



STUDY TO ASSESS THE EFFECT OF STRUCTURED TEACHING PROGRAMME ON ILL-EFFECTS OF CIGARETTE SMOKING AMONG ADOLESCENT BOYS IN SELECTED GOVERNMENT SCHOOL IN THIRUVANANTHAPURAM DISTRICT, KERALA.

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ABSTRACT

Introduction: Cigarette smoking among adolescents remains a major public health concern given the frequent persistence of this behavior into adulthood (Colditz & Hunter 2000). WHO estimates that unless the 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) Adolescents should have knowledge and awareness of the ill-effects of cigarette smoking, which play an important role in preventing the diseases. **Objectives:** 1) To assess the pre-test knowledge score regarding the ill-effects of cigarette smoking among adolescents. 2) To assess the post-test knowledge score regarding the ill-effects of cigarette smoking among adolescents. 3) To compare the pre-test and post-test knowledge scores regarding the ill-effects of cigarette smoking among adolescents. 4) To find the association between the pre-test knowledge score and selected demographic variables among adolescents. **Material And Methods:** A quantitative approach and Quasi experimental one group pre-test post-test design were used for this study. The study was conducted among 60 adolescent boys at Govt. High School, Perumpazhuthoor. A non-randomized purposive sampling technique was used for this study. The tool consists of two parts. Section I: demographic variables; and Section II: self-administered knowledge questionnaire. **Result:** The findings in the present study revealed that the paired t value computed at 17.47 (df = 59) by comparison of the mean pre-test and post-test knowledge scores (10.33 + 4.13, 16.55 + 2.94) was statistically significant at $P < 0.05$. The above results revealed that there was a significant difference between pre-test and post-test scores among high school children after a structured teaching program. **Conclusion:** The high school children had gained knowledge on the ill-effects of smoking after a structured teaching program in the post test assessment. The mean pre-test and post-test knowledge scores (10.33 + 4.13, 16.55 + 2.94) were statistically significant at $P < 0.05$.

KEYWORDS : cigarette smoking, Adolescent, Structured teaching programme, Ill-effect.

INTRODUCTION

"Quit tobacco now else tobacco will eat you one day."

Adolescence is a word derived from Latin, which gives the meaning "to grow up." It's the phase of both physical and psychological growth that typically unfolds from puberty through adulthood. Since adolescence is considered the formative period of life, usually boys and girls start the habit of using substances like alcohol and others under peer pressure, parental influence, influence from family members, and a mark of inquisitiveness and experimentation. Even though the adolescent period gives possibilities for a boom in competence, self-determination, self-power, and close relationships, it also presents major harm and consequential risks during this period. It is estimated that by 2025, 70% of early deaths in developing countries will be due to smoking-related illnesses. Currently, 1/3 of the global population aged years and over is a smoker.

The major ill effects of tobacco include cancer, especially lung cancer, kidney cancer, cancer of the larynx, head, and neck, breast cancer, bladder cancer, cancer of the esophagus, cancer of the pancreas, and stomach cancer. Other less common cancers are myeloid leukemia, squamous cell cancer, liver cancer, colo-rectal cancer, cancer of the gall bladder, adrenal gland, and small intestine.

Unhealthy habits like smoking, drinking, and using illicit drugs often start in adolescence and are closely linked to higher rates of illness and death, posing significant public health issues.

Significance Of The Study

In a study conducted to find the prevalence of tobacco use among adolescents in Trivandrum district, it was found that the overall prevalence of self-reported tobacco users in 2016 was 7.4% (95% CI 5.86–8.94). Educating youth about the fatal consequences of tobacco is presumed to be a more powerful and effective method for this purpose. In this background, the

researcher felt the need to teach the adolescents the ill effects of cigarette smoking.

Statement

Study to assess the effect of structured teaching program on ill effects of cigarette smoking among adolescents in selected government school in Thiruvananthapuram District, Kerala.

Objectives

- To assess the pre-test knowledge score regarding the ill-effects of cigarette smoking among adolescents in selected government school in Thiruvananthapuram District, Kerala.
- To assess the post-test knowledge score regarding the ill-effects of cigarette smoking among adolescents in selected government school in Thiruvananthapuram District, Kerala.

To compare the pre-test and post-test knowledge score regarding the ill-effects of cigarette smoking among adolescents in selected government school in Thiruvananthapuram District, Kerala.

To find the association between pre-test knowledge score with selected demographic variables among adolescents in selected government school in Thiruvananthapuram District, Kerala.

