



**A STUDY TO EVALUATE THE EFFECTIVENESS OF  
STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND  
ATTITUDE REGARDING USE OF PSYCHOACTIVE SUBSTANCE  
AMONG ADOLESCENT GIRLS IN SELECTED PUC, BANGALORE**

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**Introduction**

Substance abuse is a growing problem in India. Earlier considered to be a problem of Street children, working children and trafficked children, it has now become a wide spread phenomenon affecting all segments of the society.<sup>3</sup> Substance abuse especially among adolescents has become a concern throughout the world (UNDCP, World Drug Report, 1999). Adolescents start on drugs for several reasons, from curiosity, recreation for pleasure and as a need to cope with stress.<sup>1</sup>

College student's even girls in our changing lifestyle are the most vulnerable group and are at high risk of drug abuse related problems compared to other population. The prevalence rate of drug abuse is highest among young adolescents and young adults. Substance abuse by students in secondary schools and colleges is a serious problem. As it is gaining gradual popularity among college students, it would be vital to examine their knowledge and attitude towards psychoactive substance abuse. Health education is an important strategy of all the programmers to prevent and control this incident<sup>2</sup>

**Objectives**

- (1) Assess the pre-test level of knowledge and attitude of adolescent girls regarding use of psychoactive substance.
- (2) Evaluate the effectiveness of STP on knowledge and attitude regarding use of psychoactive substance among adolescent girls.
- (3) Correlate knowledge and attitude of adolescent girls regarding use of psychoactive substances.
- (4) Find out the association between pre-test level of knowledge and attitude of adolescent girls

regarding use of psychoactive substance with their selected socio demographic variables.

**Research Methodology**

**Design:** Pre-experimental research design was selected for the study.

**Subject:** 60 adolescent girls.

**Sampling Method:** Non probability convenient sampling technique was used for the study.

**Data Collection Tool:** Structured knowledge questionnaire and attitude assessment scale were used to collect the data from the samples

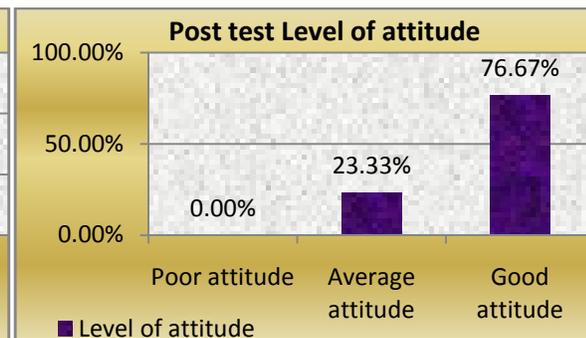
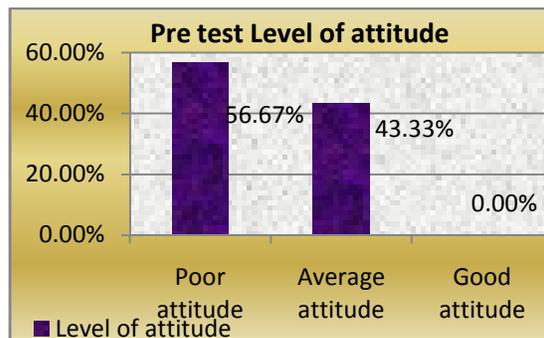
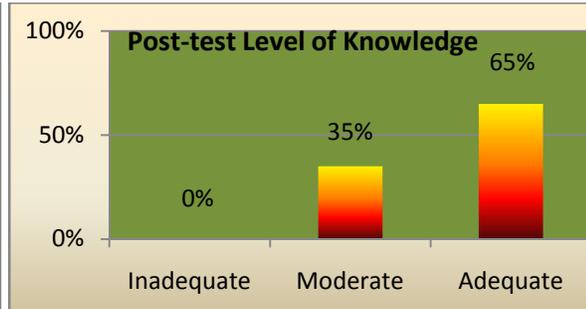
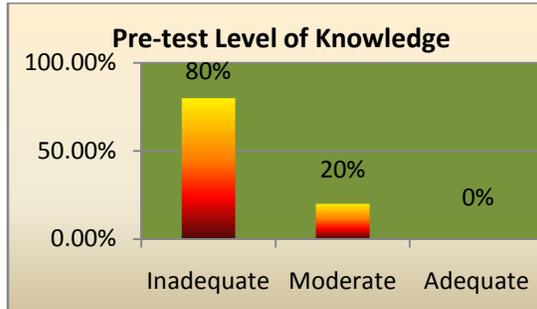
**Data Analysis:** The obtained data was analyzed by descriptive and inferential statistics and interpreted in terms of objectives and hypothesis of the study. The level of significance was set at  $p \leq 0.05$  level.

**Results**

It was observed that in pre-test, majority of the adolescent girls 48(80%) had inadequate level of knowledge and 12(20%) of them had moderate level of knowledge regarding use of psychoactive substance. Pre-test level of attitude of adolescent girls regarding use of psychoactive substance showed that 34(56.67%) of adolescent girls had poor attitude and 26(43.33%) of them had average attitude whereas in post-test all adolescent girls had showed improvement in their knowledge and attitude. 39(65%) of adolescent girls had adequate level of knowledge and 21(35%) of them had moderate level of knowledge, 46(76.67%) of them had good attitude and 14(23.33%) of them had average level of attitude towards use of psychoactive substance. This showed that the STP was effective in improving the knowledge of adolescent girls regarding use of psychoactive substance. The correlation between knowledge and attitude of adolescent girls regarding

use of psychoactive substance was significant at  $p < 0.01$  levels. The chi-square value of the pre-test level of

knowledge and attitude of adolescent girls was significant at  $P \leq 0.05$  level.



### Nursing Implications

#### Nursing Education

- To enhance the knowledge and attitude of adolescent girls on use of psychoactive substance, it should include as an important aspect of basic education programs in nursing.
- Seminar, symposium and workshops can be organized regarding the aspects of use of psychoactive substance to improve the knowledge of student nurses to impart knowledge to the public.

#### Nursing Practice

The health teaching in health care area is one of the important aspects in the health care delivery system. Health education by the nurses regarding use of psychoactive substance in hospital setting and community can improve the knowledge of adolescent girls. It helps them to implement this knowledge in their life and impart knowledge to others to prevent the use of psychoactive substance.

### Bibliography

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- Sabeena J. A study to assess the undergraduate students' knowledge of and attitude towards drug abuse in a selected college of Kerala unpublished Master of Science in Nursing". New Delhi: Delhi University; 1993.

### Nursing Research

Research must be carried out on newer practices and innovative teaching methods are in-corporated. The study will serve as a valuable reference material for future investigations. Further research studies can be conducted on the basis of this study.

### Nursing Administration

- Nursing administrators should implement seminars to make nurses aware about prevention of use of psychoactive substance.
- Public awareness program for the public regarding use of psychoactive substance in order to make them aware about preventive measures.
- It also helps the nursing administrators to plan for man power, money, materials, methods and time to conduct successful in-service and public education programs regarding use of psychoactive substance.