



# JOURNAL OF PHARMACEUTICAL SCIENCE AND BIOSCIENTIFIC RESEARCH (JPSBR)

(An International Peer Reviewed Pharmaceutical Journal that Encourages Innovation and Creativities)

## Assessment of Effectiveness of Structured Teaching Programme on Knowledge Regarding Psychoactive Substance use and its Harmful Effects

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### Article history:

Received 22 May 2019

Accepted 19 Aug 2019

Available online 30 Aug 2019

### Citation:

Rangari M., Assessment of Effectiveness of Structured Teaching Programme on Knowledge Regarding Psychoactive Substance Use and its Harmful Effects J Pharm Sci Bioscientific Res. 2019. 9(4):188-191

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### ABSTRACT:

**AIM:** To assess the effectiveness of structured teaching programme on knowledge regarding psychoactive substance use and its harmful effects among college students at selected university Bhopal Madhya Pradesh. **MATERIAL AND METHODS:** A quasi- experimental research with one group pre-test post-test design was used and the study was conducted in college Institute of Polytechnic Engineering students at R.K.D.F. University Bhopal Madhya Pradesh. The population consist of college students. The sample size was 60 college students of Institute of Polytechnic Engineering, who fulfilled the inclusion criteria. The tool used for data collection was structured questionnaire. **RESULTS:** the study finding revealed that among 60 Institute of Polytechnic Engineering students 28(46.66%) had inadequate knowledge, 21(35%) had moderate knowledge and 11(18.33%) had adequate knowledge in pre-test, after administration of structured teaching programme, the post-test findings revealed that 5(8.33%) had inadequate knowledge, 16(26.66%) had moderate knowledge and 39(65%) had adequate knowledge. **Conclusion:** College students had gained knowledge on psychoactive substance use and its harmful effects after the structured teaching programme in the post test assessment.

**KEY WORDS:** Structured teaching programme, psychoactive substance, harmful effects, Adolescent, College Students, Substance Use.

### INTRODUCTION

Ministry of social Justice and Empowerment Government of India in 2019 surveyed that Alcohol is the most common psychoactive substance used by Indians, Nationally, about 14.6% of the population uses alcohol. In terms of absolute numbers, there are about 16 crore persons who consume alcohol in the country. After Alcohol, cannabis and opioids are the next commonly used substances in India. About 2.8% of the population (3.1 crore individuals) reports having used any cannabis product within the previous year. About 2.1% of the country's population (2.26 crore) individuals use opioids which include opium (or its variants like poppy husk known as doda/ phukki), heroin and a variety of pharmaceutical opioids. Inhalants are the only category of substances for which the prevalence of current

use among children and adolescent is higher than adults. Other categories of drugs such as, cocaine, (0.10%) amphetamine type stimulants (0.18%) and Hallucinogens (0.12%) are used by a small proportion of country's population.

The improvements in neuroscience have extraordinarily expanded our insight about substance use and reliance, and the new learning postures significant difficulties for us to settle on moral decisions in applying the products of this information, both universally and locally. Applicable hierarchical and expert bodies should assume a main job in gathering these difficulties at worldwide and territorial levels. A generous part of the worldwide weight of ailment and handicap is inferable from psychoactive substance use. Thus, a considerable part of the weight inferable from

substance use is related with reliance. Tobacco and liquor use are especially unmistakable supporters of the all-out weight. Measures to diminish the mischief from tobacco, liquor and other psychoactive substances are subsequently a significant piece of wellbeing arrangement. The current study was aimed to assess the effectiveness of structured teaching programme on knowledge regarding psychoactive substance use and its harmful effects among college students at selected university Bhopal Madhya Pradesh. For that assessment of level of knowledge regarding psychoactive substance use and its harmful effects among college students was required along with that effectiveness of structured teaching programme by comparing pre- test and post-test knowledge scores of college students on psycho active substance use and its harmful effects also needed to be evaluated. There was also need to find out the association of post-test knowledge scores with the selected demographic variables to furnish the aim.

**SETTING OF THE STUDY**

This study was conducted in Institute of Polytechnic Engineering College R.K.D.F. University Bhopal Madhya Pradesh. The selection of the setting was done because of geographical proximity, economy in terms and administrative approval co-operation Institute of Polytechnic Engineering College R.K.D.F. University Bhopal were selected those fulfilled the criteria of sampling techniques.

**METHODOLOGY**

Sample for the present study were Institution of Polytechnic Engineering Students of R.K.D.F. University Bhopal Madhya Pradesh who have fulfilled the inclusion criteria.

Data collection is most important and crucial aspects, which provides answer to question of study. Data collection relies on tools. The present study aimed at assessing the effectiveness of structured teaching programme on knowledge regarding psychoactive substance use and its harmful effects among students of Institute of Polytechnic Engineering College Bhopal R.K.D.F. University Bhopal Madhya Pradesh.

