

A study to assess the effectiveness of structure teaching programme on knowledge regarding substances abuse among PUC students in selected Colleges Bangalore

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Abstract

Introduction and Objectives: Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences¹

Substance use in many forms is on the rise all over the world. Drug abuse is of public health concern and causing significant toll on human lives and productivity. An estimated 183,000 drug related deaths were reported in 2012 corresponding to a mortality rate of 40.0 per million in the global population of those aged 15– 65 years²

As per W.H.O estimates about 80% of adults’ smokers initiate their tobacco use before the age of 18 years. As per national sample survey of India, 29.3% of rural and 20.2% of urban male as well as 2.3% of rural and 0.7% of urban females smoke beedies and cigarette. The

prevalence of alcohol and drug use disorder among adolescent is 32%, according to National Institute on drug abuse, 81% of people in United states age 12 and old have used alcohol sometimes in their lives, 65.5 millions American aged 12 and older 29.3 % use tobacco product, 55.7 millions smoked cigarette³.

Methodology: The research approach for this study was One group pretest and posttest research design, which is a pre experimental approach. On the 1st day, a pretest was given in the form of a structured knowledge questionnaire on substance abuse. On the same day after pretest, structured teaching programme was given to samples. On the 8th day, a post test was administered to assess the gaining knowledge regarding substance abuse by using the same structured questionnaire. The pre-test was conducted by administering the structured knowledge questionnaires followed by administration of STP. On the 7th day post test was conducted by using the same tool and five point likert scale regarding substances abuse. The collected data were analyzed using descriptive and inferential statistics.

Results: Comparison of pre-test and post-test knowledge regarding substance abuse among PUC students the obtained "t" value 16.27 is greater than the table value(2. 02) at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in knowledge level of PUC students. This supports that Structured teaching programme on knowledge regarding Substance abuse is effective in increasing the knowledge level of PUC students . Majority (83.3%) of PUC students had Inadequate knowledge and 16.2 % had moderate knowledge in pretest. None of them had adequate knowledge .the pretest knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 45.5 and lower in the aspect of Complications, withdrawal effects, Prevention , treatment of Substance abuse with mean % of 34.7. The overall mean % of pretest knowledge scores of participants were found to be 38.1 % .majority (70 %) of PUC students had adequate knowledge and 25% had moderate knowledge in the post test. the Post-test knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 78.8 and lower in the aspect of Complications, withdrawal effects, Prevention , treatment of Substance abuse with mean % of 66.8. The overall mean % of post-test knowledge scores of participants were found to be 70.86 . The obtained "t" value 16.27 is greater than the table value(2. 02) at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in knowledge level of PUC students. This supports that Structured teaching programme on knowledge regarding Substance abuse is effective in increasing the

knowledge level of PUC students majority (83.3%) of PUC students had inadequate knowledge,16.2 % had moderate knowledge and none of them had adequate knowledge in pretest, where as in post test15 % had moderate knowledge and 70 % had adequate knowledge.

Conclusion: This study among PUC students in selected colleges at Bangalore about assessing the effectiveness of structured teaching programme on knowledge regarding substances abuse there was significant gain in knowledge level of PUC students after the teaching programme Substance abuse. The STP was effective and there was significant association between post-test knowledge of PUC students of substances abuse among PUC students demographic variables.

Keywords: Substance abuse, Pre experimental approach, Likert scale, Structured teaching programme.

Introduction

Generally, when most people talk about substance abuse, they are referring to the use of illegal drugs. Illegal drugs alter the mood. All of which can put in danger of accident and injury. These drugs got to be illegal in the first place because they are potentially addictive or can cause severe negative health effects⁴ The abuse of alcohol and illicit and prescription drugs continues to be a major health problem internationally. The United Nations Office on Drugs and Crime (UNODC) reports that approximately 5 per cent of the world's population used an illicit drug in 2010 and 27 million people, or 0.6 per cent of the world's adult population, can be classified as problem drug users. It is estimated that heroin, cocaine and other drugs are responsible for 0.1 to 0.2 million deaths per year. 5Drug addiction produces serious pervasive and expensive social problems. Effective approach to drug

abuse problem will reduce drug related crime unemployment, family dysfunction and disproportionate use of medical care. ⁶

