

“A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING EFFECTS OF ALCOHOLISM AMONG STUDENTS IN SELECTED COLLEGE AT LUCKNOW, UTTAR PRADESH”

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ABSTRACT

Introduction: Alcoholism is a major public health problem that adversely affects the physical, psychological, social, and academic well-being of young adults. College students are particularly vulnerable due to peer pressure, stress, and easy availability of alcohol. Adequate knowledge regarding the harmful effects of alcoholism is essential for prevention and early intervention. Planned teaching programs play an important role in improving awareness and promoting healthy behaviours among students. **Objectives:** To assess the effectiveness of a planned teaching program on knowledge regarding the effects of alcoholism among college students through pre-test and post-test assessment, and to determine the association between pre-test knowledge scores and selected demographic variables. **Material and methods:** A quantitative pre-experimental one-group pre-test post-test design was adopted for the study. Eighty college students from a selected college in Lucknow, Uttar Pradesh were selected using convenient sampling technique. Data were collected using a structured knowledge questionnaire consisting of 25 items. The planned teaching program was administered after the pre-test. Post-test assessment was conducted using the same tool. Data were analyzed using descriptive statistics and inferential statistics including paired t-test and Chi-square test. **Result:** In the pre-test, 21.3% of students had inadequate knowledge, 67.5% had moderate knowledge, and only 11.3% had adequate knowledge. After the planned teaching program, 70.0% of students attained

adequate knowledge and 30.0% had moderate knowledge, with no students remaining in the inadequate category. The mean knowledge score significantly increased from 11.95 ± 3.40 in the pre-test to 18.02 ± 3.68 in the post-test ($t = 11.303, p < 0.001$). No significant association was found between pre-test knowledge scores and selected demographic variables. **Conclusion:** The planned teaching program was highly effective in improving knowledge regarding the effects of alcoholism among college students. Structured educational interventions should be regularly implemented in colleges to promote awareness and prevent alcohol-related health problems.

Keywords: Alcoholism planned teaching program, knowledge, college students, and health education.

INTRODUCTION:

“ALCOHOL IS NOT THE ANSWER IT JUST MAKES YOU FORGET THE QUESTION”

Alcoholism, also known as alcohol use disorder (AUD), is a chronic and relapsing condition characterized by the excessive and compulsive consumption of alcohol despite negative consequences. It is a major public health concern worldwide, affecting millions of individuals and their families. Alcoholism is a complex issue, influenced by a combination of genetic, environmental, and psychological factors. Research has shown that alcoholism is associated with a range of negative outcomes, including increased risk of physical and mental health problems, social and economic burdens, and premature mortality.

Adolescence is the transitional age and it starts when individual is studying in high school and pre-university. The experimentation of alcohol also starts in adolescence. Students use alcohol to signify their emerging adulthood, to enhance social gathering, and to cope with stress. Kerala led the states in terms of alcohol consumption. An average individual over the age of 15 consumed over 8 liters of alcohol per annum in the south Indian state followed by Maharashtra and Punjab. It was also revealed that over 11% of the population in India indulged in heavy or binge-drinking. The global figure stood at 16%. On the 'Years of Life Lost' scale, which is based on alcohol-attributable years of life lost, India has been rated 4 on a scale of 1 to 5. This implies that the alcohol consuming population of our country.

NFHS-5 (2019–21) — current drinkers (age 15+) in Uttar Pradesh

- Men: about 14–15% of men age 15+ report consuming alcohol.
- Women: ~0.3% of women age 15+ report consuming alcohol.

National NFHS-5 across India NFHS-5 reports ~22.4% of men and ~0.7% of women (age 15+) drink alcohol showing Uttar Pradesh male drinking prevalence is growing in national male average and female drinking is less. National Survey on Extent & Pattern of Alcohol Use in India (2019) large nationwide household survey commissioned by the Ministry of Social Justice & Empowerment. Its findings give the national and state-level picture of alcohol use it shows considerable state-to-state variation and identifies states with relatively higher alcohol prevalence (e.g., Chhattisgarh, Arunachal Pradesh, Goa, Tripura, and Punjab). Uttar Pradesh is not among the highest-prevalence states in that survey.

