



EFFECTIVENESS OF COMPUTER ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING NICOTINE CONSUMPTION AND ITS HAZARDS AMONG ADOLESCENTS IN SELECTED PU COLLEGES AT BANGALORE

¹ Mrs. Saranya B L, ²Dr. Inego Jessy P, ³Dr. Santhi Letha V

¹ Assistant Professor, ² Associate Professor, ³ Principal

¹ Sree Mookambika College of Nursing, Kulasekharam, India

Abstract: Nicotine dependency has become a global epidemic and more than 400 million individuals worldwide are nicotine addicted. Now a day's education related to nicotine consumption and its hazards is very much essential especially among adolescents. This may helps to managing the nicotine addiction. A study was conducted to evaluate the effectiveness of computer assisted teaching programme on knowledge regarding nicotine consumption and its hazards among adolescents PU colleges at Bangalore.

Keywords: PU College, Nicotine

Introduction:

Adolescent age group is a traditional phase of growth and development between childhood and adulthood. The world health organization defines an adolescent as person between ages 10 to 19. During this stage can call puberty stage. In this puberty stage young bodies grow stronger and infused with hormones that stimulate desires appropriate to ensuring the perpetuation of the species

Health is a state of complete physical, mental, social and spiritual well-being and not merely an absence of disease or infirmity. Both physical and mental health's are inter dependent. In every humans are having the responsibility to have a well-balanced physical and mental health. It is a state of balance between the individual and surrounding world, a state of hormone between oneself and others, a co-existence between the realities of the self, others and environment.

A human's life is normally divided in to five main stages namely infancy, adolescence, adulthood and old age. In each of these stages an individual has to find them self in different situation and face different problems. Especially for human's adolescent period is a unique period where there is a change from childhood to adulthood, a time of physiological, psychological, social and emotional adaption. During this period individual attains physical and physiological maturity, whereas emotional maturity will be imbalanced. This adolescent age group should have proper psychological and emotional support to maintain normal mental health.

Statement of the Problem:

"A study to evaluate the effectiveness of computer assisted teaching programme on knowledge regarding nicotine consumption and its hazards among adolescents in selected PU colleges at Bangalore".

Objectives:

- To assess the knowledge regarding nicotine consumption and its hazards among adolescents.
- To evaluate the effectiveness of computer assisted teaching program and its hazards.

- To find the association between the knowledge scores with demographic variables such as age, sex, family income, educational status of father, educational status of mother, previous history of nicotine consumption and previous knowledge about nicotine consumption.

Hypothesis:

- H1** : The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score regarding nicotine consumption and its hazards among adolescents.
- H2** : There is a significant association between the knowledge regarding nicotine consumption and its hazards with selected demographic variables among adolescents.

Methodology:

The research approach adapted was pre-experimental design (one group pre-test post-test design) Setting was a selected PU college at Bangalore district. 10 adolescent PU students satisfying the inclusion and exclusion criteria were selected by purposive sampling method. The selected subjects were informed about the purpose of the study and oral consent was obtained. On the first day, pre-test was administered by giving structured knowledge questionnaire which took about 30 minutes, and computer assisted teaching programme conducted on same day the duration of session was one hour and the post-test was administered on the same tool after 7 days. Data were analysed by using descriptive and inferential statistics and discussed with experts. The results revealed that, the mean of pre-test knowledge regarding nicotine consumption and its hazards among PU college students was 11.3 and SD was 2.9 and the mean of post-test knowledge regarding nicotine consumption and its hazards among PU college students was 23.9 and SD was 1.22. The computed "t" value was, $t = 10.41$ at 0.05 level of significance which shows that there was significant improvement in knowledge regarding nicotine consumption and its hazards among PU college after the computer assisted teaching programme. There was no significant association between the mean pretest knowledge score regarding nicotine consumption and its hazards and the selected demographic variables among PU college students at 0.05 level of significance.

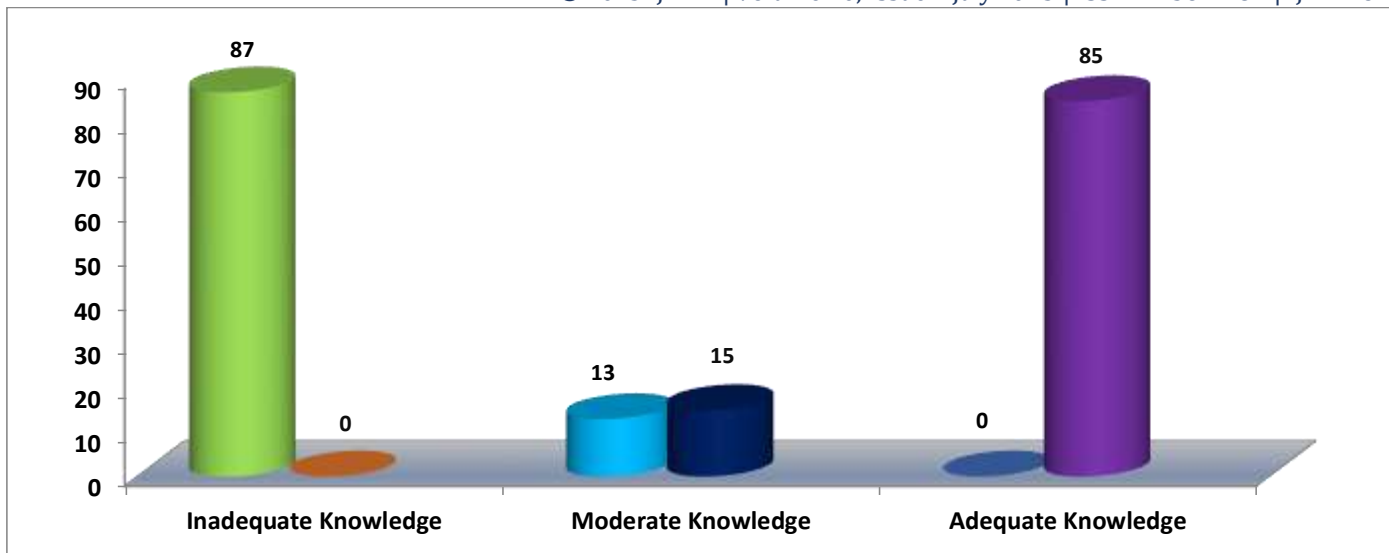
Result and Discussion:

