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An Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Harmful Effects of Tobacco Consumption Among Male Adolescents in Selected Area of Rural Community of Bareilly (U.P)

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ABSTRACT

One of the largest hazards to public health, which the world has faced, is the tobacco consumption. The highest rates of tobacco users are found in India. Tobacco usage dramatically increases the risk of several chronic diseases, including cancer, lung disease, cardiovascular disease, and stroke. It increases the mortality and morbidity rate in India, accounting for about 1.35 million deaths every year. This study employed a quasi-experimental approach with a single group pre-test and post-test. The area which was chosen for this study was rural. A non-probability purposive sampling technique was used to select 30 samples. To collect the data, a self-structured questionnaire was administered. Both descriptive and inferential statistics were used to analyse the data. To raise awareness regarding adverse effects of tobacco consumption, a structured teaching program was implemented. There was an average difference of 25.557 between the pre-test and post-test scores. The calculated paired "t" value was 7.2358 ($p<0.05$), and at the 0.05% level, it was significant. Adolescent males' knowledge had improved after the implementation of a structured teaching program.

Keywords: Assess, Effectiveness, Harmful effects, Tobacco consumption, adolescent

INTRODUCTION

Tobacco drives a large burden of communicable and non-communicable diseases. In 2022, an estimated 253.0 million people (200.2 million males) aged 15 years and older were tobacco product users in India. This positions the country as the 2nd globally and the 1st in the WHO South-East Asia Region in terms of number of tobacco users.[1, 2]. The nation offers a wide range of tobacco products at extremely low costs. About 425.3 thousand hectares of land were used for tobacco farming in India in 2022, a 4.3% drop from 2010. [retrieved in January 2024]. WHO is happy to reveal "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products" as the topic for the 2025 World No Tobacco Day (WNTD) campaign. This year, the campaign will focus on exposing the strategies used by the tobacco and nicotine corporations to make their dangerous products appear appealing. For non-smokers, tobacco use can potentially be fatal. Exposure to second hand smoking has also been linked to negative health consequences and is responsible for 1.2 million fatalities every year. Every year, 60,000 children pass away from diseases linked to second hand smoke, and nearly half of all youngsters breathe air contaminated by tobacco smoke. Pregnancy-related smoking can cause a number of long-term health issues for the unborn child. An estimated 28.9 million disability-adjusted life years (DALYs) were lost as a result of tobacco usage in 2021, accounting for roughly 12.6% of all DALYs. As of August 12, 2024, tobacco use was responsible for 7.8 million DALYs for IHD, 2.6 million for Stroke, 887.3 thousand for Lung Cancer, and 7.9 million for COPD.

Approximately one million deaths in India are attributed to tobacco use each year.4. Approximately 150 million Indians live in poverty as a result of tobacco use.5. Tobacco users' premature deaths push their families into poverty by costing them money, health care, and education.

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OBJECTIVES

The study was carried out with following objectives:

1. To assess the pre-test knowledge regarding harmful effects of tobacco consumption among male adolescents.

2. To assess the effectiveness of structured teaching programme regarding harmful effects of tobacco consumption among male adolescents.

3. To find the association between the knowledge with their selected demographic variable i.e. age (in years), religion, education level, type of family, living area, occupation of father and source of information.

METHODOLOGY

A quasi-Experimental One Group Pre-Test Post-Test method was used. Data were collected by 30 male adolescents through purposive sampling technique. Data were collected through self-structured knowledge questionnaire. Data were analysed by descriptive and inferential statistics.

Tools used

The tool was divided into two sections. **Section:1** consisted of demographic data i.e. age (in years), religion, education level, and type of family, living area, occupation of father and source of information. Section 2 consisted of self-structured knowledge questionnaires that include 30 questions. For the collection of data 3 parameters were made i.e. general awareness regarding tobacco consumption, factors influencing tobacco consumption and harmful effects of tobacco consumption. 10 questions from each parameter. The tools were validated by expert nursing faculties. The reliability of the tool was calculated by Karl Pearson correlation coefficient formula it was found to be = 0.70. The knowledge level was divided into five categories based on male adolescent knowledge score Excellent 25-30 (80%-100%), V. Good 19-24 (60%-79%), Good 13-18 (40%-59%), Fair 7-12 (20%-39%), Poor 0-6 (0-20%). Permission was taken from Gram Pradhan of rural community of Bareilly. Informed consent was taken from participants. Pilot study was conducted before conducting main study.

RESULTS

The mean score on level of knowledge was 13.033 and post-test score was 20.7. The mean difference between pre-test score and post-test score was 25.55. The computed paired ‘t’ value was 7.23 and it was significant at 0.05% level. The standard deviation was 4.9930 and 3.5580

There is no significant association with their selected demographic variables i.e, age (in years), religion, education level, and type of family, living area, occupation of father and source of information.