Research approach is the umbrella that covers the basic procedure for conducting research.

(treece and treece, 1986) It means the overall plan for addressing a research question including specification for enhancing the integrity ( Polit and Hungler, 1999) Research design helps to observe, describe and explore the aspects of situations.

A quasi- experimental research with one group pre-test post-test design was used and the study was conducted in college Institute of Polytechnic Engineering students at R.K.D.F. University Bhopal Madhya Pradesh. The population consist of college students. The sample size was 60 college students of Institute of Polytechnic Engineering, who fulfilled the inclusion criteria. The tool used for data collection was structured questionnaire.

**DESCRIPTIVE STATISTICS**

Mean Standard Deviation and frequency percentage distribution.

**RESEARCH APPROACH**

The quasi experimental approach.

**RESEARCH DESIGN**

One group pre-test post-test design.

**VARIABLES**

**INDEPENDENT VARIABLES:** Structured teaching programme on Psychoactive Substance Use and its Harmful effects among college students facilitated by Over Head Projector, Power Point Presentation and Poster Presentation.

**DEPENDENT VARIABELS:** Knowledge of Institute of Polytechnic Engineering students on Psychoactive Substance Use and Its Harmful effects.

**POPULATION**

Male and female students of Institute Polytechnic Engineering.

**SAMPLE SIZE**

60 students of Institute of Polytechnic Engineering of R.K.D.F. University Bhopal Madhya Pradesh.

**SAMPLING TECHNIQUE**

Non probability sampling technique.

**CRITERIA FOR SAMPLE SELECTION**

**INCLUSION CRITERIA:** Students who were willing to participate in the study.

**EXCLUSION CRITERIA:** Students who were not available during the conduction of the study and who were not willing to participate.

*Table 1 Score Interpretation*

CRITERIA	VALUE
Adequate Knowledge	>75%(21-30)
Moderate Knowledge	51-75% (11-20)
Inadequate Knowledge	<50% (1-10)

**STRUCTURED TEACHING MATERIALS**

The method of teaching was lecture cum discussion. Teaching provided by the Slides on Power Point Presentation and Poster Presentation.

**DESCRIPTION OF THE STRUCTURED TEACHING PROGRAMME**

The Structured Teaching Programme is titled as “Use of Psychoactive Substance and its Harmful effects” which consist of Introduction, Definition, Incidence, Aetiology, Effects, Complications and levels of Prevention.

**PROCEDURE FOR DATA COLLECTION**

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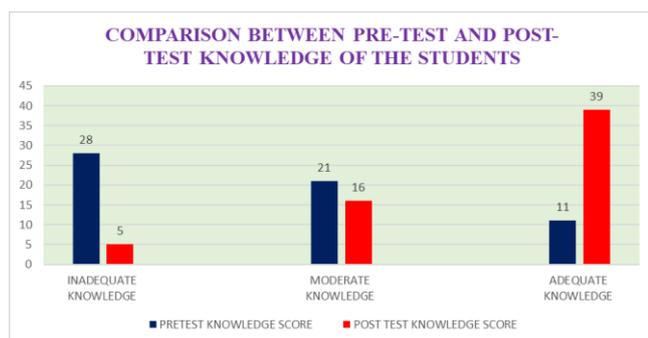
**RESULT**

1. The study finding revealed that among 60 Institute of Polytechnic engineering students 28(46.66%) had inadequate knowledge.
2. In this research 21(35%) had moderate knowledge and 11(18.33%) had adequate knowledge in pre-test.

The study finding revealed that after administration of structured teaching programme, the post-test findings revealed that 5(8.33%) had inadequate knowledge, 16(26.66%) had moderate knowledge and 39(65%) had adequate knowledge.

*Table 2 Pre-test and post-test Knowledge score*

VARIABLES	INADEQUATE KNOWLEDGE		MODERATE KNOWLEDGE		ADEQUATE KNOWLEDGE	
	Frequency	%	Frequency	%	Frequency	%
PRE- TEST KNOWLEDGE SCORE	28	46.66	21	35.00	11	18.33
POST – TEST KNOWLEDGE SCORE	5	8.33	16	26.66	39	65.00



*Figure 1 Pre and post-test knowledge comparison*

**CONCLUSION**

The study was conducted with the objective to evaluate the effectiveness of structured teaching programme on knowledge regarding psychoactive substance use and its harmful effects among students of Institute of Polytechnic Engineering of R.K.D.F. University Bhopal. Pre-test finding shows that many students who are studying in the college have inadequate knowledge regarding psychoactive substance use and its harm effects, after pre- test structured teaching programme was given to the students after the teaching Post – test taken. There is significant difference in the pre- test and post – test score.

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