



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON  
ILL EFFECT OF ALCOHOL CONSUMPTION AMONG DEGREE COLLEGE STUDENTS  
AT SELECTED COLLEGE OF BAGALKOT**

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**ABSTRACT**

**Methodology:** Pre- experimental one group pre-test and post-test design was adopted. The population of this study comprising students of B.V.V.S Degree college of Bagalkot district. The sample of the study comprised of 60 students studying in B.V.V.S degree college Bagalkot district. In this study non probability convenience sampling technique use.

**Results :** The results shows among adolescents were having on average 43.43 % knowledge regarding ill effect of alcohol consumption and mean score was 12.43±2.645 and in post test, average 65.33 % knowledge regarding ill effect of alcohol consumption and mean score was 19.60±2.599. T calculated value of -20.948 which is less than the tabulated value of 2.00 at 0.05 level of significance.

**Conclusion:** It is concluded that there is significant difference between pre-test and post-test knowledge score of adolescents. It shows the very highly significant and association between pre-test and post-test knowledge score of ill effect of alcohol consumption.

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**INTRODUCTION**

Alcohol comes in liquid form and is obtainable legally by an adult of 21 years of age or older in the US. Alcohol's effects on the body are numerous, and it begins to affect the body immediately and even in very small doses. According to Health line, while a small amount of alcohol can escape the body via urine and breathing, most of the alcohol a person consumes is absorbed into their bloodstream<sup>1</sup>. Alcohol addiction is an age-old phenomenon all over the world. It is the disease of the entire family where the family members suffer more than the patient. Globally, about 90% people drink alcohol, and about 10% of men and 3% women develop alcohol dependence all over the world. It is difficult to ascertain prevalence of alcoholism because of the general secretiveness of the habit<sup>2</sup>. In India, there is hardly any reliable statistics available, although drinking is very rampant in all the different socio-economic strata. According to I.C.M.R. study among the Delhi University students, it was found that the prevalence rate of alcohol consumption among boys was 35.9% and girls at 10.6%.

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A similar study in Kolkata reveals the prevalence of 39% among boys and none among girls<sup>3</sup>. Awareness of alcohol use and misuse on college campuses is not new. Alcohol consumption is a major public health problem in most parts of the world, responsible for 3.2 per cent of deaths (1.8 million)<sup>4</sup>. WHO has estimated that there are about 2 billion people worldwide who consume alcoholic beverages and 76.3 million with disorders arising out of harmful use of alcohol<sup>5</sup>.

**Statement of the Problem**

“A study to assess the effectiveness of structured teaching programme on ill effect of alcohol consumption among Degree College students at selected college of Bagalkot”

Objective of the study:-

- To assess the pretest level of knowledge regarding ill effect of alcohol consumption among degree college students of Bagalkot district.
- To evaluate the effectiveness of planned teaching programme regarding ill effects of alcohol consumption among degree college students of Bagalkot district.
- To find out the association between pre test knowledge scores regarding ill effects of alcohol consumption with selected socio demographic variables.

**Hypothesis**

**H<sub>1</sub>**- There will be significant difference between pre test and post test knowledge score of degree college students regarding ill effect of alcohol consumption.

**H<sub>2</sub>**- There is a significant association between pre test knowledge scores of degree college students regarding ill effect of alcohol consumption of selected with their selected demographic variables.

**MATERIALS AND METHODS**

**Research Approach:** Evaluative approach was used.

**Research Design:** Pre- experimental one group pre-test and post-test design was adopted.

**Setting of the Study:** B.V.V.S Degree college of Bagalkot.

**Target Population:** The population of this study comprising students of B.V.V.S Degree college of Bagalkot.

**Sample:** The sample of the study comprised of 60 students studying in B.V.V.S degree college Bagalkot.

**Sampling technique:** In this study non probability convenience sampling technique use.

**Description of the tool**

**Part I** - Demographic forms, It consist age, gender, religion, type of family, educational status of parents, occupational status of parents, family income, family history of alcoholism.

**Part II** - Structured knowledge questionnaire. It consist 30 questions. All items are given score of one for each correct answer and zero for wrong answer.

**Data Collection Procedure**

The data collection procedure was carried out from 21-03-2014 to 28-03-2014 for the period of one week. Pretest was conducted on the first day for 60 B. A first year students. Structured knowledge questionnaire was administered. A planned teaching programme administered for one hour. The posttest that is the same knowledge questionnaire was administration on the seventh day of teaching programme.