In India the numbers of drug addicts are increasing day by day. India also has a huge at-risk young population with 40% being below the age of 18 years. According to UN Convention Reports on Narcotic Drugs and Psychotropic Substances in 1961, 1971 and 1988, it is estimated that, in India, by the time most boys reach the ninth grade, about 50% of them have tried at least one of the gateway drugs. A larger proportion of teens in West Bengal and Andhra Pradesh have been using gateway drugs (about 60% in both the states) than Uttar Pradesh or Haryana (around 35%). Smokeless tobacco in the form of gutka is commonly used by children and adolescents in certain states. Every year, about 55,000 children take up to smoking generally hailing from low socio-economic strata with poor social support, broken homes and victims of deprivation and discrimination. This risky behavior is often initiated during childhood and adolescence, as more than 70% of adult smokers report that they started smoking on a daily basis prior to age 18⁷.

In 2015, approximately 7.7 million people ages 12 to 20 reported drinking alcohol in the past month. Five million (13.4%) were current i.e. past month, binge drinkers; and 1.3 million (3.3%) were heavy drinkers. In 2015, an estimated 2.4 million young people aged 12 to 17 used alcohol for the first time, an average of approximately 6,500 new initiates every day⁸.

Even though it is illegal for underage youth to purchase alcoholic beverages, they have had substantial experience with alcohol. Young adults are high school graduates with modal ages 19 to 28. This includes the college student population. Binge drinking (consuming 5 or more drinks in a row) at least once in the two-week

period preceding a 2015 survey was reported by 4.6% of 8th graders, 11.0% of 10th graders, 17.0% of 12th graders, 32.0% of college students, and 32.0% of young adults. At 32%, college students continue to stand out as having a relatively high level of binge drinking. The two-week prevalence for 12th grade students who reported “extreme binge drinking” (consuming 10 or more drinks in a row, or 15 or more drinks in a row on a single occasion), was 0.3% in 2015⁹

The fact is that teenagers experiment with drugs at a much higher rate than you might realize. For example, just over 50% of high school seniors have used an illicit drug or an inhalant at least once in their lifetime. But the rates are also alarmingly high for the younger grades, as well – 37% of 10th graders, and over 23% of 8th graders have experimented with an illegal drug or inhalant. Among 12th-graders during 2017, the drugs that were most reported for lifetime use of Alcohol – 61.5% ,Marijuana – 45%, illicit drug other than marijuana – 19.5% prescription drug – 16.5% ,Amphetamines – 9.2%,Tranquilizers – 7.5%,Hallucinogens – 6.7%,LSD – 5% ,Ecstasy – 4.9%Inhalants – 4.9%¹⁰

A Study was conducted from selected B.Sc. Nursing colleges at Udaipur district of Rajasthan. Adolescence is a stage of struggle for identity. It is evidenced by rebelliousness, adventure seeking behavior and oppositional defense. The future citizens are at great risk for early initiation to drugs and other psycho active substances. Therefore, a quasi-experimental study to assess the effectiveness of structured teaching programme was used to assess knowledge of adolescents regarding substance use. One group pre-test post-test design was used for this study. Convenient sampling technique is used on the sample for the present study consists of 91 adolescents age of 17-

18 yrs. Self-administered Knowledge questionnaires (Pretest Posttest) were administered. The collected data were analyzed by using descriptive & inferential statistics based on predefined objectives of the study. Present study shows that pretest knowledge level of students was significantly ($P < 0.05$) less towards substance abuse. Study reveals that proper education (STP) enhance posttest knowledge among students regarding substance¹¹.

A study to evaluate the effectiveness of Structured Teaching Programme on level of Knowledge regarding Problems of Substance Abuse among Higher Secondary School Students (15-17 years) at Selected Schools in Dindigul District . The study was conducted at Buds Flourishing Hindu Vidyalaya Matriculation Higher Secondary School, Oddanchatram in Dindigul District. The study was conducted Pre-experimental one group pretest and posttest design was used in this study. The total period of data collection was 4 weeks. 50 samples were selected using convenience sampling technique. Oral consent was obtained. . During the first week, assessment of the level of knowledge on problems of substance abuse among Higher Secondary School Students was done. The finding of the study shows that Structured Teaching Programme is more effective to improve the level of knowledge regarding problems of substance abuse among Higher Secondary School Students¹².

