

EFFECTIVENESS OF NURSING STRATEGIES ON KNOWLEDGE REGARDING ALCOHOLISM AMONG ADOLESCENT BOYS AT SELECTED SCHOOL IN ACHARAPAKKAM KANCHEEPURAM DISTRICT

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ABSTRACT

Background: Alcoholism is a primary chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations. Alcoholism is a worldwide problem in the developed as well as in developing countries. The economic cost involved in this affair is massive. Alcoholism affects human value badly like broken marriages, ruined careers and neglected children. Young adolescents are at risk of alcohol related problems and are noted as special population in need of services in the report by the institute of medicine. Young adolescents as a group are heaviest drinkers in America and other Western societies. Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual, society or both. **Objectives:** 1) To assess the level of knowledge on alcoholism among adolescent boys.2) To evaluate the effectiveness of nursing strategies on knowledge regarding alcoholism among adolescent boys.3) To associate the selected demographic variables with the post-test level of knowledge on alcoholism among adolescent boys. **Material and methods:** Pre experimental research design with one group pre and post-test was considered as appropriate research approach for the present study. The sample of this study comprised of 100 Higher Secondary School Children to the adolescent boys studying from IX - XII Standard at St. Joseph Higher Secondary School in Acharapakkam, Kancheepuram district. Probability type of simple random sampling technique was used for this study.

KEY WORDS: Effectiveness, Knowledge, Adolescent Boys, Nursing Strategies.

INTRODUCTION:

Alcoholism is a worldwide problem in the developed as well as in developing countries. The economic cost involved in this affair is massive. Alcoholism affects human value badly like broken marriages, ruined careers and neglected children. . Alcoholism is characterized by excessive and repetitive consumption of alcoholic beverages to a degree that it affects the drinker's health and social or economic functioning. Alcoholism is a disorder in which the individual consume excessive amount of Ethyl Alcohol and is unable to control his drinking

According to **WHO-** Indicates that increasing in consumption of alcohol and its accompanying harmful effects. It reports that there are 140 million adolescent alcoholics in the world, unfortunately majority of them not treated across the all sections of society. These effects have been notifying among youth from 14 to 18years. Alcohol has been used for number of reasons and has become source of pleasure seeking for the common man. Alcohol as a disease driving force causes discriminating and chronic intoxication, cirrhosis of liver, toxic psychosis, pancreatitis, gastritis, HIV infection and AIDS. Alcohol is leading cause of death and disability globally and especially in India.

Young adolescents are at risk of alcohol related problems and are noted as special population in need of services in the report by the institute of medicine. Young adolescents as a group are heaviest drinkers in America and other Western society

NEED FOR THE STUDY:

Large quantity of alcohol consumption known as binge drinking also comes under the definition of alcoholism. Binge drinking is harmful to the society as well as self. This includes category of people who follows a drinking pattern in which the percentage of blood alcohol concentration is 0.08 gram or above. This is equal to 5 or more drinks in case of females within time period of 2 hours; alcoholics are physically dependent on alcohol and have withdrawal symptoms. These symptoms include seizure, delirium etc. people vulnerable to withdrawal symptoms are those suffering from cognitive impairment or multiple comorbidities, teenagers having learning difficulties.

Risk factors for alcohol includes people with family history of alcoholism, regularly drinking, large quantities for a longer period of binge drinking can lead to physical dependence on alcohol. People who are mentally weak and suffer from health disorders like anxiety, bipolar disorders are more prone to alcoholism.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge on alcoholism among Adolescent boys.
2. To evaluate the effectiveness of nursing strategies on knowledge regarding alcoholism among adolescent boys.
3. To associate the selected demographic variables with the post level of knowledge on alcoholism among adolescent boys.

HYPOTHESIS: -

- H1: There is a significant difference between pre and post test knowledge score on alcoholism among the adolescent boys aged between 14 -18 years.
- H2: There is a significant association of selected demographic variables with the post test level of knowledge on alcoholism among adolescent boys

MATERIAL AND METHODS:**Research Approach**

The quantitative approach was used for the present study.

Research Design

One group pre-test and post-test (pre experimental) design.

Sampling Technique

A probability type of simple random sampling technique was used this study.

Inclusion Criteria

1. Adolescent aged between 14- 18 years
2. Adolescent who were studying in 9th to 12th Standard
3. Adolescent who were able to speak and write English.
4. Adolescent who are willing to participate.

