



RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE ADVERSE EFFECTS OF ACTIVE AND PASSIVE SMOKING AMONG ADOLESCENT BOYS IN SELECTED SECONDARY SCHOOL AT UDAIPUR, RAJASTHAN

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Abstract

The adolescent age is a critical period in the formation of the smoking habit. Most smokers start smoking during their adolescence or early adult years. The earlier they start to smoke, the more likely they are to become regular smokers. It has been found in developed countries that nearly one-half of school students who have reached the age of 18 have already established the habit of smoking, therefore, need to identify relevant factors associated with smoking among adolescents in order to better public health environment aimed at preventing smoking. The study reveals the effectiveness of structured teaching programme on knowledge of adolescent boys regarding the adverse effect of active and passive smoking.

Statement of the Problem: "A study to assess the effectiveness of structured teaching programme on knowledge regarding the adverse effect of active and passive smoking Among adolescent boys in Selected secondary school at Udaipur, Rajasthan."

Objectives of the Study: To assess the pre-test knowledge scores regarding the adverse effects of active and smoking among adolescent boys. To assess the post-test knowledge scores regarding adverse effects of active and passive smoking among adolescent boys. To find out the effectiveness of structured teaching programme on knowledge regarding adverse effects of active and passive smoking among adolescent boys. To find out the association between pretest knowledge scores regarding adverse effects of active and passive smoking with selected demographic variables among adolescent boys.

Methodology: The conceptual framework for this study is based on general system theory; pre- experimental one group pre test post test study design was adopted for this study. Samples were selected by convenient sampling technique and this study was conducted in selected secondary school, Udaipur. Total 80 adolescent boys were selected. The pilot study was conducted; final data was collected, analyzed and interpreted by using descriptive and inferential statistics.

Result: In pre test majority of the participants 47 (58.8%) were having inadequate knowledge, 33 (41.2%) were having moderately adequate

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knowledge and none of participants were having adequate knowledge. Whereas In post-test majority of the participants 57 (53.3%) were having moderately adequate knowledge, 23(28.8%) were having adequate knowledge and none of the participants were having inadequate knowledge. The mean post-test knowledge score 11.87 with mean percentage (59.35%) was greater than the mean pre test knowledge score 6.2 with mean percentage (31%). The mean difference between pre test and post-test score was 5.67 with the mean percentage of (28.35%). Paired t calculated value is 19.87 * $p < 0.05$ is significant at 0.05% level. This indicates that the structured teaching programme was found to be effective in increasing the knowledge of Adolescent boy regarding adverse effects of active and passive smoking. Findings related to association shows that there is selected demographic variables like age, education, and previous knowledge on effects of smoking, which indicates presence of significant association. Whereas for the rest of the demographic variables like type of family, religion, family monthly income and area of residence, it was found no association. This indicates that there is signification association between pre test knowledge score with some selected demographic variables.

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Introduction:-

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Methodology:-

The conceptual framework for this study is based on general system theory; pre- experimental one group pre test post test study design was adopted for this study. Samples were selected by convenient sampling technique and this study was conducted in selected secondary school, Udaipur. Total 80 adolescent boys were selected. The pilot study was conducted; final data was collected, analyzed and interpreted by using descriptive and inferential statistics.

Result:-

In pre test majority of the participants 47 (58.8%) were having inadequate knowledge, 33 (41.2%) were having moderately adequate knowledge and none of participants were having adequate knowledge. Whereas In post-test

majority of the participants 57 (53.3%) were having moderately adequate knowledge, 23(28.8%) were having adequate knowledge and none of the participants were having inadequate knowledge.

The mean post-test knowledge score 11.87 with mean percentage (59.35%) was greater than the mean pre test knowledge score 6.2 with mean percentage (31%). The mean difference between pre test and post-test score was 5.67 with the mean percentage of (28.35%). Paired t calculated value is 19.87 * $p < 0.05$ is significant at 0.05% level. This indicates that the structured teaching programme was found to be effective in increasing the knowledge of Adolescent boy regarding adverse effects of active and passive smoking.

Findings related to association shows that there is selected demographic variables like age, education, and previous knowledge on effects of smoking, which indicates presence of significant association. Whereas for the rest of the demographic variables like type of family, religion, family monthly income and area of residence, it was found no association. This indicates that there is signification association between pre test knowledge score with some selected demographic variables.