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A STUDY TO ASSESS THE EFFECTIVENESS OF A VIDEO-ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE PREVENTION OF SUBSTANCE ABUSE AMONG STUDENTS AT A SELECTED COLLEGE IN NAGAPATTINAM

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ABSTRACT

Prevention of substance abuse involves educational and environmental strategies designed to prevent the initiation of drug use or limit the development of addiction. Adolescent students may begin using harmful and illegal substances at a young age. Continuous use of such substances may lead to physical and psychological harm and may cause difficulty in stopping their use. The objectives of the study were to assess the knowledge regarding prevention of substance abuse among students in a selected college and to evaluate the effectiveness of a video-assisted teaching programme on knowledge regarding prevention of substance abuse among students in a selected college.

A pre-experimental, one-group pre-test and post-test research design was adopted to assess the knowledge regarding prevention of substance abuse among students at E.G.S. Pillay Arts and Science College, Nagapattinam. A total of 60 samples were selected using the convenience sampling technique. A pre-test was conducted using a structured knowledge questionnaire regarding prevention of substance abuse. On the same day, the video-assisted teaching programme regarding prevention of substance abuse was administered to the students. A post-test was conducted one week after the administration of the video-assisted teaching programme using the same structured knowledge questionnaire used for the pre-test. Data were analyzed using descriptive and inferential statistics. The study revealed that the video-assisted teaching programme was effective in improving knowledge regarding prevention of substance abuse among the students. The pre-test mean score was 20.85 and the post-test mean score was 34.65, with a mean difference of 13.8. The calculated "t" value was 14.42, which was statistically significant at $p < 0.05$.

Keywords: Substance Abuse Prevention, Video-Assisted Teaching Programme, Knowledge, College Students, Pre-Experimental Study, Educational Intervention

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INTRODUCTION

Substance abuse is found in all age groups, but its prevalence is higher among adolescents and young adults. A large majority of them are students. The use of tobacco, alcohol, and other substances is a worldwide problem that affects many children and adolescents. Early initiation of substance use is usually associated with poor prognosis and may lead to lifelong patterns of unhealthy and irresponsible behavior.

Adolescent students use harmful and illegal substances at a younger age. Continuous use of such substances leads to physical and psychological harm and is difficult to stop.Substance abuse is growing at an explosive rate, and in just a little over a decade, it has spread its malevolent tentacles to almost every part of the globe, surmounting almost all barriers of race, caste, creed, religion, sex, educational status, economic strata, etc.

RESEARCH PROBLEM

A study to assess the effectiveness of a video-assisted teaching programme on knowledge regarding prevention of substance abuse among students at a selected college in Nagapattinam.

OBJECTIVES:

- To assess the knowledge regarding prevention of substance abuse among students at a selected college in Nagapattinam.
- To evaluate the effectiveness of a video-assisted teaching programme on knowledge regarding prevention of substance abuse among students at a selected college in Nagapattinam.
- To determine the association between the pre-test level of knowledge regarding prevention of substance abuse and selected demographic variables among college students.

MATERIAL AND METHODS

The pre-experimental one group pre-test and post-test research design carried out to assess the knowledge regarding prevention of substance abuse among E.G.S Pillay arts and science college Nagapattinam. A total of 60 samples were selected by convenience sampling technique. A pre-test was conducted using structured a knowledge questionnaire regarding prevention of substance abuse. On the same day, after the pre-test, the video assisted teaching regarding prevention of substance abuse was administered and instructed the students by listening to the video-assisted teaching programme. Post-test was conducted one week after administration of video assisted teaching regarding prevention

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of substance abuse by using the same structured knowledge questionnaire which was used for the pretest. Data were analyzed using descriptive and inferential statistics.

RESULTS AND DISCUSSION

The findings were analysed based on the objectives of the study.

DEMOGRAPHIC VARIABLE

- Regarding age, 6.7% of the students were 18 years old, 85% were 19 years old, and 8.3% were 20 years and above.
- Regarding gender, 58% of the students were male, and 42% were female.
- Regarding the educational status of fathers, 6.7% were illiterate, 16.7% had primary education, 58% had secondary education, and 18.3% were graduates.
- Regarding the occupation of fathers, 53% were self-employed, 8.3% were government employees, 18.3% were private employees, and 20% were unemployed.
- Regarding the educational status of mothers, 5% were illiterate, 26.7% had primary education, 63.3% had secondary education, and 5% were graduates.
- Regarding the occupation of mothers, 86.7% were housewives, 8.3% were private employees, and 1.7% were government employees.
- Regarding the place of residence, 33% of the students lived in urban areas, while 67% lived in rural areas.
- Regarding living arrangements, 96.7% of the students lived with their parents, and 3.3% lived in hostels. None lived as paying guests or alone.
- Regarding family type, 70% of the students belonged to nuclear families, while 30% belonged to joint families.
- Regarding religion, 90% of the students were Hindu, and 10% were Muslim. None of the students were Christian.

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• Regarding the source of information, 66.7% of the students reported friends, while 33.3% reported mass media.

