



RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAM ON THE LEVEL OF KNOWLEDGE REGARDING THE ALCOHOL DEPENDENCE AMONG ADOLESCENT GROUP IN SELECTED COLLEGE OF GURUGRAM, HARYANA

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Abstract

Alcohol use is typically established during adolescence and initiation of use at a young age poses risks for short- and long-term health and social outcomes. However, there is limited understanding of the onset, progression and impact of alcohol use among adolescents in India. The aim of this study is to compare pre-test and post-test level of knowledge regarding alcohol dependence among adolescent groups, develop structured teaching program for adolescent groups regarding alcohol dependence and find out the association between knowledge scores with their selected demographic variables. Result shows that the mean was 16.54 before teaching and after teaching it was 25.5 and is statistically significant at $p < 0.05$. • There was significant association found between the pre- test knowledge scores with number of drinks consumed by the subject.

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Introduction:-

According to the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2019, among adolescents and young adults (aged 10–24 years), alcohol-attributable burden is second highest among all risk factors contributing to disability-adjusted life years in this age group. The exposure of the adolescent brain to alcohol is shown to result in various cognitive and functional deficits related to verbal learning, attention, and visuospatial and memory tasks, and behavioral inefficiencies such as disinhibition and elevated risk-taking. Alcohol consumption in adolescents results in a range of adverse outcomes across several domains and includes road traffic accidents and other non-intentional injuries, violence, mental health problems, intentional self-harm and suicide, HIV and other infectious diseases, poor school performance and drop-out, and poor employment opportunities.

Adolescence is a critical period in which exposure to adversities such as poverty, family conflict and negative life experiences (e.g., violence) can have long-term emotional and socio-economic consequences for adolescents, their families and communities.

Early initiation of alcohol use among adolescents can provide a useful indication of the potential future burden among adults including increased risk for academic failure, mental health problems, antisocial behavior, physical illness, risky sexual behaviours, sexually transmitted diseases, early-onset dementia and the development of alcohol use disorders (AUDs).

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Materials And Methods:-

A Pre experimental one group pre- test and post -test study was conducted with the aim to compare the pre-test and post-test level of knowledge regarding alcohol dependence among adolescent groups and to develop structured teaching program for adolescent groups regarding alcohol dependence. The study was conducted in Government College, Manesar, Gurgaon, Haryana. All participants were informed about the purpose of the study. 50 participants were selected by using Convenient Sampling Technique. The inclusion criteria for the selection of sample were those adolescents who are willing to participate in the study and available at the time of data collection. The exclusion criteria for the selection of sample were those adolescents who are below the age of 15 years.

A structured teaching program was developed for the adolescents for 45 minutes which includes introduction to alcohol dependence, information on terminologies related to alcohol dependence, signs & symptoms, treatments, support groups, Government and Non-Government agencies available.

Tool was divided into two sections that is

Section A: Demography data, consists of questions to collect baseline data, regarding socio demographic variables of subjects such as Age, Gender, Religion, Educational Status, Type of Family, Family Income, Number of family members who consume alcohol, Number of friends who consume alcohol, Consumption of alcohol by the subject and Number of drinks consumed by the subject.

Section B: It includes structured Knowledge questionnaire for collection of information of adolescents regarding Alcohol Dependence. It includes 30 multiple choice questions.

Scoring - Each correct response was scored as 1 and Incorrect response as 0

Results:-

The data collected was organized in master sheet and analysis and interpretation was done using descriptive and inferential statistics. It was divided into three sections.

Section – I - Socio-demographic variables of sample

- ✓ Regarding Age, 32% of sample were in the age group above 19-year-old, 28% each of the sample were in the age group of 17 and 28% belongs to 18-year-old. 12 % of the samples were of the age group 19-year-old.
- ✓ 94% and the remaining 6% were females.
- ✓ 92% participants belonged to Hindu religion, 8% of the samples belonged to Muslim and the remaining Christian and Sikh religion were 0%
- ✓ 40% of the samples were educated up- to senior secondary, 36% of the samples were under graduate and the remaining 24% belonged to other category of educational status.
- ✓ Regarding Type of Family, majority of the samples i.e. 70% belonged to joint family, 26% belonged to the separated families and the remaining 4% belonged to nuclear families.
- ✓ Regarding Number of Family members who consume alcohol, 84 % of the samples belonged to the category of none of the family members who consume alcohol, 12% samples belonged to the category where 1 family members consumed alcohol, 4% samples belonged to the category where 2 family members consumed alcohol and the remaining 0% belonged to the category in which more than 2 family members consumed alcohol.
- ✓ Regarding Number of Friends who consume alcohol, 52% of the samples belonged to the category of none of the friends who consume alcohol, 0% samples belonged to the category where 1 friend who consumed alcohol, 8% samples belonged to the category where 2 friends who consumed alcohol and the remaining 40% belonged to the category in which more than 2 friends consumed alcohol.
- ✓ Regarding Drinks consumed by sample, 78% did not consume alcohol and remaining 22% of the population consumed alcohol.
- ✓ Regarding Number of drinks consumed by the sample, 76% did not consume alcohol, 10% consumed two drinks, 8% consumed more than 2 drinks and the remaining 6% consumed one drink.

Section – II- Findings related to comparison of pre-test and post-test level of knowledge regarding alcohol dependence among adolescent group.

Table No 1:- Comparison of Pre-test and Posttest Scores

N= 50.

Paired test	T	Mean $\pm$ S.D.	Mean%	Range	Mean Diff.	Paired Test	T	P value	Table Value at 0.05
Pretest knowledge		16.54 $\pm$ 3.655	55.10	6-25	8.960	22.40		<0.001	2.01
Posttest knowledge		25.5 $\pm$ 2.837	85	18-29		*Sig			

**** Significance Level 0.05 Maximum=30 Minimum= 0**

Section – III- Findings related to association between knowledge scores with their selected demographic variables
Chi-square test was used to find out the association between the Pre -test knowledge scores and selected demographic variables. The Chi-square value shows that there was significance association between the Pre-test Knowledge score and Number of drinks consumed by the subject. The calculated chi-square values were less than the table value at the 0.05 level of significance. There was no significance association between the knowledge scores and other demographic variables. The calculated chi-square values were more than the table value at the 0.05 level of significance.

The Chi-square value shows that there was significance association between the Post test knowledge score and Number of family members who consume alcohol and the number of drinks the subject consumes. The calculated chi-square values were less than the table value at the 0.05 level of significance.

Discussion:-

In present study majority of the participants falls in the age group of above 19 years while 28% each were of the age group 17- and 18-year-old, 94% of the participants were male., Hindu religion was in majority with 94% and the percentage of Muslim participants was 6%. The findings of the study are supported by Rossella Zucco, Franco Montesano, Carmelo G A Nobile(2017) in which 30% participants were above 19 years, 95% were male and belongs to Hindu religion.

In the present study there was no significant association found between the pre -test knowledge scores with age group, gender, religion and educational status. A similar study was conducted by H. M. Lavikainen & T. P. Lintonen on Alcohol use in adolescence: Identifying harms related to teenager's alcohol drinking, result revealed that there was no significant association found between the pre-test and post knowledge scores with age group, gender, religion and educational status.

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