Hypothesis

H₁- There is a significant difference between the pre-test knowledge score and the post-test knowledge score regarding the ill-effects of smoking among adolescents.

H₂- There is a significant association between the pre-test knowledge scores of adolescents regarding the ill-effects of smoking and their selected demographic variables.

METHODS AND MATERIALS

The conceptual framework used for this study is based on general system theory. A quantitative approach and Quasi experimental one-group pre-test post-test design were used for this study. The study was conducted among 60 adolescent boys. A non-randomized purposive sampling technique was used for this study. Govt. High School, Perumpazhuthoor. A non-randomized purposive sampling technique was used for this study. The inclusion criteria for this study were boys in high school who were willing to participate in the study. The tool consists of two sections. Section I: Demographic Variables and Section II: Self-Administered Knowledge Questionnaire. The data were collected through the questionnaire method from the samples. The result was analyzed through descriptive and inferential statistics. A chi-square test was used to find the association between the knowledge and the selected demographic variables.

RESULTS AND DISCUSSION

The collected data was analyzed and presented in the following sections:

Section A: Distribution of Samples in Relation to Demographic Data

Table-1
n=60

Variables	Category	Frequency	Percent age
Age	12-13 years	40	66.67
	14-15 years	20	33.33
Religion	Christian	24	40
	Hindu	32	53.33
	Muslim	4	6.67
	Others	0	0
Type of family	Joint	4	6.67
	Nuclear	52	86.66
	Extended	4	6.67
Occupation of Parents	Coolie Worker	28	46.67
	Business	5	8.33
	Service in Private Sector	25	41.67
	Service in Govt Sector	2	3.33
History of smoking in Family	Yes	35	58.33
	No	25	41.67
Previous knowledge about ill-effects of smoking.	Yes	60	100
	No	0	0
	Mass Media	32	53.33
If yes, source of information.	Relatives	8	13.33
	Health personnel.	20	33.33

Table 2: Comparison of Pre-test and post-test level of knowledge of subjects regarding ill-effects of smoking.

Level of knowledge	Pre- test		Post -test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Inadequate	18	30%	0	0%
Moderate	40	66.66%	15	25%
Adequate	2	3.33%	45	75%

Table 3: Comparison of mean, standard deviation and t' value scores of ill effects of cigarette smoking among adolescent boys in pre and post- test. no=60

VARIABLES	MEAN	SD	Mean difference	t value/ df/ P value value
Pre-test	10.33	4.13	6.22	17.47/ 59/ < 0.05
Post-test	16.55	2.94		

Table 4: Association between pre-test level of knowledge on ill-effects of cigarette smoking among adolescents with selected demographic variables. no=60

Variables	Category	Pre-test Mean/SD	Mean difference	P Value
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Age	12-13 years	3.75	2	5.99
	14-15 years			NS
Religion	Christian	17.19	6	12.59
	Hindu			S
	Muslim			
	Others			
Type of family	Joint	6.54	4	9.49
	Nuclear Extended			NS
Occupation of Parents	Coolie Worker	22.73	6	12.59
	Business			S
	Service in Private Sector			
	Service in Govt Sector			
History of smoking in Family	Yes	0.85	2	5.99
	No			NS
Previous knowledge about ill-effects of smoking.	Yes	0	2	5.99
	No			NS

RESULTS AND DISCUSSION

The objective of the study was to assess the effect of STP on the ill-effects of smoking among adolescents in the pre-test. Pre-test results revealed that among 60 adolescents, 18 (30%) had inadequate knowledge, 40 (66.67%) had moderate knowledge, and 2 (3.33%) had adequate knowledge. After administration of STP, the post- test findings revealed that 15 (25%) had moderate knowledge and 45 (75%) had adequate knowledge.

A t-test was conducted to find out the significant difference in the mean pre-test and mean post-test scores. The findings in the present study revealed that the paired t value computed at 17.47 (df = 59) by comparison of the mean pre-test and post-test knowledge scores (10.33 + 4.13, 16.55 + 2.94) was statistically significant at P< 0.05. Based on the findings, a structured teaching program was found to be effective in improving knowledge regarding the ill-effects of smoking among adolescents.

CONCLUSION

There is a need to educate adolescents regarding the ill-effects of smoking. Analysis of the data also reveals that the majority of respondents are not aware of the damaging effects of cigarette smoking on their body, mind, and life in the long run. In conclusion, nursing professionals are well-positioned to develop and implement educational plans that sensitize adolescents to the harmful effects of smoking. By leveraging their expertise, trust, and access to healthcare settings, they can make a significant impact on reducing smoking rates and improving the health outcomes of young people.

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