



Original Research Article

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**A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME
ON ALCOHOLISM AMONG THE ADOLESCENTS AT SELECTED SCHOOL OF
JABALPUR, MADHYA PRADESH**

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Introduction

Alcoholism is considered as a serious public health issue in India and at large in the world. Adolescence is a period of the life cycle when individuals are managing multiple and complex development tasks. They have less self-control, emotional stability and more likely to smoke, drink, use drugs, and get in to trouble with the law.

Adolescence is a transitional stage of physical and psychological changes, usually a time in a person life in which they go through puberty. Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder. Alcohol use disorder is organized into three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects. If left untreated, any type of alcohol abuse can spiral out of control. Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol

Objectives

1. To assess the pre-test knowledge regarding alcoholism among adolescents.
2. To assess the post-test knowledge regarding alcoholism among adolescents.
3. To find out the association between post-test knowledge scores regarding alcoholism and selected demographic variables

Methods and Material

In this study quantitative approach and pre-experimental one group pre-test and post-test design was used. The study was conducted at Sai Senior secondary school, Jabalpur, Madhya Pradesh. Data was collected from 30 students using structured knowledge questionnaire. Administrative permission was taken to conduct the study. An informed consent was taken from each subject individually to participate in the study. Convenient sampling technique was used to select 30 students. The data were collected using structured questionnaire which was divided into three sections. Section I consisted of items related to demographic data including 6 items such as age, gender, education, type of family, family income, & residence. Section II consisted of 20 items to assess the level of knowledge among students and Section III consisted of structured teaching program on Prevention of Alcoholism.

Result

The data indicates that the 40% students were in the age group of 15 to 16 years were 40%, and 60% were in 17 to 18 years age group. According to gender, 76.66% students were male and 23.34% students were female. According to educational status, 76.66% students were in 11th class, 23.34% students were in 12th class. According to family, 60% students belonged to nuclear family and 40% students belonged to joint family. According to family income, 86.67% students had family income Rs.1000 to 5000 and 13.33% students had family income of Rs. 5000 to 10,000. According to residence, 76.66% students belonged to the rural area, 23.34% students belonged to urban area.

The study findings revealed that the mean knowledge score of students on alcoholism during pre-test (10.87 ± 2.62) was lower than mean knowledge score of students on alcoholism during post-test (13 ± 2.12). The difference in mean pre-test and post-test knowledge scores was found to be significant. The result of present study clearly showed that the structured teaching programme regarding alcoholism had significant impact on knowledge of senior secondary school students.

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