Original research article

"Effectiveness of Structured Teaching Programme on Knowledge Regarding Smoking and Its Health Hazards among Adolescents Boys in a Selected College at Indore"

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ABSTRACT

Adolescence is a stage of significant growth and potential but it is also considered to be a time of great risk. An estimated 150 million adolescent's worldwide use tobacco. Approximately half of the young smokers will die of tobacco related diseases in later life. WHO estimates that unless current smoking pattern is reversed, tobacco will be responsible for 10 million deaths per year, by the decade 2020- 2030, with 70% of them occurring in developing countries? In this study 60 sample was selected by using simple random sampling technique from atal bihari vajpai arts and commerce college Indore,M.P.. Descriptive and inferential statistics were used for analysis; descriptive statistics have been used to present the features and characteristics of the samples while inferential statistics have been used to draw to valid inferences from the collected data. Before the intervention, majority of sample 60 out of 47 were in inadequate, followed by 10 in moderately adequate and 3 were in adequate. But after the intervention, majority of samples falls under the adequate that is 13 out of 60, 18 were in moderately adequate and 29 were in adequate score. Comparison of mean pre-test and post-test level of knowledge shows, the "t" value (28.92) was significant at 0.05 level with the degree of freedom 99. This indicates that, there is significant difference between pre-test and post-test level of knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys.

Keywords: Adolescents, Smoking, hazards, tobacco.

1   Introduction

Smoking harms nearly every organs of the body and diminishes a person's overall health. Millions of Americans have health problems caused by smoking. Smoking is a leading cause of cancer and death from cancer. It causes cancers of the lung, oesophagus, larynx, mouth, throat, kidney bladder, pancreas stomach, and cervix as well as acute myeloid leukaemia. Smoking also causes heart disease, stroke, aortic aneurysm (a balloon – like bulge in an artery in the chest), chronic Obstructive pulmonary disease (COPD), asthma, hip fractures and cataracts. Smokers are at high risk of developing pneumonia and other airway infections...

There are about 1.3 billion smokers in the world and approximately 80% of them live in the developing countries. Globally, there are 5 million deaths per year from tobacco use which are expected to rise to 10 million by the year 2025. According to World Health Organization (WHO) estimates, approximately 47% of men and 12% of women smoke worldwide [1]

Adolescent smoking behaviours, sources of tobacco, knowledge .The results of this study suggest that more financial and educational

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Resources should be committed to prevent and reduce smoking behaviors among adolescents. Educational prevention programs, especially parenting programs should be employed to reduce smoking. [2]

A cross-sectional study was done on 250 undergraduate male medical students in Lucknow to assess the use of toacco and to find out the associated factors with the use of tobacco. Among the tobacco users (28.8%), smoking was found in 87.5% and tobacco chewing in the form of gutka, khaini, gulmanjan (locally available forms of tobacco) in 37.5% as the predominant means of the use of tobacco. The mean age of our sample was 23.5 years. Hostellers were found to be more frequent tobacco users as compared to day-scholars. There was a familial aggregation of the use of tobacco. The factor initiating the use of tobacco was usually peer pressure.[3]

2   Objective of Studies

1. To assess the knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys
2. To evaluate the effectiveness of structured teaching program on knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys.

3. To find out the association between pre-test knowledge score with their selected demographic variables.

3 Hypotheses

H₁: There is a significant difference between the pre- test and post-test level of knowledge scores regarding smoking and its health hazards among adolescents.

H₂: There is a significant association between post-test levels of knowledge scores of adolescents with their selected demographic variables

4 Methodology: -

Research methodology is a way to systematically solve the research problem. It is a science that deals with various steps that are generally adopted by a researcher. Methodology selected by the investigator to study the effectiveness of structured teaching programme on knowledge

Research Design: quasi –experimental one group pre-test and post-test design was adopted for the study.

Research Approach: Evaluate approach was adopted for this study.

Setting of the Study: The study was conducted in selected urbanl areas such as Atal bihari vajpai arts and commerce college Indore..

Population: In this study population consist of between 18-22 years of students.

Target Population: The target population of my research study was the adolescent boys who are studying in the colleges..

Sample: Samples were taken from selected college Indore .In this study the sample consists of adolescent boys who met the inclusion criteria.

Sample Size: The present study comprises the sample size of 60 adolescent boys.

Sampling Technique: In this study Probability simple random sampling technique was used

Inclusion Criteria:
- Students between 18-22 years.
- Adolescent boys who were to participate in the study
- Adolescent boys who were available during the period of data collection

Exclusion Criteria:
- Who were already participated exclusively in cigarette smoking programme such as conference?

5 Description of the final tool

The final tool comprised of 2 parts.

Part-1 Demographic data:

It consisted of 09 variables like Age(in year), Religion, Area of residence, Type of family, Father's educational status, Father's occupation, Monthly income of the family, Family history of smoking and source of information regarding ill effects of cigarette smoking and prevention.

