

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM [STP] ON KNOWLEDGE REGARDING EFFECTS OF PSYCHOACTIVE SUBSTANCES USE AMONG ADOLESCENT PATIENTS IN SELECTED HOSPITALS AT CHENNAI.

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Abstract

Mental health is an integral part of every individual's life. People carry out their roles in society with a behaviour that is regarded as appropriate and healthy. It is a state of emotional, psychological and social well being evidenced by positive self concept and emotional stability. Man had used psychoactive drugs for a very long period, not only to enhance pleasure and relieve discomfort but also to facilitate the achievement of social, religious and ritualistic aims. The objectives are to assess the demographic variables, to assess the knowledge regarding the effects of psychoactive substances use, to evaluate the effectiveness of structured teaching program [STP] and to associate the demographic variables with level of knowledge on psychoactive substances effects among adolescent patients. Pre experimental design with one group pre- test and post test design was used and 50 adolescents who are diagnosed as psychoactive substance abusers were selected by Purposive sampling technique. From the pre test knowledge out of 50 patients, 45 (90%) had inadequate Knowledge, and 5 (10%) had moderately adequate knowledge. None of them had adequate knowledge. In post test out of 50 patients one (2.5%) had moderately adequate Knowledge, 49 (97.5%) had adequate knowledge and none of them had inadequate knowledge. There was no significant association with the demographic variables of samples such as age, religion, educational status, occupation, family income, family type, locality, reason for intake of substances at first time and type of substance abuse used. The structured teaching programme was very effective to improve the knowledge level on effects of psychoactive substance abuse among adolescent patients.

Keywords: Effectiveness, Structured teaching programme, knowledge, effects of psychoactive substances, Adolescent

Introduction

The term *substance* can refer to any physical matter, substance abuse has come to refer to the overindulgence in and dependence on a chemical leading to effects that are detrimental to the individual's physical and mental health, or the welfare of others¹.

The disorder is characterized by a pattern of continued pathological use of a substance that results in repeated adverse social consequences, such as failure to meet work, family, or school obligations, interpersonal conflicts, or dating problems². There are on-going debates as to the exact distinctions between substance abuse and dependence, but current practice standard distinguishes between the two by defining substance dependence in terms of physiological and behavioral symptoms of substance use, and substance abuse in terms of the social consequences of substance use³.

Man had used psychoactive drugs for a very long period, not only to enhance pleasure and relieve

discomfort but also to facilitate the achievement of social, religious and ritualistic aims. Earlier, the range of available psychoactive substance was not large. Also in the past, the use of psychoactive or "mind-altering" drugs was limited largely to persons who had an "elder person's" role in the community. These drugs were taken more by men than women⁴.

Need for the study

According to the **World Health Report. [2002]**, 8.9% of global disease burden expressed in „disability adjusted life years“ lost (DALYs) is attributed to psychoactive substance use. Tobacco and alcohol are responsible for a major part (8.1%) of the disease burden, with alcohol being the top risk factor for health in low mortality, developing countries. Tobacco, alcohol and illicit drugs are responsible for 12.4% of all deaths worldwide. In some countries of Europe, like Scotland and Spain, deaths related to opioid use account for as many as 25-33% of deaths in young (15-39 years)

males. Negative social consequences of alcohol and drug use, like crimes, violence or traffic accidents, make the total burden on the societies even higher. Injecting drug use, often associated with drug dependence and particularly opioid dependence, is a driving force of HIV/AIDS epidemics in many countries of Europe, Asia, the Middle East and America, with the number of injecting drug users worldwide estimated to be around 13.2 million.

Objectives:

The objectives are to assess the demographic variables, to assess the knowledge regarding the effects of psychoactive substances use, to evaluate the effectiveness of structured teaching program [STP] on effects of psychoactive substances use and to associate the demographic variables with level of knowledge on psychoactive substances effects among adolescent patients.

Hypothesis:

H1 – There is a significant change in the knowledge level of adolescent patients who are attending the teaching program.

H2 – There is a significant association between the knowledge level of patients and their demographic variables.

Methodology

Research design:

The research design chosen for this study was pre experimental design [one group pretest and posttest design].

Setting of the study:

The study was conducted in Dr. BOAZ psychiatric and rehabilitation hospital situated near East Tambaram, Chennai. It is a 250 bedded hospital and has both In patients and Out patients services.

Population:

The study population includes the adolescent patients who are diagnosed as psychoactive substance abusers.

Sample and sample size:

The size of the sample was 50 Male samples. The sample size of the study were those who were met the inclusion criteria and were willing to participate in this study.

