

Effectiveness of Structured Teaching Programme on Ill Effects of Alcoholism among Alcoholics in Selected Community Area

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ABSTRACT

Alcoholism also known as alcohol abuse is a broad term of any drinking of alcohol that results in mental or physical health problems. The disorder was previously divided as alcohol abuse and alcohol dependence. To assess the ill effects of alcoholism among alcoholics. To assess the effectiveness of structured teaching programme on the ill effects of alcoholism among alcoholics. To associate the ill effects of alcoholism among alcoholics with the selected demographic variables. The study was taken 30 samples of alcoholics in a selected community area at Coimbatore. Convenient sampling technique was used and data was collected used structured teaching programme. The data was analyzed using descriptive and inferential statistics. 30 alcoholics were assessed, the knowledge on ill effects of alcoholism of 16(53.33%) inadequate knowledge, 14(46.66%) had moderately adequate, 0% had adequate knowledge. After education 0% had inadequate knowledge, 11(36.66%) moderately adequate, 19(63.33%) had adequate knowledge. There was a significant association between the selected demographic and with the pre-test knowledge regarding ill effects of alcoholism. The study concluded that the identifying the knowledge and conducted education regarding ill effects of alcoholism among alcoholics was helpful to improve their knowledge regarding the ill effects of alcoholism among alcoholics in selected community area at Coimbatore.

Keywords: Assess, Effectiveness, Structured teaching programme, ill effects of alcoholism, Alcoholics, and selected community area.

INTRODUCTION

Alcoholism is an addiction to the consumption of alcoholic drink. It is very common type of substance abuse. Alcohol is a central nervous system depressant. It produces transient feeling of well-being. People who are referred to as alcoholics. Alcoholics compulsively use alcohol to cope with conflicts and tension. Worldwide there were about 3.3 million deaths from alcohol consumption according to the WHO (2020), which averages to about one death per 10 seconds. For the total population of India, about 28% consume liquor. About 7% of the alcohol consumed is in the form of beer, less than 1% is wine and 93% is in the form of spirits (WHO 2019). There has been a rapid change in patterns and trends of alcohol use in India. Chief among them is people are beginning to drink at younger ages. The percentage of the drinking population aged less than 21 years has increased from 2% to more than 14% in the past 15 years. According to studies in the southern state of Kerala, alarmingly; the study found that the “average age of initiation” had dropped from 19 years to 13 years in the past two decades, (Alcohol and Drugs Information Centre India, a nongovernmental organization).

Considering the raising alcoholic population and its ill effects we have decided to create awareness among alcoholics regarding the ill effects of alcoholism in selected community area in Coimbatore.

OBJECTIVES:

- To assess the ill effects of alcoholism among alcoholics.
- To assess the effectiveness of structured teaching programme on the ill effects of alcoholism among alcoholics.
- To associate the ill effects of alcoholism among alcoholics with the selected demographic variables.

MATERIALS AND METHOD

Pre experimental research design – one group pretest – post test design was used to assess the ill effects of alcoholism among alcoholics. The study was conducted in Gandhimanagar area in Coimbatore. Convenient sampling technique was used. The sample size was 30 alcoholics. The sample’s knowledge was assessed by a self

structured questionnaire. Health education was given on ill effects of alcoholism was given. The study was approved by IHEC and informed consent was obtained from all the participants of the study.

TOOL:

A self structured questionnaire was used to collect the baseline data. This tool consists of two sections. Section A deals with Demographic data which consists of age, sex, education, occupation, marital status, monthly income, habit of drinking alcohol, quantity of alcohol consumption in ml/day.

Section B consist of 20 multiple choice question to assess the knowledge related to ill effects of alcoholism which includes causes, withdrawal symptoms de-addiction drugs, complication of ill effects of alcoholism.