Part-2 Structured Knowledge questionnaire

Structured knowledge questionnaires consisted of 30 questions regarding the ill effects of cigarette smoking and its prevention.

6 Analysis and Interpretation

Frequency and percentage distribution of selected Demographic variables

- Majority of samples, 28(46.7%) were 18 to 19 years of age.
- Based on the religion, the 33(55%) were belongs to Hindu.
- Regarding type of family, majority 29(48.3%) of them are belongs to nuclear family.
- Among 32(53%) of them are residing in rural area.
- The Father's education 20(33.3%) of fathers are in diploma/ Graduate holders.
- Regarding father's occupation among 25(41.6%) unemployed.
- Based on the monthly income of the family among 18(30%) of them have Rs-10001-15,000 income.
- Regarding family history among 38(63.3%) of them have the history of smoking.
- Based on the source of information majority 18(30%) having an information through mass media.

Evaluating the effectiveness of STP:

Comparison between pre-test and post-test levels of knowledge regarding ill effects of cigarette smoking and its prevention

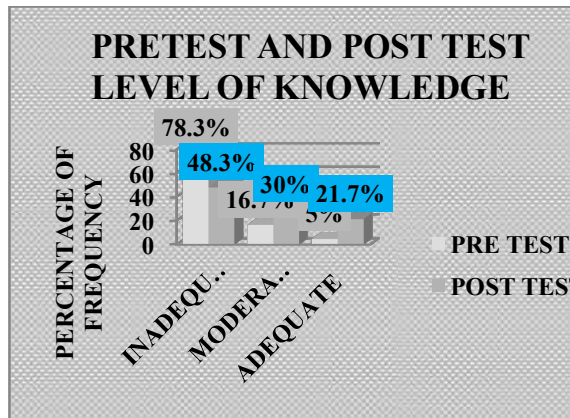| Level Of Knowledge	Percentage Of Knowledge Scores	No. Of Study Participants.		Percentage Of Frequency	
		Pre-Test	Post-Test	Pre- Test	Post-Test
Inadequate	≤50%	47	29	78.3	48.3
Moderately Adequate	50-75%	10	18	16.7	30.0
Adequate	>75%	3	13	5.0	21.7
Total		60	60	100.0	100.0

Figure-1: Vertical Bar diagram showing pre and post-test knowledge level among adolescent boys.

Vertical Bar diagram showing comparison between pre and post-test knowledge level among adolescent Pre-test inadequate score (78.3%), moderately adequate(16.7%), adequate(5%) and post-test inadequate score(48%), moderately adequate score(30%),adequate(21.7%)

Table 2: pre and post-test knowledge scores among adolescent boys regarding ill effects of cigarette smoking and its prevention

aspects	Mean			mean%			calculated paired t-test value
	Pre-test	Post-test	enhancement	Pre-test	Post-test	enhancement	
aspect 1: introduction	3.62	5.7	2.08	45.21	71.25	26.04	**-7.86 (s) (df=59)**
aspect 2; ill effects cigarette smoking	7.25	10.52	3.27	38.16	55.35	17.19	**13.42 (s) (df=59)**
aspect 3: prevention of cigarette smoking	0.43	1.18	0.75	14.44	39.44	25	**6.35 (s) (df=59)**
overall score	11.3	17.4	6.1	37.67	58	20.33	**28.92 (s) (df=59)**

Table 2 show pre-test introduction mean score 45.21%, Ill effect of citrate smoking mean 38.16%and prevention of cigrate smoking mean score 14.44%and overall score 37.67%, post-test introduction mean score 71.25%and, ill effect of cigarette smoking mean score 55.35%, prevention of cigrate smoking score 39.44% and over all mean score 58% and 50 enhancement introduction mean score26.04%,ill effect of cigrate smoking mean score 17.19%,prevention of cigarette smoking mean score25%and over all meanscore20.33%.Comparison of mean pre-test and post-test level of knowledge shows, the "t" value (28.92) was significant at 0.05 level with the degree of freedom 99. This indicates that, there is significant difference between pre-test and post-test level of knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys

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7   Hypothesis Testing:

H2:-there will be a significant association between post-test level of knowledge scores of adolescents with their selected demographic variable of and the post- test knowledge scores regarding ill effects of cigarette smoking and its prevention among adolescent boy

Association between the posts test knowledge score and selected demographic variables:

It reveals that there is a significant association between the Post-test Knowledge score with the occupation of father $\chi2=13.61$ (P=0.05 significance. The association was calculated by Chi square test. Therefore the Research hypothesis H_2 has been accepted

8   Conclusion

-Comparison of mean pre-test and post-test level of knowledge shows, the "t" value (28.92) was significant at 0.05 level with the degree of freedom 99.

-STP effective to increase the knowledge of mothers.

-There was significant association among Age and monthly income with post-test knowledge of cigarette smoking and its prevention.

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