Sampling technique:

Purposive sampling technique was the technique adopted for this study.

Criteria for sample selection:

Inclusion criteria:

- The patients who are residing in Dr. Boaz psychiatric and rehabilitation hospital.
- The patients who are willing to participate in the study.
- The patients who can follow English or Tamil by the investigators instruction.

Exclusion criteria:

- The patients who have aggressive and violent behavior.
- The patients those who are having systemic illness.

Description of the instrument

A structured questionnaire was used to assess the knowledge regarding the effects of psychoactive substance abuse among adolescent patients.

The instrument consists of two parts

Part 1- Demographic data.

Part 2- Multiple choice questionnaires was used to assess the knowledge regarding effects of psychoactive substance abuse among adolescent patients.

Score interpretation:

The scores were categorized as follows

| S.No | Questions | Score | Level of Knowledge |
|------|-----------|----------|-------------------------------|
| 01 | 1 -10 | <50% | Inadequate Knowledge |
| 02 | 11 -15 | 55–75% | Moderately Adequate Knowledge |
| 03 | 16 -20 | 80–100 % | Adequate Knowledge |

Results

Table 1: Distribution of Level of Knowledge on psychoactive substance in Pre Test and Post test among adolescents

| Level of Knowledge | Pretest | | Post Test | |
|----------------------|---------|------|-----------|------|
| | Freq | Pert | Freq | Pert |
| Inadequate Knowledge | 45 | 90 | 0 | 0 |
| Moderate Knowledge | 5 | 10 | 1 | 2.5 |
| Adequate Knowledge | 0 | 0 | 49 | 97.5 |
| Total | 50 | 100 | 50 | 100 |

Table 1 shows that in out of 50 patients, 45 (90%) had inadequate Knowledge, and 5 (10%) had moderately adequate knowledge. None of them had adequate knowledge in pre test and in post-test one (2.5%) had moderately adequate Knowledge and 49

(97.5%) had adequate knowledge and none of them had inadequate knowledge.

Table 2: Mean and Standard Deviation of Knowledge Score on psychoactive substance in Pre Test and Post Test among Adolescents

| Knowledge Score | Statistical Values | |
|--------------------|--------------------|-----------|
| | Pretest | Post Test |
| Mean | 5.08 | 18.12 |
| Standard Deviation | 2.37 | 1.19 |

Table 2 shows that in pre-test the sample's mean was 5.08 with standard deviation of 2.37 and in post-test samples, the mean was 18.12 with standard deviation of 1.19. It shows that there is an increase in mean and standard deviation between pre-test and post test knowledge score.

Table 3: Effectiveness of Structured Teaching Programme in Knowledge on psychoactive substance in Adolescents

| Knowledge improvement Score | Statistics values |
|-----------------------------|-----------------------|
| Paired t value P - value | t=35.24 P=0.000*** |

Note:***-P<0.001 Level of Significant

Table 3 shows that the average improvement of knowledge in samples of 50 was statistically tested by paired „t“ value and the result found to be significant at p<0.001 level. It indicated that structured teaching programme was very effective to improve the knowledge level on effects of psychoactive substance abuse among adolescent patients. Thus H1 is Accepted

There was no significant association between pre test knowledge score and the demographic variables of samples.

There was no significant association between post test knowledge score and the demographic variables of samples Thus H2 is rejected

Nursing Implications

The implication of this study can be seen in the areas of Nursing practice, Nursing education, Nursing administration and Nursing research.

Nursing Practice:

Nurses working in the hospital should provide education to help the patient to know about the illeffects of substances to improve the awareness through structured teaching programme apart from incidental teaching. The findings of the study can be disseminated to motivate nurses to plan a teaching programme.

Nursing Education:

Nursing curriculum should provide clinical experience on conduction of structured teaching programme about effects of psychoactive substances.

Nursing Administration:

The nurse administrators in the hospital should develop guidelines for conducting structured teaching programme for effects of psychoactive substances. Assess learning needs of nurses and provide in-service education to nurses to update their knowledge on psychoactive substances.

Nursing Research:

The findings of the study serve as a basis for nursing professionals and for the students to conduct further studies in effect of psychoactive substances and to prevent future complications to adolescents.

Recommendations for future study

- ❖ Similar study can be conducted with large sample size.
- ❖ A comparative study can be conducted to find out the effectiveness of structured teaching and video assisted teaching on knowledge of psychoactive substances among adolescents.
- ❖ Study can be conducted in other hospitals and community areas.

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