. Tobacco smoking is today by far the most popular form of smoking and is practised by over one billion people in the majority of all human societies. Worldwide, between 80,000 and 100,000 kids start smoking every day. Approximately one quarter of children alive in the Western Pacific Region will die from smoking.

Smoking is the second major cause of death in the world. It is currently responsible for one in ten adult deaths worldwide (about 5 million deaths each year). If current smoking patterns continue, it will cause some 10 million deaths each year by 2020. Half the people that smoke today – that is about 650 million people – will eventually be killed by smoking. A report of 2010 by the U.S. Centers for Disease Control and Prevention (CDC) says nearly 20% of adults in the United States smoke and more than 77% smoke every day.

NEED FOR THE STUDY

“Smoking is injurious to health” is written on all cigarette packs to warn the customers. Tobacco has been given as a gift. It is common knowledge that cigarette smoking is the single major cause of cancer and cardiovascular diseases contributing to hundreds of thousands of premature deaths each year. Studies have proven that even second hand smoke effect becomes the cause of death. Moreover, the dangers of smoking are not confined to the smoker himself; the non-smoker by his side is also affected by the act of smoking.

OBJECTIVES

1. To assess the pre-test knowledge regarding the adverse effects of active and passive smoking among adolescent boys.
2. To assess the post-test knowledge regarding adverse effects of active and passive smoking among adolescent boys.
3. To assess the effectiveness of structured teaching programme by comparing pre-test and post-test scores.
4. To determine the association between knowledge regarding adverse effects of active and passive smoking and selected demographic variables among adolescent boys.

RESEARCH HYPOTHESIS

1. RH1: The mean post-test knowledge on adverse effects of active and passive smoking will be significantly higher than mean pre-test knowledge among adolescent boys.
2. RH2: There will be significant association between the knowledge of adolescent boys regarding the adverse effects of active and passive smoking and their selected demographic variables.

ASSUMPTIONS

The study assumes that:

1. The adolescents may have limited knowledge regarding the adverse effects of active and passive smoking.
2. The structured teaching programme will improve the knowledge regarding the adverse effects of active and passive smoking, among adolescent boys.
3. The knowledge on the adverse effects of active and passive smoking may have significant relationship with their selected demographic variables.

DELIMITATIONS

Study is limited to only the 1st Year GNM Nursing students of Health & Hygiene Nursing Education Institute at Alwar.
MATERIALS AND METHODS OF THE STUDY

The research methods are the techniques that are used by the researcher to study the structure and to gather and analyse the information that is relevant to the research question.

Source of Data:
The data will be collected from among adolescent students between 17-20 years of age in ‘Health & Hygiene Nursing Education Institute’ at Alwar in Rajasthan.

Methods of Data Collection:
Data will be collected by using structured questionnaire, after obtaining prior permission from the authorities.

Type of Study/ Research Approach:
It is selection of an appropriate research approach that involves a general set of orderly, disciplined procedures to acquire information regarding the importance of the research study.

Research Design:
Pre-test and post-test experimental design will be chosen for conducting the study.

One group pre-test—post-test design

<table>
<thead>
<tr>
<th>Subjects</th>
<th>Pre-test</th>
<th>Intervention</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescence</td>
<td>$O_1$</td>
<td>$X$</td>
<td>$O_2$</td>
</tr>
</tbody>
</table>

Key to words:
$O_1$ – Assessment of pre-test
$X$ – Structured teaching program
$O_2$ – Assessment of post-test.

Variables of the Study:
1. Dependent Variable: Knowledge regarding the adverse effects of active and passive smoking.
2. Independent Variable: Structured Teaching Programme
3. Attribute Variable: Demographic variables such as age of the adolescents, type of the family, class of the family, number of children, education of the parents, smoking habits of the parents, previous knowledge of the adolescents and the source of information.

Settings of the Study:
The study will be conducted in Health & Hygiene Nursing Education Institute at Alwar in Rajasthan.