Exclusion Criteria

1. Adolescent who were irregular in attendance.
2. Adolescent who were physically ill.
3. Adolescent who are not willing to participate in this study

Tools and technique

Part-I: The demographic variables consisted of 10 items which includes age in years, religion, educational status of father, educational status of mother, occupational status of father, occupational status of mother, family monthly income, type of family, place of residence, family history of alcoholism previous source of health information.

Part-II: A structured multiple choice questionnaire on alcoholism was used to assess the knowledge regarding alcoholism among adolescent boys. This part consists of 25 multiple choice questions regarding alcoholism each question carries a maximum score of one and a minimum of zero. The total number of score was 25.

Part-III: The Nursing strategies on alcoholism were given after the pre test. It includes introduction, definition, incidence and prevalence, risk factors, types, signs and symptoms, complications, psychiatric disorders due to alcoholism, treatment modalities, and agencies providing support.

Data Collection Procedure:

The formal permission to conduct the study was obtained from the principal of the school. The data collection was done for a period of one month. The researcher initially established rapport, with the adolescent boys, the purpose of the study was explained to the adolescent boys. Informed consent was obtained from the adolescent boys. The researcher selected 100 study participants who met the inclusive criteria by simple random sampling technique. Boys from IX, X, XI and XII standard were selected. Each individual numbers was written in small chits and they were folded and shuffled well, then one by one the numbers were selected for the sample.

Data Analysis:

S.No	Data analysis	Method	Remarks
1	Descriptive statistics	Frequency Percentage, Mean, Standard deviation	To distribute the demographic variables To assess the frequency and percentage of level of knowledge on alcoholism.
2	Inferential statistics	Paired – 't' test	Comparison of pre and post test knowledge on alcoholism among adolescent boys.
		Chi – square	Association of selected demographic variables with the post test level of knowledge on alcoholism among adolescent boys.

Distribution of demographic variables among adolescent boys:

the frequency and percentage of distribution of selected demographic variables according to age, 14-16 years 66 (66%) and age 16 -18yrs 34 (34%). The data reveals that religion of hindu 55(55%), Christians 28 (28%), muslims 15 (15%), others 2 (2%). According to data educational status of father includes no formal education 17 (17%), primary education 29 (29%), Higher Secondary 31 (31%), Degree 23 (23%). The data revealing that educational status of mother includes no formal education 24 (24%), primary 54 (54%), middle 16 (16%), high school 6 (6%). The data notify that the occupational status of father includes cooli 31 (31%), government 26 (26%), private 31 (31%), self-employed 12 (12%). Data showing that the occupational status of mother includes cooli 28 (28%), government 26 (26%), private 26 (26%), home maker 20 (20%).

Frequency and percentage distribution of level of knowledge on alcoholism among adolescent boys in pre and post test:

S.No	Level of knowledge	Pre test		Post test	
		No	%	No	%
1	Inadequate knowledge	70	70	0	0

2	Moderately adequate knowledge	30	30	84	84
3	Adequate knowledge	0	0	16	16
	Total	100	100	100	100

The above table revealed that 70 (70%) study participant had inadequate knowledge were as 30 (30%) had moderately adequate knowledge in pre test but in post test 84 (84%) study participate have moderately knowledge.

Comparison of pre and post test knowledge score on alcoholism among adolescent boys:

S.No	Observation	Mean	SD	Paired t value	p value
1	Pre-test	11.12	2.32	12.63*	p = 0.02
2	Post-test	16.04	2.77		

The above the table revels that there was a statistically significant difference between pre and post test score on alcoholism among adolescent boys at level $p < 0.05$. The pre and post test mean are 11.12 and 16.04 respectively.

Recommendation

Based on the findings of the study the following recommendations were made:

- A similar study cans replicate on sample with different demographic characteristic.
- A similar study may be replicated with a control group.
- Comparative study can be done between a rural and urban community
- A similar study may be replicated on large sample for wide generalization.
- An exploratory study can be done to assess the knowledge on alcoholism among adolescent

CONCLUSION

This study was conducted to assess Effectiveness of Nursing Strategies On Knowledge Regarding Alcoholism Among Adolescent Boys At Selected School In Acharapakkam Kancheepuram District Findings reveal that Adolescent boys had adequate knowledge. Thus the administration of nursing strategies was effective to enhance the knowledge on alcoholism among adolescent boys

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