The first objective is to assess the knowledge regarding prevention of substance abuse among students at a selected college in Nagapattinam.

In the pre-test, 51.7% of the students had inadequate knowledge, 35% had moderate knowledge and 13.3% had adequate knowledge.

In the post-test, only 1.6% of the students had inadequate knowledge , 16.7% had moderate knowledge and 81.7% had adequate knowledge.

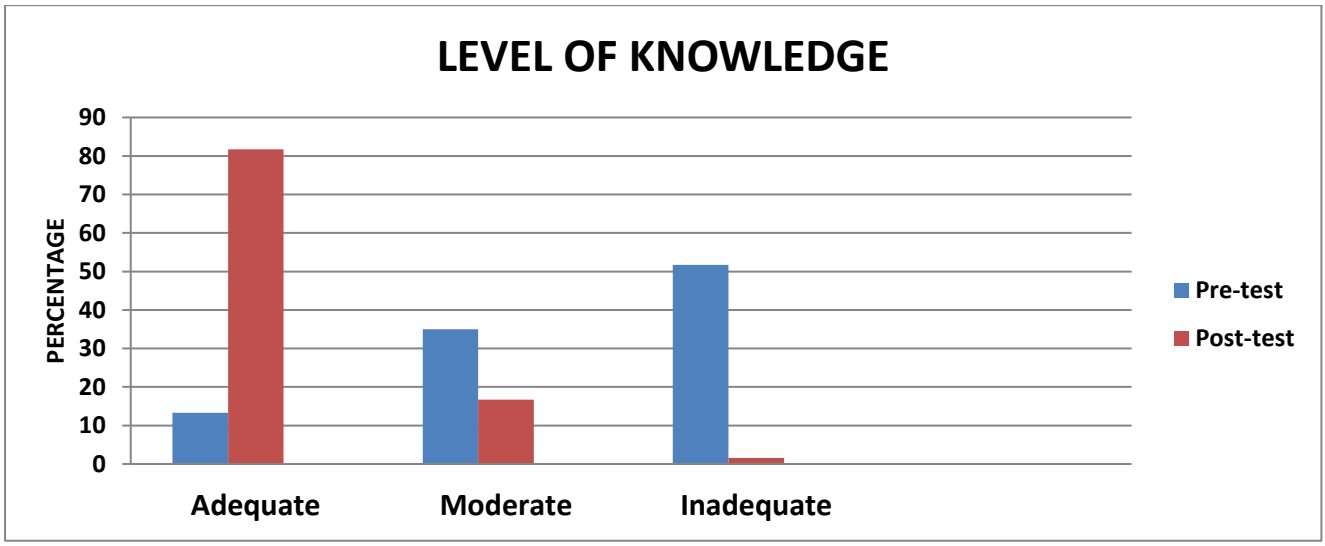


Fig.1:Percentage distribution of Pre-test and Post-test knowledge of regarding Substance Abuse among selected college students.

The second objective is to assess the effectiveness of video assisted teaching programme on college regarding prevention of substance abuse among students .

The study findings showed a significant improvement in knowledge regarding Substance abuse among selected college students following the video-assisted teaching program. The pre-test mean score was 20.85 and the post-test mean score was 34.65, with a mean difference of 13.8. The calculated "t" value was 14.42, which was statistically significant at $p < 0.05$.

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IMPLICATIONS FOR NURSING

The findings of the study have implication in nursing practice , nursing administration and nursing research.

NURSING PRACTICE:

• Nursing personnel are in the best position to provide health education to adolescents in hospitals and community settings regarding the prevention of substance abuse.

• Nursing personnel working in various healthcare settings should be provided with in-service education to update their knowledge and identify the learning needs of adolescents regarding the prevention of substance abuse.

NURSING EDUCATION:

• The nursing curriculum should highlight substance abuse as a current issue among adolescents.

• The study has demonstrated an improvement in knowledge regarding the prevention of substance abuse.

NURSING ADMINISTRATION:

• Nursing administration should provide in-service education to prepare nurses to work effectively with adolescents.

• The administration should encourage and motivate nurses to conduct periodic health education programmes in institutions.

NURSING RESEARCH:

• Nursing researchers should be aware of new trends and developments in the existing healthcare system.

• The present study can serve as motivation for further research and encourage efforts to prevent substance abuse.

RECOMMENDATION

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• A similar study can be conducted with a larger sample size to improve the validity and reliability of the findings.

• The study can be replicated in different settings, such as schools and community areas, to allow wider generalization of the findings.

• A comparative study may be conducted between urban and rural populations to assess differences in awareness regarding the prevention of substance abuse.

CONCLUSION

The present study aims to assess the effectiveness of video assisted teaching on knowledge regarding prevention of substance abuse among students at selected college, Nagapattinam. In this study research found that the video assisted teaching was found to be effective in increasing the level of knowledge regarding prevention of substance abuse. Thus the video assisted teaching was found to be effective in improving knowledge regarding prevention of substance abuse.

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