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Effectiveness of structured teaching programme on knowledge regarding bio-psychosocial effects of tobacco smoking among PU college students in selected college's at Vijayapur

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Abstract

Background: Smoking effects are seen on both psychological as well as physical health. Tobacco consumption causes lung cancer, cardiovascular disease and mental instability, whereas research proved that long exposure to smoking leads to diminished logical intellect and cognitive skills resulting in low Intelligence Quotient (IQ) levels.

Objective:

1. To assess the knowledge regarding bio-psychosocial problems of tobacco smoking on health among PUC students.
2. To plan and administer structured teaching program on knowledge regarding Bio-psychosocial problems of tobacco smoking on health among PUC students.
3. To find the association between pretest knowledge score with selected socio demographic variables.

Methodology: The research design was pre-experimental, one group pre-test, post-test design. The sample comprised of 60 PU students selected by random sampling. A structured questionnaire was used to collect the data.

Result: Paired mean pre-test post-test knowledge score difference was -8.33 with standard deviation of the difference was 3.41 which highly significant as its p-value was less than 0.0001 indicate that structured teaching program was effective in increasing students' knowledge regarding bio-psychosocial problems.

Conclusion: The study emphasizes the significance of short term service education program for the student nurses and peripheral health workers related to health education of PU College Students regarding "Bio-psychosocial effects of tobacco smoking on health". The curriculum should lay emphasis on "Bio-psychosocial effects of tobacco smoking on health" and their complications for the student nurses when posted to clinical set ups.

Keywords: Effectiveness, structured teaching program, bio-psychosocial effects, tobacco smoking, PU students

Introduction

Tobacco is a physical addiction Nicotine acts on the brain and affects mood, alertness and concentration. Addiction to tobacco (nicotine) is not immediate. People who begin smoking when they are teens tend to be more dependent than those who start smoking after age 20. Psychosocial addiction smoking gives pleasure from simple tactile and oral pleasure of handling and drawing on a cigarette to comfort of quick fix in times of anxiety, anger and other stress. Initially, social pressure may lead addiction to develop.

Smoking effects are seen on both psychological as well as physical health. Tobacco consumption causes lung cancer, cardiovascular disease and mental instability, whereas research proved that long exposure to smoking leads to diminished logical intellect and cognitive skills resulting in low Intelligence Quotient (IQ) levels. Research Studies even stated that smoking may lead to Schizophrenia. It is believed that smoking reduces an individual's ability of problem-solving skills, lessens memory power, makes it difficult to recollect past events.

Smoking is the widest spread addiction. Statistics show that in 90 years there have been 1.1 billion smokers in the world, among them 47% men and 12% women out of the whole population. Only in China there are 300 million smokers, 90% men and 10% women.

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In China is the biggest country of this region, about 61% of men are smokers.

In developed countries there are 37% of men-smokers, but in Ex socialist countries even 60% of men smoke. In lots of countries children start smoking already at 15. Smoking is also the most spread among young people. In Africa more than 50% male smokers are under 35. In France and Spain more than 40% of youngsters (between 18 and 24) smoke.

Man is a social animal he is one of the assets for the society and also, he is having rich in culture and respect tradition and also have its own values in the society, but the person thinks who is having tobacco smoking may not lead normal life in society. Hence the individual or person is more prone for adverse effects of biopsychosocial problems, like as lung cancer, mouth disorders, impotence, depression, low self-esteem, mental distress, crime, isolation.

Today the adolescent experiment with tobacco uses at an earlier age. Many of them combine tobacco consumption with other psycho active products such as alcohol, cannabis. This causes addiction behavior among adolescent. Hence the investigator felt the need to create awareness among PUC students who are in the most vulnerable group.

Objectives of the study

1. To assess the knowledge regarding bio-psychosocial problems of tobacco smoking on health among PUC students.
2. To plan and administer structured teaching program on knowledge regarding Bio-psychosocial problems of tobacco smoking on health among PUC students

Results

Section I: Distribution of sample characteristics according to demographic variables

Table 1: Frequency and percentage distribution of subjects according to socio-demographic variables

| | | | | N=60 | |
|-------|------------------------------|-----------------------------|-----------|------|--|
| S. No | | Socio Demographic variables | Frequency | % | |
| 1 | Gender | | | | |
| | a) | Male | 25 | 41.7 | |
| | b) | Female | 35 | 58.3 | |
| 2 | Religion | | | | |
| | a) | Hindu | 36 | 60 | |
| | b) | Muslim | 18 | 30 | |
| | c) | Christian | 02 | 3.3 | |
| | d) | Others | 04 | 6.7 | |
| 3 | Type of family | | | | |
| | a) | Nuclear | 35 | 58.3 | |
| | b) | Joint | 17 | 28.3 | |
| | c) | Extended | 08 | 13.3 | |
| 4 | Place of residence | | | | |
| | a) | Rural | 12 | 20 | |
| | b) | Semi urban | 39 | 65 | |
| | c) | Urban | 09 | 15 | |
| 5 | Source of information | | | | |
| | a) | Family/ relatives | 18 | 30.0 | |
| | b) | Friends | 20 | 30.3 | |
| | c) | Books | 12 | 20.0 | |
| | d) | Magazines | 10 | 16.7 | |

Section II: Analysis and interpretation of scores of PU college students Biopsychosocial effects of tobacco smoking.