Need for the study

The National Institute of Mental Health and Neuro Science (2007) in Bangalore reveal that 70% of HIV patients were alcoholics and they were teenagers. All India Institute of Medical Sciences (Aims) in Delhi

showed that every 5th teenager between 15-19 age groups in Delhi takes alcohol regularly. 3, 00,000 are addicted and another lakhs needs medical attention for alcohol related disorder.

Alcohol problems are associated with life style and socio-economic conditions of people. These are becoming more - prevalent in adolescents - both boys and girls mainly because of their risk-taking behavior and more over the emotional control of family; the moral control of college and the social control of community are declining. Information explosion and communication across cultural boundaries through mass media have a lot of influence on behavioral pattern of adolescents all over the world. In India, the prevalence of alcohol intake, which is generally low in early adolescence, aged 12 & 13 rises – steeply in the late teenage and is highest during the early 20's.

The investigator felt that there is a compelling need to assess the knowledge of adolescent students regarding ill effects of alcohol and carry out an effective intervention to create awareness among the adolescents about alcoholism and its ill effects. Thus, they will be prevented from alcohol consumption with timely and proper motivation. Prevention and education are the important aspects of nursing care in any setting. Therefore, planned health teaching is one of such effective intervention which can be carried out to bring the awareness among adolescent students in a college set up as nurses are recognized as authorities on health, they can educate individuals, groups and communities about alcoholism, its adverse effects.

Health and Academic Consequences Alcohol abuse is linked with poor academic performance, absenteeism, mental health problems, and risk-taking behavior. Educating students can reduce these risks and promote healthier lifestyle choices.

STATEMENT OF THE PROBLEM

A Study to Assess The Effectiveness of Planned Teaching Program on Knowledge Regarding Effects of Alcoholism among Students in Selected College at Lucknow, Uttar Pradesh.

OBJECTIVES OF THE STUDY

1. To evaluate the effectiveness of a planned teaching program on student's knowledge regarding alcoholism through pre-test and post-test assessment.
2. To determine the association between pre-test knowledge scores and selected demographic variable.

RESEARCH METHODOLOGY

Research Approach:

A quantitative approach was adopted to determine the research study.

Research Design:

Pre-experimental one group pretest post test design was used for the study.

Setting of the Study:

The setting of the study is Bansal Institute of Engineering and Technology.

Target Population:

The target population for this present study includes Undergraduate students in Lucknow, Uttar Pradesh

Accessible Population:

The accessible population for the present study includes Undergraduate students in Bansal Institute of Engineering and Technology, Lucknow, UP.

Sample Size:

The sample size of the present study is 80 college students.

Sampling Technique:

Non probability convenient sampling technique was adopted for this study.

Inclusion criteria:

- Students who will be willing to participate and provide written consent.
- Student residing in selected area in Lucknow, UP.

Exclusion criteria:

- Students who are not present at the time of data collection.
- Students who are not willing to participate.

Variables of the Study:**I. INDEPENDENT VARIABLE**

Planned Teaching Program regarding effects of alcoholism.

II. DEPENDENT VARIABLE

Knowledge of college students regarding effects of alcoholism.

DEMOGRAPHICAL VARIABLES: Age, Gender, Marital status, Religion, Place of residence and family type family history of alcohol use.

Description of the Tool:

The tools used for the study consisted of two sections:

Part A- Demographic variable- Age, Gender, Marital status, Religion, Place of residence and family type or family history of alcohol use.

Part B –Structured knowledge questionnaire to assess the knowledge regarding effects of alcoholism.

RESULTS

Table 1.1: Frequency and Percentage Distribution of Students According to Demographic Variables (n = 80)

Demographic Variable	Category	Frequency (n)	Percentage (%)
Age (years)	17–22	80	100.0
Gender	Male	68	85.0
	Female	12	15.0
Marital Status	Single	80	100.0
Religion	Hindu	76	95.0
	Muslim	4	5.0
Place of Residence	Rural	53	66.3
	Urban	23	28.7
	Semi-Urban	4	5.0
Family Type	Nuclear Family	28	35.0
	Joint Family	51	63.7
	Extended Family	1	1.3

Interpretation

The demographic distribution of the study participants shows that all students (100%) belonged to the age group of 17–22 years, indicating a homogeneous adolescent and young adult population. A large majority of the participants were male (85.0%), while females constituted only 15.0% of the sample. All respondents (100%) were single, which is consistent with the typical marital status of college-going students. In terms of religion, most students were Hindu (95.0%), followed by Muslims (5.0%). Regarding place of residence, more than two-thirds of the students (66.3%) belonged to rural areas, whereas 28.7% were from urban areas and only 5.0% from semi-urban areas. With respect to family type, the majority of students (63.7%) belonged to joint families, followed by 35.0% from nuclear families, and a very small proportion (1.3%) from extended families. This demographic profile indicates that the study sample largely comprised young, unmarried male students from rural backgrounds living in joint family settings.