A multistage, random sample was generated in selecting schools from the educational directorate located in a large urban city located in the north of Jordan. This city district contains 23 public secondary schools and serves 56.8% of the adolescents in the entire province. The purpose a descriptive design was employed using a self- administrated questionnaire to collect the data from 400 high school

students. The result concluded with students of both sexes were knowledgeable about aspects of substance abuse, including its harmful effects on the body and society and reported that even occasional or frequent use of cigarettes, alcohol, and other drugs was extremely harmful. A majority of the students perceived substance abuse as a problem, although the older students were more acutely aware than the younger group. However, the results revealed that the students lack in-depth knowledge of substance abuse. In addition, the adolescents consistently refer to Islamic principles forbidding use of intoxicants but mistakenly presume that mosques are sources for assistance regarding substance abuse¹³

A Descriptive study was conducted in. Govt. PU College, Halayangadi, Dakshina Kannada District with 360 samples were selected by multistage random sampling technique. Data was collected by administering the structured knowledge questionnaire with 30 items. Majority 180(50%) of the adolescents had average knowledge and least 27 (7.5%) had poor knowledge. The mean knowledge score with a mean percentage of (50.75%) revealing that the overall knowledge of the adolescents regarding effects of substance abuse was good. The study found out that there was no significant association between demographic characteristics and knowledge of the samples at the significance level of 0.05. The study concluded that there is a need of motivational classes to prevent substance abuse in adolescence¹⁴

A perspective study was conducted to examine the reasons young people cite for using psychoactive substances. with 364 sample of young poly-drug users recruited using snowball-sampling methods. Data on lifetime and recent frequency and intensity of use for alcohol, cannabis, amphetamines, ecstasy, LSD and

cocaine are presented. A majority of the participants had used at least one of these six drugs to fulfil 11 of 18 measured substance use functions. The most popular functions for use were using to: relax (96.7%), become intoxicated (96.4%), keep awake at night while socializing (95.9%), enhance an activity (88.5%) and alleviate depressed mood (86.8%). Substance use functions were found to differ by age and gender. Recognition of the functions fulfilled by substance use should help health educators and prevention strategists to make health messages about drugs more relevant and appropriate to general and specific audiences. Targeting substances that are perceived to fulfil similar functions and addressing issues concerning the substitution of one substance for another may also strengthen education and prevention efforts¹⁵

Materials and methods

To accomplish the objectives of the study, one group pre-test post -test design was adopted. In this study target population were PUC students. The accessible population in the present study was 60 PUC students who were studying in selected colleges, Bangalore. In the present study, PUC students who were studying in selected college were selected. In this study, sample size consisted of 60 PUC students studying in a selected college, Bangalore .For the present study, Purposive sampling technique was used to select 60 PUC students.. Structured knowledge questionnaire consists of two parts. The instrument was developed in English after an extensive review of literature and experts opinion.

Description of the Tool

The instrument consists of two sections

Demographic variables

Demographic variables with 8 items on Age, Gender, course , family monthly income, pocket money per month, experience with substance abuse person , exposure to knowledge on substance abuse previous exposure to knowledge on substance abuse, Source of information. The respondents were instructed to select the most appropriate answer.

Structured knowledge questionnaire:

Structured knowledge questionnaire consist of 30 items about the substances abuses Questionnaire was divided into

- Introduction, Definition, Classification of Substance Abuse.
- Risk factors, effects of Substance Abuse.
- Complications, withdrawal effects, Prevention , treatment of Substance abuse

The consent was obtained from the study participants and assurance was given to them that the confidentiality would be maintained throughout the study. The STP on substance abuse was taught and after that the post test was done.

Scoring procedure

The structured knowledge questionnaire 30 items and a total aggregate score of 30. Each questions having three options in which patients can choose the correct option. Each correct option is scored as 1 and wrong is scored as 0.

Total score is divided as: Inadequate < 50, Moderate 50- 74 and adequate ≥ 75

Validity of the tool was obtained from experts. Their valuable suggestions were taken into consideration and corrections were made accordingly. The tool was found to be valid. The structured teaching programme was developed based on the review of the related research and non-research literature, objectives of the study and analysis of the obtained data.

