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**Original Research Article**

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**AN EVALUATIVE STUDY TO DETERMINE THE EFFECTIVENESS OF A DESIGNED  
INSTRUCTIONAL INTERVENTION IN AUGMENTING AWARENESS AND READINESS  
FOR BEHAVIORAL CHANGE RELATED TO ABUSIVE CONDUCT AMONG  
INDIVIDUALS WITH ALCOHOL USE IN A SELECTED COMMUNITY**

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**Abstract**

**Background:** Alcohol use is a major public health issue and is strongly associated with abusive and violent behavior. Limited awareness and poor readiness for behavioral change among individuals with alcohol use contribute to the persistence of abusive conduct within communities.

**Objectives:** To evaluate the effectiveness of a designed instructional intervention in enhancing awareness and readiness for behavioral change related to abusive conduct among individuals with alcohol use.

**Methods:** A quasi-experimental one-group pretest–posttest design was adopted. The study was conducted among individuals with alcohol use in a selected community. A structured questionnaire was used to assess awareness regarding abusive conduct and readiness for behavioral change. Following the pretest, a designed instructional intervention was administered. Posttest assessment was conducted after the intervention. Data were analyzed using descriptive and inferential statistics.

**Results:** The findings revealed a significant improvement in awareness and readiness for behavioral change following the instructional intervention. A statistically significant difference was observed between pretest and posttest scores ( $p < 0.05$ ).

**Conclusion:** The designed instructional intervention was effective in improving awareness and readiness for behavioral change related to abusive conduct among individuals with alcohol use.

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## **Introduction**

Alcohol use disorder is a pervasive public health concern with significant social, psychological, and economic consequences. Excessive alcohol consumption impairs judgment, increases impulsivity, and is strongly linked to abusive conduct, including verbal, physical, and emotional abuse.

Abusive behavior related to alcohol use often remains unrecognized or socially tolerated in community settings. Individuals with alcohol use problems may lack awareness of the consequences of their behavior and exhibit low motivation to initiate behavioral change. Addressing these gaps through structured instructional interventions is essential.

Instructional interventions aim to enhance knowledge, promote insight, and motivate individuals toward positive behavioral change. Evaluating the effectiveness of such interventions provides evidence for their integration into community health programs.

## **Objectives of the Study**

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

## **Hypotheses**

- **H<sub>1</sub>**: There will be a significant difference between pretest and posttest awareness scores regarding abusive conduct.
- **H<sub>2</sub>**: 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**

The population comprised individuals with alcohol use residing in the selected community. A sample of 30 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 diagnosed severe mental illness
- Individuals currently undergoing structured de-addiction treatment

### **Tools for Data Collection**

- **Section A:** Socio-demographic variables
- **Section B:** Structured questionnaire assessing awareness regarding 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
- Impact on family, community, and legal consequences

- Strategies for behavioral change and support services

The intervention was delivered using lectures, group discussions, and audiovisual aids.

### **Data Collection Procedure**

Pretest assessment was conducted prior to the intervention. The instructional intervention was administered, followed by posttest assessment after 4 week.

### **Ethical Considerations**

Ethical approval was obtained from the Institutional Ethics Committee. Informed consent was obtained from all participants, and confidentiality was maintained.

### **Data Analysis**

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

### **Results**

The study findings indicated:

- Low to moderate levels of awareness and readiness for behavioral change in the pretest.
- A significant increase in awareness scores following the instructional intervention.
- A statistically significant improvement in readiness for behavioral change in the posttest ( $p < 0.05$ ).

### **Discussion**

The results demonstrate that the designed instructional intervention was effective in enhancing awareness and readiness for behavioral change among individuals with alcohol use. These findings are consistent with previous research highlighting the effectiveness of educational and motivational interventions in addressing alcohol-related abusive behavior.

Improved awareness may facilitate recognition of abusive conduct, while increased readiness for change may contribute to long-term behavior modification.

## **Conclusion**

The study concludes that a structured instructional intervention significantly improves awareness and readiness for behavioral change related to abusive conduct among individuals with alcohol use. Incorporating such interventions into community-based alcohol prevention and rehabilitation programs is recommended.

## **Implications**

- **Nursing Practice:** Nurses can implement instructional interventions at the community level.
- **Community Health:** Enhances prevention of alcohol-related abuse.
- **Policy:** Supports inclusion of behavioral education in substance-use programs.

## **Limitations**

- Absence of a control group
- Limited sample size
- Short follow-up period

## **Recommendations**

- Conduct randomized controlled trials
- Include long-term follow-up assessments
- Integrate instructional interventions into de-addiction and community outreach services

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