The study findings showed that among 60 students, in the pre-test 87% of them had inadequate knowledge, 13% of them had moderate knowledge and none of them had adequate knowledge, where as in post-test 15% of them had moderate knowledge and 85% of them had adequate knowledge regarding nicotine consumption and its hazards.

The study result shows that the mean, standard deviation, mean difference and 't' value of knowledge regarding nicotine consumption and its hazards. The mean pretest knowledge score was 12.16 (SD=3.08) and mean post-test score was 27.83 (SD=2.82) with significant mean difference 0.26. Obtained 't' value was 35.50 at $p < 0.05$ level of significance was significant. This indicates that the structured teaching programme was effective in improving the knowledge regarding nicotine consumption among adolescents.

Table 1: Frequency and percentage distribution of adolescents according to the knowledge regarding nicotine consumption and its hazards. (n=60)

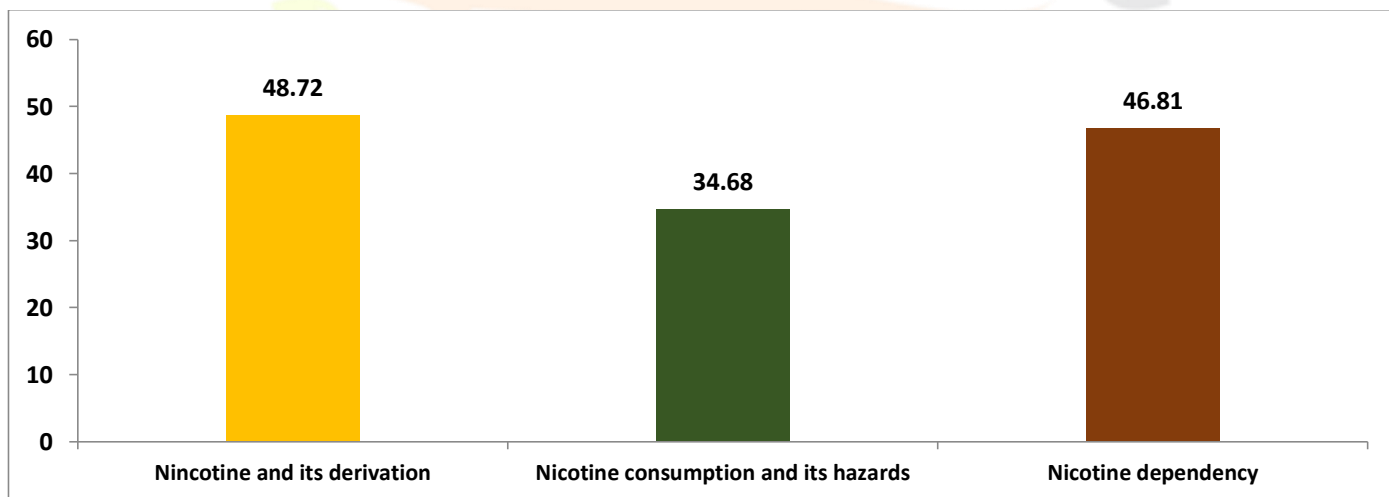
Knowledge	Pre-test		Post-test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Inadequate Knowledge (0-15)	47	87	0	0
Moderate Knowledge (6-23)	13	13	15	15
Adequate Knowledge (24-30)	0	0	85	85



Graph 1: percentage distribution of adolescents according to the knowledge regarding nicotine consumption and its hazards

Table 3: Distribution of samples according to area wise mean, SD and mean percentage of knowledge scores.

Knowledge area	Maximum possible scores	Mean score	SD	Mean %
About nicotine and its derivations	9	4.39	1.908	48.72
Knowledge about nicotine consumption and its hazards	16	5.55	1.07	34.68
Management of nicotine dependency	5	2.34	0.21	46.81
Total	30	12.28	3.18	124.15



Graph 2: Percentage distribution of samples according to area wise mean percentage of knowledge scores

Conclusion:

The study evaluated the effectiveness of computer assisted teaching programme on knowledge regarding nicotine consumption and its hazards among adolescents in Prajwal PU college, Bangalore. The findings of the present study showed that the computer assisted teaching programme was found highly effective and it improved the knowledge of adolescents regarding nicotine consumption and its hazards. It was also found that there was a significant association between knowledge regarding nicotine consumption and its hazards and selected demographic variables of adolescents such as age and there was no association between knowledge regarding nicotine consumption and its hazards and selected demographic variables such as gender, education of father, education of mother and previous information about nicotine consumption and its hazards among adolescents.

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