The following steps were adopted to develop structured teaching programme:

- Preparation of 1st draft on structured teaching programme
- Establishment of content validity of structured teaching programme.
- Preparation of final draft of structured teaching programme
- Printing of the structured teaching programme.

Description of the structured teaching programme:

The structured teaching programme was titled as “structured teaching programme on knowledge regarding substances abuse” Introduction of substances abuse, Definition of substance, Types of substances abuse, risk factors substances abuse, Signs and symptoms of substances abuse, Effects of substances abuse, Management of substances abuse, Prevention of substances abuse, Complication of substances abuse.

- The duration for the assessment of knowledge took 45 minutes.
- On the same day STP was given to on knowledge regarding substances abuse
- On the completion of the 7th day post-test was taken.
- The data collected were compiled for analysis.

The data obtained was analyzed by both descriptive and inferential statistics, on the basis of objectives and hypothesis of the study.

Section I

Demographic data containing sample characteristics analyzed using frequency and percentage distribution.

Section II

Distribution of sample according to knowledge score would be analyzed by computing the frequency, mean, mean percentage and standard deviation.

Section III

Effectiveness of STP would be analyzed by, mean, standard deviation, mean difference paired’ test.

Section IV

Association of knowledge with selected demographic variable was analyzed by using chi square.

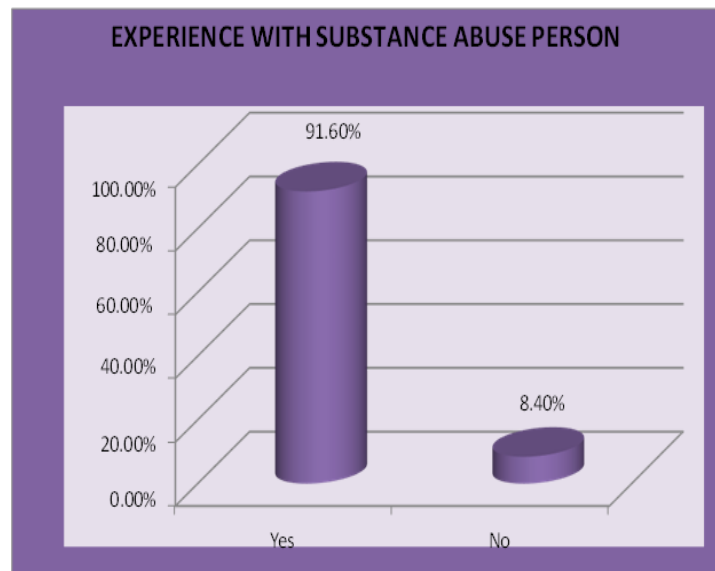
Demographic Variable of PUC Students

Table 1: Distribution of PUC Students By Their Age N-60

Sn.	Age	Frequency	Percentage
1	15-16yrs	2	3.3 %
2	16.1-17yrs	51	85 %
3	>17yrs	7	11.7%
	Total	60	100 %

Table shows that majority PUC students 85% belongs to age group belongs to 16.1-17yrs and only 3.3% belong age group of 15- 16 Years

Distribution of PUC Students Experience with Substance Abuse Person



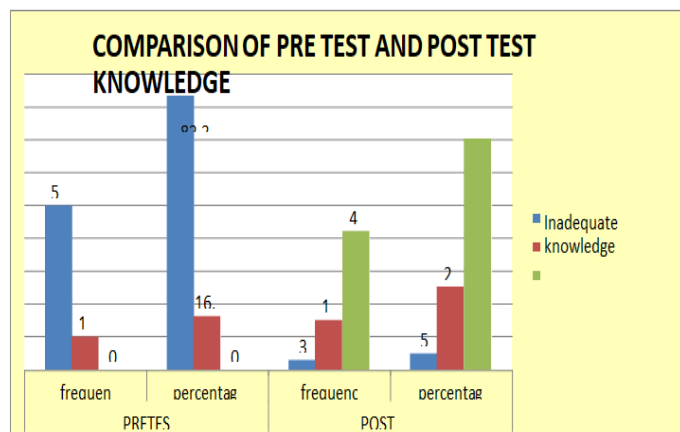
Graph 1: Percentage distribution of PUC students by experience with substance abuse person

Table 2: Pre Test and Post Test Knowledge Level of PUC Students N=60

Sn.	Knowledge Level	Pre Test		Post Test	
		Frequency	%	Frequency	%
1	Inadequate Knowledge	50	83.3%	3	5%
2	Moderate Knowledge	10	16.2%	15	25%
3	Adequate Knowledge	0	0	42	70
	Total	60	100	60	100

From the above table it is evident that majority (83.3%) of PUC students had Inadequate knowledge, 16.2 % had moderate knowledge and none of them had adequate knowledge in pretest, where as in post test 15 % had moderate knowledge and 70 % had adequate knowledge.