Table 2: Paired t-test to asses Structured teaching program of participants

| Paired Differences | | | | | | |
|--------------------|----------------|-----------------|---|-------|---|----|
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | T | DF |
| | | | Lower | Upper | | |
| | | | | | | |

3. To find the association between pretest knowledge score with selected socio demographic variables.

Hypothesis

H₁: There will be significant difference between pretest and post-test knowledge score regarding Bio-psychosocial effects of tobacco smoking on health among PU college students.

H₂: There will be significant association between the pretest knowledge scores regarding Bio-psychosocial effects of tobacco smoking on health among PU college students with their selected socio demographic variable.

Materials and Methods

Research Approach

Evaluative research approach

Research Design

Pre experimental one group pre-test, post-test design.

Setting

Selected PU colleges of Vijayapura

Population

PU students of Vijayapura district.

Sample and Sample size

60.

Sampling Technique

Random sampling Technique.

| | | | | | | | |
|---------|---------|--------|----------|----------|---------|----|-------------|
| -8.3834 | 3.41031 | .44027 | -9.26431 | -7.50236 | -19.041 | 59 | < 0.0001(S) |
|---------|---------|--------|----------|----------|---------|----|-------------|

From the table no 2, it was observed that paired mean pre-test post-test knowledge score difference was -8.3834 with standard deviation of the difference was 3.41 which highly

significant as its p-value was less than 0.0001 indicates that structured teaching program was effective in increasing students' knowledge regarding bio-psychosocial problems.

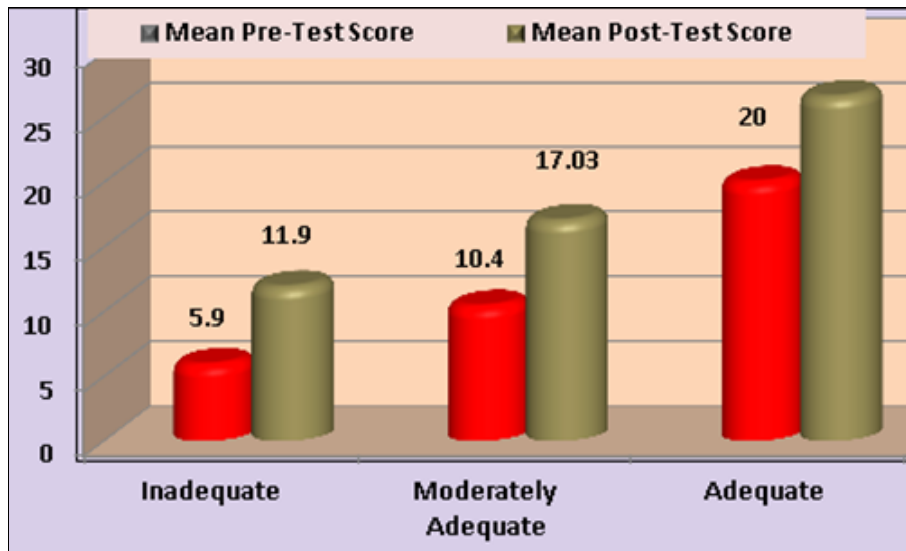


Fig 1: Mean pre-test and post-test score of participants

Figure no 1. Reveals that mean post test score is high in all the categories of level of knowledge.

Mean pre-test inadequate knowledge score was 5.9 whereas mean post-test inadequate knowledge score was 11.9, Mean pre-test moderately adequate knowledge score was 10.4 whereas mean post-test moderately adequate knowledge score was 17.03 and pre-test adequate knowledge score was

20 whereas mean posttest adequate knowledge score was 26.6.

Section III: Testing of Hypothesis

H₁: There will be significant difference between pre-test and post-test knowledge scores regarding Bio-psychosocial effects of tobacco smoking on health among PU College students

Table 3: Paired sample statistics on mean, standard deviation, Standard Error

| Domain | Mean | N | Std. Deviation | Std. Error Mean | P-Value |
|------------------|---------|----|----------------|-----------------|---------|
| Pre-test score | 11.0833 | 60 | 5.88676 | 0.75998 | < 0.001 |
| Post -test score | 19.4667 | 60 | 5.89302 | 0.76079 | |
| Enhancement | 8.3834 | | | | |

Table No 3 reveals that; the calculated value for pre-test mean score is 11.0834 and post test mean score is 19.4667, enhancement score of knowledge is 8.3834, knowledge p value is lesser than 0.001. Hence H₂ is rejected. H₁ is accepted. Hence the STP was effective in increasing the knowledge of students.

Section IV

There was no association between knowledge scores of participants with any selected Socio demographic variables.

Conclusion

The study emphasizes the significance of short term service education program for the student nurses and peripheral health workers related to health education of PU College Students regarding "Bio-psychosocial effects of tobacco smoking on health". The curriculum should lay emphasis on Bio-psychosocial effects of tobacco smoking on health and their complications for the student nurses when posted to clinical set ups.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

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