

Introduction

Alcohol use disorder is a significant contributor to social, psychological, and physical health problems worldwide. Excessive alcohol consumption is strongly associated with impaired judgment, loss of impulse control, and increased risk of abusive and violent behavior, particularly within families and communities.

Abusive conduct related to alcohol use often remains unrecognized or normalized, especially in community settings where awareness of its consequences is limited. Many individuals with alcohol use problems lack insight into the harmful impact of their behavior and demonstrate resistance to change.

Educational and instructional interventions have been identified as effective strategies for increasing awareness and motivating individuals toward positive behavioral change. Assessing the effectiveness of such interventions is essential to guide community-based prevention and rehabilitation efforts.

Objectives of the Study

1. To assess the pre-intervention level of awareness regarding abusive conduct among individuals with alcohol use.
2. To assess the pre-intervention level of readiness for behavioral change related to abusive conduct.
3. To evaluate the effectiveness of a designed instructional intervention on awareness and readiness for behavioral change.
4. To determine the association between post-intervention outcomes and selected socio-demographic variables.

Hypotheses

- H₁: There will be a significant difference between pretest and posttest awareness scores regarding abusive conduct.
- H₂: There will be a significant difference between pretest and posttest readiness for behavioral change scores.

Methodology

Research Design

A quasi-experimental one-group pretest–posttest design was used.

Study Setting

The study was conducted in a selected community.

Population and Sample

Individuals identified with alcohol use residing in the selected community constituted the study population. A sample of 60 participants was selected using purposive sampling technique.

Inclusion Criteria

- Individuals with a history of alcohol use
- Aged 18 years and above
- Willing to participate in the study

Exclusion Criteria

- Individuals with severe psychiatric illness
- Those currently undergoing formal de-addiction treatment

Tool for Data Collection

- Section A: Socio-demographic variables
- Section B: Structured questionnaire on awareness of abusive conduct
- Section C: Readiness for behavioral change scale

Description of the Instructional Intervention

The designed instructional intervention included:

- Information on alcohol use and its effects
- Types and consequences of abusive conduct
- Legal, social, and health implications
- Strategies for behavior modification and help-seeking

The intervention was delivered through lectures, discussion, and visual aids.

Data Collection Procedure

Pretest assessment was conducted prior to the intervention. The instructional intervention was administered, followed by posttest assessment.

Ethical Considerations

Ethical approval was obtained from the Institutional Ethics Committee. Informed consent was taken, and confidentiality was ensured.

Data Analysis

Data were analyzed using descriptive statistics (mean, percentage, standard deviation) and inferential statistics (paired t-test/chi-square test).

Results

The analysis revealed that:

- Pretest awareness and readiness scores were low to moderate.
- Posttest scores showed a significant improvement in awareness regarding abusive conduct.
- Readiness for behavioral change increased significantly after the intervention.
- The instructional intervention was statistically effective at $p < 0.05$.

Discussion

The findings demonstrate that the designed instructional intervention significantly improved awareness and readiness for behavioral change among individuals with alcohol use. These results align with previous studies indicating that educational interventions enhance insight and motivation for change in substance-using populations.

Improved awareness may lead to better self-regulation, reduced abusive behavior, and increased utilization of support services.

Conclusion

The study concludes that a structured instructional intervention is effective in

augmenting awareness and readiness for behavioral change related to abusive conduct among individuals with alcohol use. Community-based educational strategies should be integrated into public health programs to address alcohol-related abuse.

Implications

- Nursing Practice: Nurses can play a key role in delivering community-based educational interventions.
- Community Health: Awareness programs can reduce alcohol-related abuse and violence.
- Policy: Supports the inclusion of behavioral education in substance use prevention programs.

Limitations

- Small sample size
- Lack of a control group
- Short follow-up period

Recommendations

- Conduct studies with larger samples and control groups
- Implement long-term follow-up assessments
- Integrate instructional interventions into de-addiction and community outreach programs

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