Graph 2:



Methods

In the present study, evaluative approach was selected. One group pretest and posttest design was adopted. Samples were PU students and size was 60 and was selected by purposive sampling technique. Structured knowledge questionnaire was used to assess the knowledge level. Data was analyzed by both descriptive and inferential statistics. The independent variable of the study was structured teaching

programme on substances abuse and dependent variable was knowledge of PU students on substances abuse The structured questionnaire on knowledge recording substances abuse was developed to collect data. The tool considered of two parts:

Part- 1: Demographic variables

Part-2: Structured knowledge questionnaire to assess the knowledge on substances abuse

The pilot study was conducted to find the feasibility of the study from 07-01-2020 to 14-01-2020 among six PU students in shastry Mahesh PU College, Bangalore. The main study was conducted from 17-02-2020 to 24 - 02-2020 among sixty PU students in SEA PU college, Bangalore. subjects were selected by using purposive sampling technique and data was analyzed and interpreted using descriptive and inferential statistics.

Ethical Consideration

The proposed study was conducted after the approval of dissertation committee of National college of Nursing. Prior permission was obtained from the principals of selected institutions, Bangalore for conducting the study. Consent from each subject was obtained before starting data collection. Assurance was given to them that anonymity of each individual would be maintain.

Major Findings of the Study

Finding Related to Demographic Profile of PUC Students

majority PUC students 85% belongs to age group belongs to 16.1-17yrs and only 3.3% belong age group of 15- 16 Years, majority of the PUC students were 58.4% were females and 41.6% were males, majority of PUC students 57.6 % have taken science group and 23.3% have taken commerce, majority of PUC students 61.6 % have their family monthly income of 10,000- 20,000 and 18.3% have >20,000, majority of PUC students 85% of Rs.<500 and only 15 % of them get of

Rs.500 – 1000. None of them receive >1000. majority 91.6% of PUC students had experience with substance abuse person only 8.4 % have no experience with substance abuse person, majority 68.3% of PUC students had no previous exposure to knowledge on substance abuse and only 31.7% had not been exposed , majority 33.3% of PUC students had received information from electronic media and only 10% had received from Persons.

Finding Related to Pre-Test and Post-Test Knowledge of PUC Students regarding Substance Abuse

Majority (83.3%) of PUC students had Inadequate knowledge and 16.2 % had moderate knowledge in pretest. None of them had adequate knowledge. The pretest knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 45.5 and lower in the aspect of Complications, withdrawal effects, Prevention, treatment of Substance abuse with mean % of 34.7.

The overall mean % of pretest knowledge scores of participants were found to be 38.1 %, majority (70 %) of PUC students had adequate knowledge and 25% had moderate knowledge in the post test.

The Post-test knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 78.8 and lower in the aspect of Complications, withdrawal effects, Prevention, treatment of Substance abuse with mean % of 66.8. The overall mean % of post-test knowledge scores of participants were found to be 70.86.

Finding Related to Association of the Post-Test Knowledge Scores of PUC Students with Their Selected Demographic Variables

There is significant association between selected demographic variables of PUC students on knowledge regarding substances abuse.

H₁: There will be significant difference between pre-test and post-test knowledge scores.

The hypothesis H₁ stated in the study is accepted since there is significant difference between pre-test and posttest knowledge scores among PUC students regarding substance abuse. And there was a significant improvement in knowledge level of PUC students after Structured teaching programme. Findings showed that the mean post- test knowledge score of the participants which was 70.86 % was higher than the mean pre-test score 38.1 % and found that the overall obtained' value (16.27) is greater than the table value at 0.05 level of significance.

