

Research Paper

Assessing the Efficacy of a Structured Educational Intervention in Enhancing Awareness of Substance Abuse Prevention: Focus on Alcohol and Tobacco

Dr. Basavaraj S Hukkeri^{1*}, Mrs. Shridevi Shireppanavar²

ABSTRACT

Aim: This study aimed to assess the effectiveness of structured teaching programme on knowledge regarding prevention of substance abuse among alcohol and tobacco abusers in selected construction sites at Belagavi district, Karnataka. **Methods:** The study employs a Quantitative Evaluative Research approach and one group pretest, post-test design. Data will be collected from a sample of 60 participants selected through non-probability purposive sampling. Pre-test knowledge will be evaluated using a structured questionnaire, followed by administering the structured teaching program. Post-test knowledge will be assessed seven days later using the same questionnaire. The methodology ensures systematic data collection and evaluation of the intervention's impact on participants' knowledge. **Results:** The study findings revealed a significant improvement in knowledge scores among alcohol and tobacco abusers regarding prevention of substance abuse following the structured teaching program. In the pre-test, 83.3% had poor knowledge, while 86.66% demonstrated good knowledge in the post-test. Notably, all participants in the "Poor" category showed complete improvement. The mean knowledge score increased from 10.16 (± 2.08) in the pre-test to 15.9 (± 1.81) in the post-test, with a paired t-test value of 37.54, indicating statistical significance ($p < 0.05$). However, demographic factors like age, sex, education, and occupation did not show a significant association with knowledge scores. Overall, the structured teaching program effectively enhanced knowledge levels among alcohol and tobacco abusers, supporting the prevention of substance abuse in construction sites at Belagavi. **Conclusion:** The study effectively showed that the Structured Teaching Programme significantly enhanced knowledge about substance abuse prevention among alcohol and tobacco abusers. The results emphasize the potential of structured educational interventions in addressing substance abuse in this population. These findings can inform the development of targeted nursing education, evidence-based practices, community health initiatives, and future research.

Keywords: Effectiveness, Structured Teaching Programme: Knowledge, Substance Abuse, Alcohol and Tobacco Abusers

¹Professor, HFWTC, KIMS Hubli, Karnataka

²Nursing Co-ordinator GH Hukkeri

*Corresponding Author

Received: June 09, 2024; Revision Received: August 02, 2024; Accepted: August 06, 2024

Assessing the Efficacy of a Structured Educational Intervention in Enhancing Awareness of Substance Abuse Prevention: Focus on Alcohol and Tobacco

Substance abuse poses a significant public health challenge worldwide, with alcohol and tobacco being among the most commonly abused substances. Construction sites often serve as environments conducive to substance abuse due to factors such as high-stress levels, long working hours, and easy access to these substances. Addressing substance abuse in such settings is crucial not only for the well-being of workers but also for the safety and productivity of the workforce.

In response to this pressing issue, structured educational interventions have been recognized as effective tools in increasing knowledge and awareness about substance abuse prevention. These interventions aim to equip individuals with the necessary information and skills to make informed decisions and adopt healthier behaviors. However, despite their potential benefits, there remains a paucity of research examining the effectiveness of structured teaching programs specifically tailored for alcohol and tobacco abusers in construction site settings.

Therefore, this study seeks to assess the effectiveness of a structured teaching program on knowledge regarding the prevention of substance abuse among alcohol and tobacco abusers at selected construction sites. By evaluating the impact of such a program, valuable insights can be gained into its efficacy in enhancing awareness and promoting healthier behaviors among this vulnerable population.

Aim:

This study aimed assess the effectiveness of structured teaching programme on knowledge regarding prevention of substance abuse among alcohol and tobacco abusers in selected construction sites at Belagavi district, Karnataka.

Objectives of the Research:

- Assess the knowledge level of alcohol and tobacco abusers regarding prevention of substance abuse.
- To determine the effectiveness of structured teaching Programme regarding prevention of substance abuse.
- To find the association between pretest knowledge scores and the selected demographic variables.