RESULTS AND DISCUSSION

The Significant Findings of the Study were:-

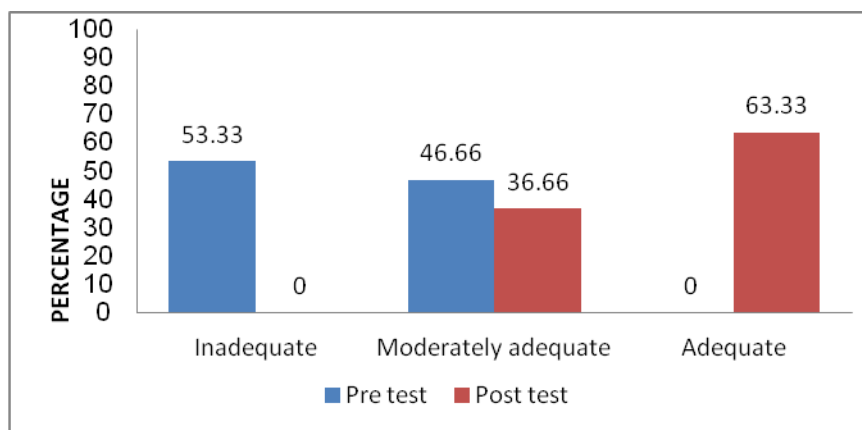
Frequency and percentage distribution of pre test and post test knowledge scores of adult males on ill effects of alcoholism.

Knowledge level	Category	Pre test		Post test	
		f	%	f	%
Inadequate	<50%	16	53.33%	0	0%
Moderately adequate	51-75%	14	46.66%	11	36.66%
Adequate	>75%	0	0%	19	63.33%

Table 4.7 shows the knowledge level of adult males regarding ill effects of alcoholism. The result indicates that 16 (53.3%) adult males had inadequate knowledge, 14 (46.66%) adult males with moderately adequate knowledge and 0(0%) adult males with adequate knowledge. In

post test 19 (63.33 %) adult males had adequate knowledge and 11(36.66%) adult males had moderately adequate knowledge.

Hence Ho is accepted which shows there is a significant difference between the pre test and post test knowledge scores regarding ill effects of alcoholism at



Classification of adult males on knowledge level on ill effects of alcoholism.

Over all pre test and post test mean, mean percentage, standard deviation on knowledge scores of adult males on ill effects of alcoholism, n = 30

Aspects	Maximum scores	Respondents' knowledge			Paired "t" test
		Mean	Mean (%)	Standard deviation	
Pre test	20	8.7	43.5	2.5884	5.633
Post test	20	15.833	76.17	1.5104	

$P < 0.05$

Table reveals that the mean post test score was 76.17 % which was significantly higher than the pre test score of 43.5 %. Further, paired t test value 5.63 of pre-test and post test of the respondents were found to be significant at $P < 0.05$. Therefore, the findings revealed that the structure teaching programme has improved the knowledge on ill effects of alcoholism among alcoholics as revealed by statistical results.

Hence H_0 is accepted. So there is significant difference in the post test score after the education on ill effects of alcoholism among alcoholics.

CONCLUSION

The study reveals that among 30 alcoholics majority of alcoholics 19(63.33%) belongs to the age group 30-40 years. Regarding history of type of family, quantity, duration and reason of alcohol majority of the alcoholics with types of family compared with others. In the overall knowledge in the pre-test out of 30 alcoholics, 16(53.33%) had inadequate knowledge, 14(46.66%) had moderately adequate knowledge and 0% with adequate knowledge. The pre-test score was founded to be 8.7 with the standard deviation [SD] of 2.588. In the overall knowledge in the post-test out of 30 alcoholics 0% with inadequate knowledge, 11(36.66%) had moderately adequate, 19(63.33%) had adequate knowledge. The post-test mean score was found to be 15.833 with the standard deviation [SD] of 1.5104. The mean value of pre-test was 8.7 and was increased in the post-test to 15.833. The difference between the pre-test and post-test mean 7.133. The "t" value was 5.633 which had high statistical significance difference between the pre-test and post-test of knowledge

regarding ill effects of alcoholism among alcoholics.

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