H₂: There will be a significant association between the post-test knowledge scores regarding Substance Abuse Among PUC Students with their selected demographic variables.

The hypothesis H₂ stated in the study is rejected since there is no significant association between knowledge of PUC students regarding substance Abuse with their selected demographic variables like age, gender, course(group), Family monthly income, pocket money per month. Findings clarify that the obtained chi square value is less than the table value at 0.05 level of significance. The hypothesis H₂ stated in the study is accepted since there is significant association between knowledge of PUC students regarding substance Abuse with their selected demographic variables like having experience with substance abuse person, Previous exposure to knowledge on substance abuse and source of information. Findings clarify that the obtained chi square value is more than the table value at 0.05 level of significance.

Association of The Post-Test Knowledge Scores of PUC Students with Their Selected Demographic Variables

Testing of Hypothesis

H₁: There will be significant difference between pre-test and post-test knowledge scores. The hypothesis H₁ stated in the study is accepted since there is significant difference between pre-test and posttest knowledge scores among PUC students regarding substance abuse. And there was a significant improvement in knowledge level of PUC students after Structured teaching programme. Findings showed that the mean post-test knowledge score of the participants which was 70.86 % was higher than the mean pre-test score 38.1 % and found that the overall obtained' value (16.27) is greater than the table value at 0.05 level of significance.

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Discussion

Total samples selected for the study were 60 One group pretest and posttest research design for the present study, Purposive sampling technique was used to select PUC students. In this study it was found that majority PUC students 85% belongs to age group belongs to 16.1-17yrs and only 3.3% belong age group of 15- 16 Years majority of the PUC students were 58.4% were females and 41.6% were male's majority of PUC students 57.6 % have taken science group and 23.3% have taken commerce majority of PUC students 61.6 % have their family monthly income of 10,000-20,000 and 18.3% have >20,000 majority of PUC students 85% of Rs. <500 and only 15 % of them get ofRs.500 – 1000. None of them receive >1000. majority 91.6% of PUC students had experience with substance abuse person only 8.4 % have no experience with substance abuse persons. Majority (83.3%) of PUC students had Inadequate knowledge and 16.2 % had moderate knowledge in pretest. None of them had adequate knowledge. the pretest knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 45.5 and lower in the aspect of Complications, withdrawal effects, Prevention, treatment of Substance abuse with mean % of 34.7. The overall mean % of pretest knowledge scores of participants were found to be 38.1 %. majority (70 %) of PUC students had adequate knowledge and 25% had moderate knowledge in the post test The Post-test knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse with mean % of 78.8 and lower in the aspect of Complications, withdrawal effects, Prevention, treatment of Substance abuse with mean % of 66.8. The overall mean % of post-test

knowledge scores of participants were found to be 70.86. majority 68.3% of PUC students had no previous exposure to knowledge on substance abuse and only 31.7% had not been exposed. The obtained "t" value 16.27 is greater than the table value (2. 02) at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in knowledge level of PUC students. This supports that Structured teaching programme on knowledge regarding Substance abuse is effective in increasing the knowledge level of PUC students. majority (83.3%) of PUC students had Inadequate knowledge ,16.2 % had moderate knowledge and none of them had adequate knowledge in pretest, where as in post test15 % had moderate knowledge and 70 % had adequate knowledge. There is significant association between selected demographic variables of PUC students on knowledge regarding substances abuse.

H₁: There will be significant difference between pre-test and post-test knowledge scores. The hypothesis H₁ stated in the study is accepted since there is significant difference between pre-test and posttest knowledge scores among PUC students regarding substance abuse. And there was a significant improvement in knowledge level of PUC students after Structured teaching programme. Findings showed that the mean post- test knowledge score of the participants which was 70.86 % was higher than the mean pre-test score 38.1 % and found that the overall obtained' value (16.27) is greater than the table value at 0.05 level of significance.

H₂:There will be a significant association between the post-test knowledge scores regarding Substance Abuse Among PUC Students with their selected demographic variables. The hypothesis H₂ stated in the study is rejected since there is no significant association between knowledge of PUC students regarding

substance Abuse with their selected demographic variables like age , gender, course(group), Family monthly income, pocket money per month . Findings clarify that the obtained chi square value is less than the table value at 0.05 level of significance. The hypothesis H₂ stated in the study is accepted since there is significant association between knowledge of PUC students regarding substance Abuse with their selected demographic variables like Having experience with substance abuse person, Previous exposure to knowledge on substance abuse and source of information.

