

EFFECTIVENESS OF SENSITIZATION PROGRAMME ON ALCOHOLISM AMONG COLLEGE STUDENTS AT LUCKNOW.

Dr. Jomet George, Principal, Carrier College of Nursing, Lucknow

Introduction

To put it another way, drinks has caused more bloodshed, hung crepe, sold houses, plunged people into bankruptcy, armed villains, slain children, snapped wedding rings, defiled innocence, and blinded eyes. It has also dethroned reason, ruined manhood, dishonored womanhood, and broken numerous hearts. According to the poll conducted by the ASSOCHAM Social Development Foundation, alcohol use among hostel residents between the ages of 19 and 26 has seen a 60% increase over the years. Many college students are underage and hence unable to drink legally. Alcohol is without a doubt the most often used drug, and because of this, it plays a role in many problems. A information sheet claims that the sale of alcohol is increasing at a pace of 6% per year, and this will increase to 8% per year. Additionally, it is stated that people are drinking at an earlier age today than in the past.

Preparation: Materials and Methods

To analyze the efficiency of a sensitization campaign, students at several colleges in Lucknow were selected for the study. To further understand the statement, literature relevant to the topic was used. To know about the sample strategy that needs to be used, and to choose a conceptual framework and study plan, the literatures were also employed. When the textbooks were organized into four different categories, they were differentiated as to their themes, and these categories were: Literatures on Effectiveness of Education Modules in Improving College Students' Knowledge of Alcoholism, Use of Alcohol Among College Students, Motivating Factors for Alcohol Consumption, and Ill Effects of Alcoholism. The pre-test, post-test strategy adopted in this study was efficient for discovering the efficacy of the intervention. In the first stage, the samples were chosen from different aspects of daily life. Prior to this, the study employed stratified sample and subsequently, on the strata chosen, just random sampling. The sample total consisted of 100 samples, which were from different industries.

The tool's reliability was determined via the split-half method. A questionnaire with pre-established question and answer options was used to test understanding of drinking and alcoholism, while a standardized tool was employed to measure attitude. Descriptive and inferential statistics were used to analyse the data. To meet the objectives of the study, the data was compiled, organized, tabulated, and analyzed.

the study's major findings

Only (2.35% of the samples) had health professionals as sources of information about alcoholism.

Pre-test results revealed that 77.35 percent of the samples did not meet standards. No one met standards.

On the pre-test, the majority of the samples were unfavorable in attitude towards drinking and alcoholism, save for those with Neutral attitude on the social dimension.

14 days after the sensitization session, the post-test found that 40 participants had fairly adequate knowledge, while only 8 participants had adequate knowledge, demonstrating that the program was effective.

After post-test, there was no change in the attitude of the samples; except for in the social dimension, the majority of the samples had an unfavourable attitude of acceptance, rejection, and avoidance.

T-test results demonstrated that before and after taking the test, the pre-test and post-test levels of knowledge on alcoholism were significantly different.

“t”17.8 shows that the sensitization programme was effective, since it reached its goal.

There was no significant difference in the level of attitude between the pre-test and post-test measurements because in all of the components such as acceptance, rejection, avoidance, and social, attitude remained constant before and after the test.

Also, the monthly income, gender, and level of awareness about drinking and alcoholism all had a connection. When it comes to chi-square values, these figures of 7.63 and 12.66 are rather typical.

DISCUSSION

In the study, information about alcohol was provided to fewer than one percent of the 174 samples prior to the intervention. Only 9 out of 100 pupils had received information from the health personnel in a research done in that group. This study's conclusions were similar to those of the study done previously.

The pre-test assessment of prior knowledge of alcoholism and drinking is made.

In the current study, before taking the test, the majority of the samples (i.e., those who did not select "Do not know") had inadequate knowledge about drinking and alcoholism (i.e., did not know if they should or should not drink), while a relatively small percentage (i.e., those who selected "Do not know") had moderate knowledge and the majority (i.e., those who selected "Do know") had sufficient knowledge. To measure students' knowledge on alcoholism, a new study was done for 60 college students. The results showed that 37 students had intermediate knowledge, 19 had inadequate knowledge, and only 4 had adequate knowledge. This study's findings were also in line with those of the last study. Another study found that 60 late teens in Karnataka reported excessive creative activity. In this survey, around 61% of participants had moderate knowledge, whereas 31.7% had low knowledge and 6.7% had good knowledge.

A comparison of the pre-test and post-test levels of knowledge regarding drinking and alcoholism before to the start and end of a sensitivity training program is used to judge the effectiveness of the program.

In the current study, out of the 174 subjects, the majority (152) did not have enough knowledge about drinking and alcoholism before the test. The majority (22) had a moderate amount of knowledge, and just one (1) was deemed to have enough knowledge. But 48 out of the 53 samples took the post-test 7 days following the sensitization programme. Of those, only 3 showed inadequate knowledge, meaning that the program had raised knowledge about alcoholism. In order to help them better comprehend alcoholism, they provide information about alcoholism. An in-depth study was done with approximately 50 teenagers aged 16 to 19 in Pondicherry's public schools. Adolescents about alcoholism and prevention were educated by using a suitable sampling technique to find the effectiveness of this information. In that study, almost half of the samples in the pre-test (32 out of 72) were found to have inadequate knowledge, with 18 of those samples having moderate knowledge and just two of them having adequate knowledge. These results showed that out of the 28 samples that received the post-test, 20 had moderate to good knowledge, and only 2 had insufficient knowledge. This study and this research's findings both supported the findings of this study.

Among college students, correlation exists between knowledge and attitude.

This study examined the relationship between knowledge and attitude in the modern era.

A connection between pre-test knowledge and attitude about drinking and alcoholism and post-test knowledge and attitude was determined to be $r = -0.27$, demonstrating that there is a negative association between pre-test knowledge and attitude and post-test knowledge and attitude among students. Another study supported this conclusion, which found an r -value of -0.26 between knowledge and attitude.

Pre-test levels of knowledge and demographic variables such as age, gender, and ethnicity may be associated. The demographic characteristics such as gender, monthly income, and knowledge levels were correlated in the current research. The fact that family gender and monthly income play a role in the understanding of alcoholism is illustrated below. Age, class, type of family, and level of alcohol knowledge were not found to be related. This suggests that demographic factors such as age, gender, ethnicity, and socioeconomic status have little influence on an individual's knowledge of and engagement in alcohol abuse. The results of a study involving 60 adolescents show that there is no relationship between demographic variables such as age, gender, religion, family type, and educational status of the father and mother and the improvement in knowledge regarding alcoholism. The combination of dominical demographic factors and the knowledge was associated.

Conclusion

When the pupils have little or no understanding about alcoholism, it indicates that they must be taught alcohol-related material. Those in need of nursing instruction must also have a thorough understanding of alcoholism. Prior to the intervention, the majority of the students were deficient in their knowledge. However, post-intervention, just 3 students remained deficient. The colour change is a clear indication that the pupils' sensitization training has helped them learn about drinking and alcoholism.