Table 1.2: Distribution of Students According to Pre-Test Knowledge Level on Effects of Alcoholism (n = 80)

Knowledge Level	Frequency (n)	Percentage (%)
Inadequate Knowledge	17	21.3
Moderate Knowledge	54	67.5
Adequate Knowledge	9	11.3
Total	80	100

Interpretation

The pre-test findings show that a majority of the students, **54 (67.5%)**, had **moderate knowledge** regarding the effects of alcoholism. A considerable proportion, **17 (21.3%)**, demonstrated **inadequate knowledge**, while only **9 (11.3%)** had **adequate knowledge** before the implementation of the planned teaching program. This distribution indicates that most students lacked comprehensive understanding of the effects of alcoholism prior to the educational intervention.

Table 1.3: Distribution of Students According to Post-Test Knowledge Level on Effects of Alcoholism (n = 80)

Knowledge Level	Frequency (n)	Percentage (%)
Moderate Knowledge	24	30.0
Adequate Knowledge	56	70.0
Total	80	100

Interpretation

The post-test results reveal a marked improvement in students' knowledge following the planned teaching program. The majority of students, **56 (70.0%)**, attained **adequate knowledge**, while **24 (30.0%)** remained in the **moderate knowledge** category. Notably, **no students** were found in the inadequate knowledge category in the post-test, reflecting the effectiveness of the planned teaching program in enhancing knowledge regarding the effects of alcoholism.

Table 1.4: Comparison of Mean Pre-Test and Post-Test Knowledge Scores on Effects of Alcoholism (n = 80)

Test	Mean	Standard Deviation	Mean Difference	t-value	df	p-value
Pre-Test	11.95	3.40				
Post-Test	18.02	3.68	6.07	11.30	79	<0.001*

*Significant at $p < 0.05$

Interpretation

The mean pre-test knowledge score of the students was 11.95 ± 3.40 , which increased to 18.02 ± 3.68 in the post-test following the implementation of the planned teaching program. The mean difference between pre-test and post-test scores was 6.07, indicating a substantial improvement in knowledge. The calculated paired t -value was 11.30 with 79 degrees of freedom, which was statistically significant at $p < 0.001$. This result clearly demonstrates that the planned teaching program was effective in improving students' knowledge

regarding the effects of alcoholism. The effect size measured using **Cohen's d was 1.26**, which indicates a **large effect size**. This suggests that the observed improvement in post-test knowledge scores was not only statistically significant but also educationally meaningful.

RECOMMENDATIONS FOR FUTURE RESEARCH

Based on the findings of the present study, the following recommendations are made:

1. Planned teaching programs on alcoholism should be conducted regularly in colleges to enhance students' knowledge and awareness.
2. Similar studies may be conducted on a larger sample to increase the generalizability of the findings.
3. Future studies may adopt a randomized controlled trial design to strengthen causal inference.
4. Longitudinal studies may be conducted to assess retention of knowledge and its impact on behaviour over time.
5. Comparative studies may be undertaken between different age groups, educational streams, or rural and urban settings.
6. Educational interventions may be extended to include parents and teachers to create a supportive environment for prevention.
7. Multimedia and interactive teaching methods may be incorporated to improve student engagement and learning outcomes.
8. Awareness programs on alcoholism may be integrated into college orientation and student wellness programs.

CONCLUSION:

The present study was conducted to assess the effectiveness of a planned teaching program on knowledge regarding the effects of alcoholism among college students in a selected college at Lucknow, Uttar Pradesh. The findings of the study clearly demonstrate that the planned teaching program was effective in improving students' knowledge regarding the effects of alcoholism. Prior to the intervention, the majority of students possessed only moderate knowledge, with a considerable proportion having inadequate knowledge. Following the implementation of the planned teaching program, a marked improvement was observed, with most students attaining adequate knowledge and none remaining in the inadequate category. Overall, the study highlights the importance of structured educational programs in enhancing awareness about alcoholism and its harmful effects among college students.

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