Findings clarify that the obtained chi square value is more than the table value at 0.05 level of significance.

Conclusion

The aim of the study was to assess the effectiveness of structure teaching programme on knowledge regarding substances abuse among PUC students in selected colleges of Bangalore. Through this study investigator also focused on imparting knowledge regarding substances abuse among PU students. The following conclusions were drawn from the results of the study. The majority (83.3%) of PUC students had Inadequate knowledge, 16.2 % had moderate knowledge and none of them had adequate knowledge in pretest, where as in post test15 % had moderate knowledge and 70 % had adequate knowledge and 25% had moderate knowledge in the post test. The Post-test knowledge scores of participants were found to be highest in the aspect of Introduction, Definition, Classification of Substance Abuse and lower in the aspect of Complications, withdrawal effects, Prevention, treatment of Substance abuse with The overall mean % of post-test knowledge scores of participants were found to be 70.86. Regarding comparison of pre-test and post-test knowledge regarding substance abuse among PUC

students "t" value is found to be significant. It means there was gain in knowledge level of PUC students. This supports that Structured teaching programme on knowledge regarding Substance abuse was effective in increasing the knowledge level of PUC students. About the association of the post-test knowledge scores of PUC students with their selected demographic variables there was no significant association between knowledge of PUC students regarding substance Abuse with their selected demographic variables like age, gender, course(group), Family monthly income, pocket money per month but there is significant association between knowledge of PUC students regarding substance Abuse with their selected demographic variables like Having experience with substance abuse person, Previous exposure to knowledge on substance abuse and source of information.

Implication

The study findings have included the implications for the future in relation to nursing education, nursing practice and nursing research.

Nursing Practice

Several implications can be drawn from the present study for nursing practice. The present study revealed that PUC students had inadequate knowledge regarding substances abuse by pre-test, so that concerted efforts must be made to increase knowledge regarding substances abuse.

Nursing is one of the finest of fine arts. Nursing care is an art and science in providing quality care and nurses are the key persons of the health team, who play a major role in health promotion and maintenance. The teaching programme can be conducted by the nursing personals that will be helpful in improving the knowledge of the nurses regarding occurrence of substances abuse.

Nursing Education

Nursing education is to bring changes in the behavior of people so as to prepare them to play their roles effectively as an individual and as a good responsible citizen. Nursing education should emphasize more on preparing prospective nurses to attain information about recent trends in nursing. This can be best done by equipping the nursing curriculum with scientific updates.

- As a nurse educator, there are abundant opportunities for nursing professionals to educate the substances abuse.
- The study emphasizes significance of in-service education regarding substances abuse.
- In nursing curriculum, it can include occurrence of substances abuse

Nursing Administration

Nursing administration is to organize and direct human and material resources

- The nursing administrator can take part in developing protocols, regarding the health education programmed related to substances abuse for PUC students.
- The nursing administrator can mobilize the available resource personnel to impart the knowledge on substances abuse.
- The nurse administrators should encourage innovative ideas in the preparation of appropriate teaching material. She/he should organize sufficient manpower; money and material for disseminating health information.
- Every nurses should be imparted with knowledge of substances abuse., this can be possible if the nurse in the administrative aspect takes the measures to provide opportunity of all the student nurses.

Nursing research

- Newer methods of teaching, can be implemented in educational research. The professional nurses and the upcoming nursing students can organize or do more researches on substances abuse.
- This study will serve as a valuable reference material for further investigation.

Limitations of The Study

- The study was conducted only on PUC students in South East Asian PU college, which restricts the generalization.
- The study was limited to measure the knowledge of PUC students regarding substances abuse.

Recommendations

On the basis of the findings of the study following recommendations have been made:

- A similar study can be replicated on large sample to generalize the findings.
- A similar study can be conducted in different settings.
- A similar study can be conducted on other samples using various sampling technique.
- A study can be conducted using other alternative methods of teaching programmed like, video assisted teaching etc.

Acknowledgement: “My Soul Magnifies The Lord” - LUKE 1:46

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