Table 1: Frequency and Percentage distribution of Demographic variables (n=30)

S. No.	Variables	Frequency(n)	Percentage%
1.	Age (years)		
	a. 12-13	4	13.33%
	b. 14-15	7	23.33%
	c. 16-17	12	40%
	d. 18	7	23.33%
2.	Religion		
	a. Hindu	26	86.66%

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	b. Muslim	4	13.33%
	c. Sikh	0	0%
	d. Christian	0	0%
3.	Education level		
	a. Up to primary	6	20%
	b. Higher secondary	10	33.33%
	c. Senior secondary	14	46.66%
4.	Type of family		
	a. Nuclear	8	26.66%
	b. Joint	19	63.33%
	c. Extended	3	10%
5.	Living area		
	a. Rural	30	100%
	b. Urban	0	0%
6.	Father's occupation		
	a. Private job	11	36.66%
	b. Government job	11	36.66%
	c. Businessman	8	26.66%
7.	Source of information		
	a. Mass media	10	33.33%
	b. Health care worker	4	13.33%
	c. Family and friends	12	40%
	d. Other	4	13.33%

Table-2: Frequency and Percentage Distribution of sample on the basis of their level of knowledge before and after Intervention (n=30)

Level of knowledge	**Score range**	**Pre-test**		**Post-test**	
		Frequency	**Percentage**	**frequency**	**Percentage**
Excellent	**25-30**	**0**	**0**	**4**	**13.33%**
V. Good	**19-24**	**4**	**13.33%**	**18**	**60%**
Good	**13-18**	**13**	**43.33%**	**7**	**23.33%**
Fair	**7-12**	**10**	**33.33%**	**0**	**0**

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Poor	**0-6**	**3**	**10%**	**0**	**0**

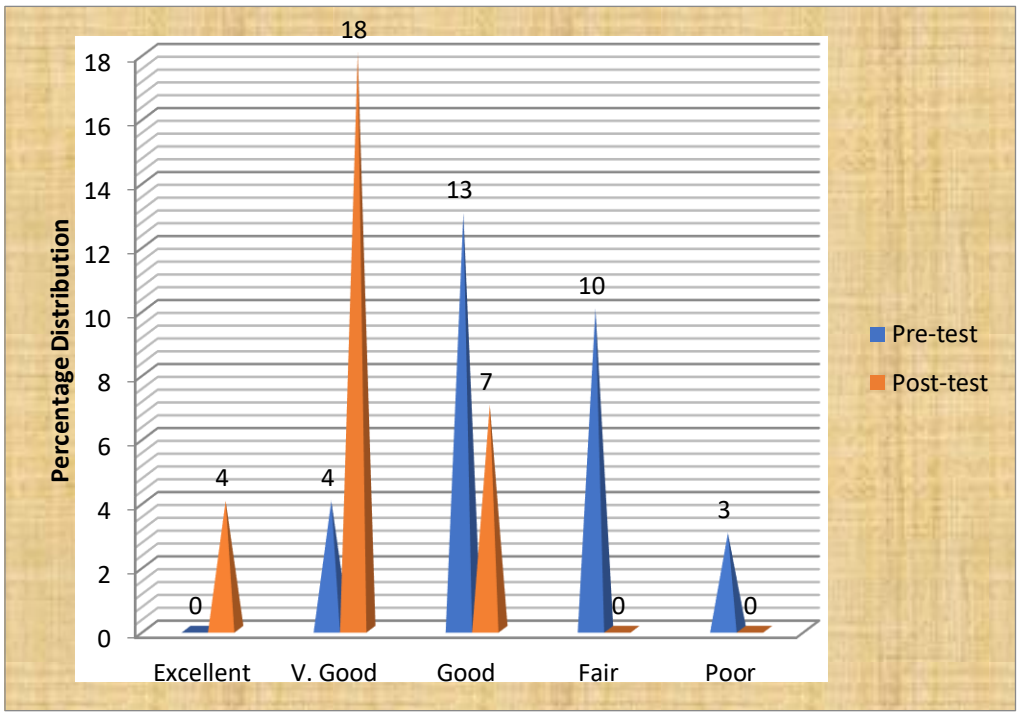

Fig. 1: Frequency and Percentage Distribution of sample on the basis of their level of knowledge before and after Intervention (n=30)

DISCUSSION

The result of the current research study shows that male adolescent, 13% of them had V. good knowledge, 43.3% of them had Good knowledge, 33.3% of them had fair knowledge and 10% of them had poor knowledge before giving intervention but after giving intervention they had 13% excellent knowledge, 60% Very Good knowledge, 23.3% Good knowledge. A similar study shows that the level of knowledge regarding ill effects of tobacco consumption on health among adolescents. Out of 100 adolescents, 4 (4%) had inadequate knowledge, 87 (87%) had moderate knowledge, and 9(9%) had adequate knowledge about the ill effects of tobacco consumption. (Parmar S[1], Christi S[1] 2024).[7]

CONCLUSION

In this study the effectiveness of Structured Teaching Programme was assessed regarding Harmful effects of Tobacco Consumption among Male Adolescents of rural area. The Results revealed that Structured Teaching Programme was effective and it increased the Knowledge of male adolescent regarding adverse effects of Tobacco consumption. Researcher concluded that Structured Teaching Programme play an important role in improving the knowledge of the male adolescents.

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