



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING ILL EFFECTS OF
CIGARETTE SMOKING AND ITS PREVENTION AMONG ADOLESCENT
BOYS IN A SELECTED COLLEGE AT INDORE, M.P.**

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INTRODUCTION:

Tobacco is a serious threat to health and a proven killer and ranks second as a cause of death in the world taking its toll by killing some 5 million people globally. Cigarette smoking among adolescents remains a major public health concern given the frequent persistence of this behaviour in to adulthood.(Colditz & Hunter 2000.)

An estimated 150 million adolescents worldwide use tobacco. Approximately half of the young smokers will die of tobacco related diseases in later life. WHO estimates that unless current smoking pattern is reversed, tobacco will be responsible for 10 million deaths per year, by the decade 2020- 2030, with 70% of them occurring in developing countries.(WHO 2007,2.)

5.6 million of today's American Younger than 18 years of age are projected to die prematurely from a smoking related illness. They represent as above one in every 13 Americans aged 17 years or Younger alive today. In India tobacco kills 8- 10 lakhs people each year and many of these deaths will occur in people who are very young. In an observational study, it was found that, many of the adolescents are spending their, leisure time in smoking. From the estimated survey, it was found that in rural areas.

A lot of advanced thinking capabilities develop during the adolescent period. During adolescent young people gain the ability to plan ahead, anticipate the response of others, and become debaters and arguers. The increased cognitive ability to think about

possibilities may also lead to becoming lost in thoughts and worries. Although there are individual differences in cognitive development among adolescents, these new capabilities enable them to make mature decision that was previously beyond their cognitive capacity.

Objectives:

1. To assess the pre-test level of knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys
2. To evaluate the effectiveness of structured teaching program on knowledge regarding ill effects of cigarette smoking and its prevention among adolescent boys
3. To find out the association between pre-test knowledge score with their selected demographic variables

Research Hypothesis:

H₁ : There is a significant difference between the pre- test and post-test level of knowledge scores among adolescents regarding ill effects of cigarette smoking and its prevention.

H₂ : There is a significant association between pre-test level of knowledge scores of adolescents with their selected demographic variables.

Assumptions:

1. Adolescents may have some knowledge regarding ill effects of cigarette smoking and its prevention
2. Education regarding ill effects of smoking and its prevention will help them to gain knowledge.
3. Knowledge regarding ill effects of smoking and its prevention will help them to be away from the life-threatening illness

MATERIALS AND METHODS:

An evaluatory approach was adopted by the researcher to find the effectiveness of structured teaching programme on knowledge regarding ill effects of cigarette smoking

and its prevention among adolescent boys in a selected college at Indore, M.P. Pre – experimental one group pre test and post test design is adopted for this study. The study was conducted in APH College of Education, Indore which was located 18 kilo meters away from Indore in Khandwa Road. Around 800 adolescent boys were studying in this college. In this study the sample consists of adolescent boys who met the inclusion criteria. The researcher adopted Non probability purposive sampling technique to select the sample for this study.

Description of the tool:

The tool consisted of two sections

Section – A: Demographic data consisted of following: Age(in year), Religion, Area of residence, Type of family, Father's educational status, Mother's educational status, Father's occupation, Mother's Occupation, Monthly income of the family, Family history of smoking and source of information regarding ill effects of cigarette smoking and prevention.

Section – B : Structured knowledge questionnaire regarding the ill effects of cigarette smoking and its prevention. The structured questionnaire contains [30 questions]. Every correct answer was awarded a score of one (1) and every incorrect answer question was accorded as Zero (0). The maximum score on structured knowledge questionnaire was 30.

The different level of knowledge is categorized as follows.

Very good	- More than 75%
Good	- Between 45 -74%
Poor	-Less than 44%

Validity of the tool

The tool was developed by the investigator based on the review of literature. The tool was evaluated by experts from the field of Nursing and medicine and it was modified according to their suggestion.

RESULTS:

The data collected were grouped and analysed using descriptive and inferential statistics.

demographic characteristics of adolescents among 200, with regards to age (40%) were 17-18years, (60%) were 18-19years, with regards to religion, majority of the samples (62%) belongs to Hindu (29%) were Christians and (9%) were Muslims.

Based on the type of family majority of the samples (69%) belongs to joint family (23%) were nuclear family and (8%) were extended family. Regarding father's educational status (27%) was diploma/graduate, (25%) were secondary learners and (10%) were illiterate.

Regarding mother's educational status (24%) were primary learners (23%) had higher secondary, and (15%) were illiterate. Regarding Father's occupation majority of the samples (40%) were self employed, (28%) were daily wage earner and Govt employee respectively.

Regarding mother's occupation (54%) were unemployed and (12%) were Govt employed. Distribution of subjects with reference to monthly income (35%) were Rs-5000-10000 per month, (28%) were Rs.15001- 20000 per month.

Regarding family history (54%) were no history of smoking and (46%) had history of smoking. With regards to source of information (33%) were information from parents and friends, (42%) were from mass media and (14%) had no information.

The pre test and post test level of knowledge. Majority (57%) of adolescent had average knowledge, (43%) had poor knowledge. No one scored (above 75%) marks in pre test but in the post test majority (95%) had good knowledge (above 75%) and (5%) of them scored average level of knowledge (50-75%). No one was having poor level of knowledge.

CONCLUSION:

The following conclusions are drawn from the findings of the study. No adolescent boys had adequate knowledge regarding dementia ill effect of cigarette smoking structured teaching programme. After the administration of structured

teaching programme, the knowledge score was improved. The structured teaching programme was found to be effective in terms of gain in knowledge. So the structured teaching programme was effective in improving the knowledge of adolescent boys.

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