Population:
The population will comprise adolescent Students between 17-20 years of age in Health & Hygiene Nursing Education Institute at Alwar in Rajasthan.

Sample and Sample Size:
Sample size of the study is 50 (adolescent) students within the age group of 17-20 years in the Health & Hygiene Nursing Education Institute at Alwar in Rajasthan.

Sampling Technique:
Non-probability convenient sampling will be used for selection of samples.

Criteria for Selection of Sample:
Inclusion criteria:-
- Adolescent students who are willing to participate in ‘Health & Hygiene Nursing Education Institute,’ Alwar (Raj).
- Adolescent students within the age group of 17-20 years.
Exclusion Criteria:-
- Adolescent students who are not available/ absent at the time of data collection.
- Adolescent students with any physical and psychological stress.

Follow Up:
Post-test will be conducted after four days of pre-test.

Comparison Parameters:
The pre-test and post-test levels of knowledge will be compared within the groups.

Duration of the Study:
The study will be planned to conduct within Four Weeks.

Instrument:
Demographic profile of the adolescents, such as age of the adolescent, type of the family, class of the family, number of children, education of the parents, smoking habits of the parents’ previous knowledge of the adolescents and the source of information.

RESULTS
The study presents the analysis and interpretation of the data collected to compare the effectiveness of STP regarding knowledge about the adverse effects of active and passive smoking, among the students of GNM Ist Year of H&H Nursing Education Institute at Alwar in Rajasthan.

Analysis and Interpretation of Data:
Analysis and interpretation was based on the objective of the study:
1. To assess the level of knowledge regarding the adverse effects of active and passive smoking among the students of GNM Ist Year as measured by structured questionnaire.
2. To prepare and administer the teaching method i.e. Structured Teaching Programme.
3. To evaluate the efficacy of the teaching method among the students of GNM Ist Year in terms of gain/ increase in knowledge.
4. To compare the outcome of the two strategies in terms of knowledge.

Table – 1: Mean, median, mode, standard deviation and range of knowledge score of subjects on the adverse effects of active and passive smoking are as follows:-

<table>
<thead>
<tr>
<th>Area of analysis</th>
<th>Mean</th>
<th>Median</th>
<th>Mode</th>
<th>S.D.</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test (x)</td>
<td>22.26</td>
<td>22</td>
<td>20.8</td>
<td>3.57</td>
<td>15</td>
</tr>
<tr>
<td>Post-Test (y)</td>
<td>27.55</td>
<td>29</td>
<td>31.9</td>
<td>6.50</td>
<td>24</td>
</tr>
<tr>
<td>Difference (y-x)</td>
<td>05.29</td>
<td>07</td>
<td>11.1</td>
<td>2.93</td>
<td>09</td>
</tr>
</tbody>
</table>

Table – 1 depicts that the mean post-test knowledge scores are higher than the mean pre-test knowledge scores of (GNM Ist Year) students.
Discussion:
This chapter presents the major findings of the study. It also deals with the discussion, summary, conclusion, implications, limitations and recommendations.

MAJOR FINDINGS
1. In the pre-test, out of 50 subjects, some 43 (86%) had an average level of knowledge while only 07 (14%) had poor knowledge regarding the adverse effects of active and passive smoking.
2. In post-test 22 (44.89%) acquired good knowledge regarding the active and passive smoking; whereas 21 (42.85%) had moderate knowledge and 6 (12.24%) still had poor level of knowledge after providing structured teaching programme.
3. Among the 50 students there was a significant increase in the post-test knowledge scores after providing structured teaching programme.

Therefore, structured teaching programme on adverse effects of active and passive smoking was found more effective and had improved the knowledge of the subjects.
Discussion:
A present study had been undertaken to assess the effectiveness of the Structured Teaching Programme regarding the adverse effects of active and passive smoking, among the GNM 1st year students of Health & Hygiene Nursing Education Institute, at Alwar in Rajasthan.

LIST OF REFERENCES