**RESULTS**

**Part I:** Assessment of pre test knowledge score of adolescents regarding ill effects of alcohol consumption.

**Table 1** Mean score of Pre-Test

N	Minimum	Maximum	Mean	Std. Deviation
Total 60	5	17	12.43	2.645

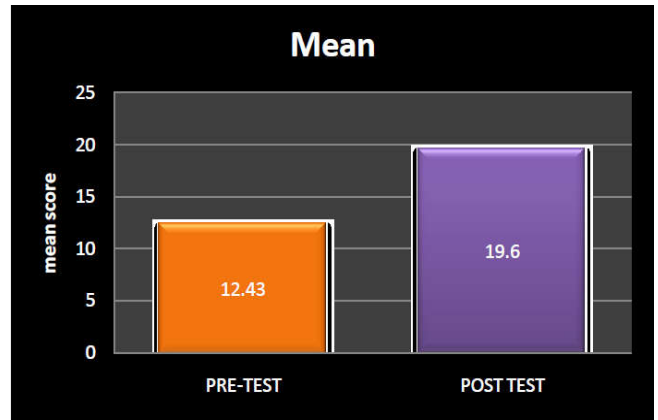
Overall pre test mean knowledge score was found to be (12.43) and standard deviation (2.645) among the respondents.

**Part II:** Analysis of effectiveness of plan teaching program regarding ill effect of alcohol consumption.

**Table 2** Comparison of pre-test and post-test knowledge scores of adolescents

Total no of questions	Observation	percentage	Mean	S.D	Mean difference	T calculated value	T tabulated value	Significance
30	PRE-TEST	43.43 %	12.43	2.645	7.167	-20.948	2.00	.000
	POST TEST	65.33 %	19.60	2.599				

The data from the above table shows that in pre test, adolescents were having on average 43.43 % knowledge regarding ill effect of alcohol consumption and mean score was 12.43±2.645 and in post test, average 65.33 % knowledge regarding ill effect of alcohol consumption and mean score was 19.60±2.599. T calculated value of -20.948 which is less than the tabulated value of 2.00 at 0.05 level of significance.



**Fig 1** Classification of mean score of pre test and post test

**Part III:** Association of demographic variable with pre test knowledge score

**Table 3** association between pre test and demographic variable

Demographic Variables	Mean	N	S.D.	F	P Value	Significance	
1.Age in years	14-16 16-18	16.00 12.37	1 59	0.02 2.625	1.877	.176	NS
2.Gender	Male Female	12.43 12.41	38 22	1.571 1.781	.023	.977	NS
3.Religion	Hindu Christians	12.48 10.50	56 2	2.601 4.950	.581	.562	NS
4.type of family	Muslim Nuclear	13.00 12.70	2 23	2.828 2.098			
5.domicile	Joint family Extended	12.03 13.50	31 6	2.881 3.271	.956	.390	NS
6.educational status of father	Rural area Urban area	11.15 13.08	20 40	3.265 2.030	7.887	.007	S
	Studied up middle school Studied up to higher secondary school	13.04 11.74	26 23	2.537 2.973	1.498	.232	NS
	Graduate and above Studied up middle school	12.45 12.69	11 32	1.916 2.583			
7.educational status of mother	Studied up to higher secondary school Graduate and above	12.04 15.00	27 1	2.724 .	.919	.405	NS
	Teacher Agriculture	14.00 12.20	2 5	1.414 1.789			
8.Occupation of father	Factory worker Any other	16.00 12.33	1 52	. 2.728	.876	.459	NS
9.Occupation of mother	House wife Any other	12.35 13.40	55 5	2.689 2.074	.725	.398	NS
	Below 5000 5000-10,000	12.50 13.57	2 7	.707 2.936			
10. Family income	10000-15000 Above 15,000	12.31 12.23	29 22	3.048 2.069	.485	.694	NS
11. Family history	No	12.43	60	2.645			

Table no. 3 depicts that only one domicile demographic variable is significantly associated with pre test knowledge score regarding ill effects of alcohol consumption among adolescents and other demographic variable is not significantly associated with pre test knowledge score.

### **CONCLUSION**

The research approach adopted in the present study is an evaluative research approach with a view to measure the knowledge on ill effects of the alcohol consumption. Effectiveness was assessed by analysis of pre test and post test knowledge score to know the effectiveness of plan teaching programme. The data was interpreted by suitable and appropriate statistical method.

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