METHODOLOGY

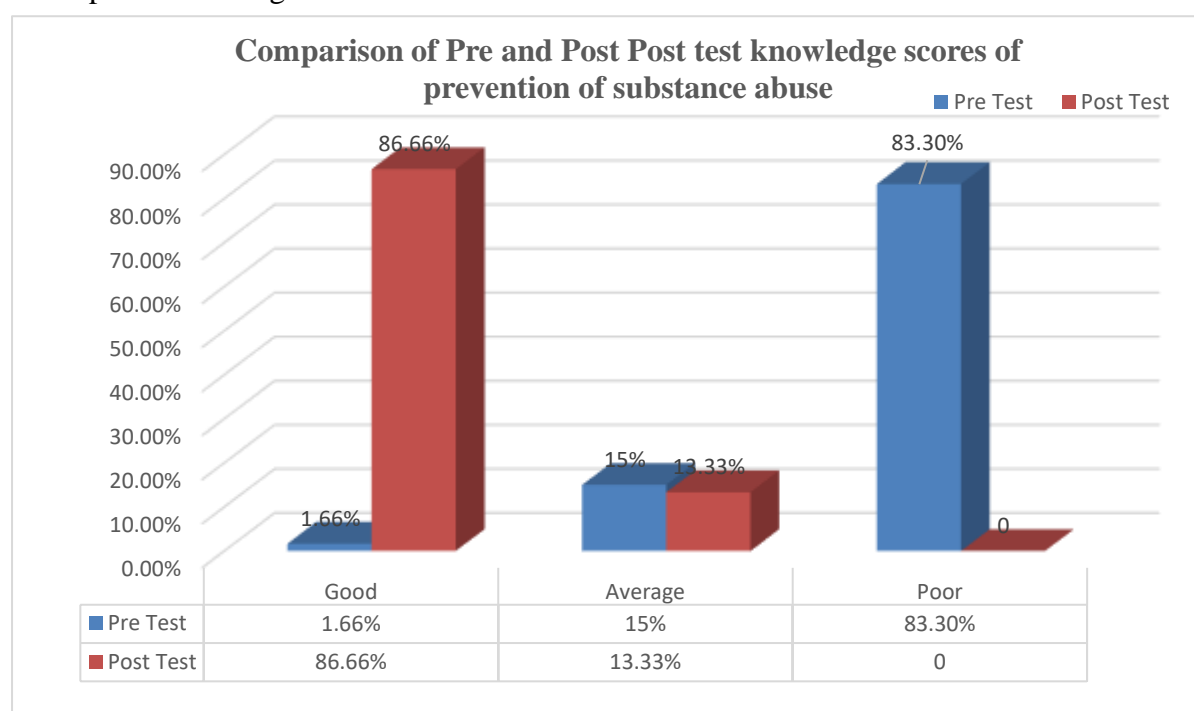
The study employed a Quantitative Evaluative Research approach and utilized a one-group pretest, post-test design to assess the effectiveness of a structured teaching program on knowledge regarding prevention of substance abuse among alcohol and tobacco abusers at selected construction sites in Belagavi. The research design involved administering a pre-test to gauge participants' baseline knowledge levels, followed by the implementation of the structured teaching program as the treatment, and concluding with a post-test to measure knowledge levels after the intervention. The independent variable in the study was the Structured Teaching Programme, while the dependent variable was the knowledge regarding Problems of Substance abuse. The target population comprised alcohol and tobacco abusers working at the selected construction sites in Belagavi. Inclusion criteria for participation included individuals willing to participate, proficient in Kannada, English, or Hindi, and present during data collection. Exclusion criteria encompassed severe illness, absence during data collection, and non-cooperation. This methodology ensured a systematic approach to

Assessing the Efficacy of a Structured Educational Intervention in Enhancing Awareness of Substance Abuse Prevention: Focus on Alcohol and Tobacco

evaluate the impact of the structured teaching program on participants' knowledge levels regarding substance abuse prevention.

RESULTS

The study's findings highlight a substantial improvement in knowledge regarding substance abuse prevention among alcohol and tobacco abusers after the implementation of the structured teaching program. Prior to the intervention, the majority of participants exhibited poor knowledge levels (83.3%), with only a small proportion demonstrating average knowledge (15%). However, post-intervention, a significant shift occurred, with the majority now possessing good knowledge (86.66%), while a smaller percentage retained average knowledge (13.33%). This improvement was particularly striking among individuals initially categorized as having poor knowledge, with all participants in this group achieving a complete knowledge enhancement.



Regarding numerical outcomes, the mean knowledge score increased from 10.16 (± 2.08) in the pre-test to 15.9 (± 1.81) in the post-test, indicating a substantial rise in knowledge levels. Statistical analysis further confirmed the effectiveness of the structured teaching program, with the paired t-test value (37.54) significantly exceeding the critical value (1.684) at the $p < 0.05$ level of significance. Consequently, the structured teaching program proved highly effective in enhancing knowledge regarding substance abuse prevention among the targeted population.

Additionally, the study found no significant association between demographic variables (such as age, sex, education, occupation, monthly income, marital status, duration of employment, type of substance abused, and frequency of substance abuse) and knowledge scores. This suggests that the effectiveness of the structured teaching program was consistent across different demographic groups, emphasizing its universal applicability and impact.

Assessing the Efficacy of a Structured Educational Intervention in Enhancing Awareness of Substance Abuse Prevention: Focus on Alcohol and Tobacco

CONCLUSION

The study underscores the effectiveness of structured educational interventions in improving knowledge and awareness regarding substance abuse prevention among alcohol and tobacco abusers in construction site settings. These findings provide valuable insights for the development of targeted interventions and policies aimed at mitigating substance abuse risks and promoting the well-being of workers.

REFERENCES

- Chatterjee P. Social security for unorganized sector remains on paper [Internet]. Available from: <http://www.indianexpress.com/news/social-security-for-unorganised-sector-remai/647219>.
- Cook RF, Hersch RK, Back AS, McPherson TL. The Prevention of Substance Abuse among Construction Workers: A Field Test of a Social-Cognitive Program. *The Journal of Primary Prevention* 2010; 25(3): 337-57.
- U.S. Department of Labor Bureau of Labor Statistics; 1996. Career Guide to Industries [Internet]. Available from: <http://www.bls.gov/oco/cg/cgs003.htm>
- WHO Global status Report on Alcohol 2004. [cited on 19-11-2019]; Available form <http://www.who.int/substanceabuse/facts/psychoactive/en>
- World health organization. Reducing risks, promoting healthy life style. World health report 2002. Geneva: WHO: 2002

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Hukkeri, B.S. & Shireppanavar, S. (2024). Assessing the Efficacy of a Structured Educational Intervention in Enhancing Awareness of Substance Abuse Prevention: Focus on Alcohol and Tobacco. *International Journal of Indian Psychology*, 12(3), 807-810. DIP:18.01.077.20241203, DOI:10.25215/1203.077