

Effectiveness of Planned Teaching Regarding Hazards of Nicotine Dependence on Knowledge Among Teenagers in Selected Areas

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Abstract

Teen age is the age where child starts to grow in the way they think. This can be positive or negative. Teenage is vulnerable population to initiate tobacco use. Study was to assess effectiveness of planned teaching regarding hazards of nicotine dependence on knowledge among teenagers. Pre-experimental one group pre-test, post-test design was used for study. 100 sample were selected by probability simple random sampling technique. Result of study at pre-test 12% teenager had poor knowledge, 69% had average knowledge and 19 % had good knowledge. After post-test 2% teenager had poor knowledge, 10% had average, 88% had good knowledge. Pre-test knowledge mean score was 11.09 and post-test knowledge mean score was 16.51. Comparison value of t is 16.32 which is greater than tabulated t value 1.9840 ($p < 0.05$). This shows that there is significant difference in knowledge score at pre-test and post-test. There was no any significant relationship between knowledge and demographic variable. Planned teaching programme was found to be effective.

Keywords: Nicotine dependence; Teenager; Planned teaching; Hazards; Knowledge.

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Introduction

Teen age is the age where child starts to grow in the way they think. Child develop own view of world, starts to take self decision. This can be positive or negative. Most vulnerable population to initiate tobacco use in teenager. Most of adult starts use of

tobacco in teenage period. There has been highly increase trade of smoking tobacco.^{1,2}

Nicotine is chemical present in tobacco. When tobacco is smoked, nicotine is absorbed through small air sacs present in the lungs. When sniffed or chewed, it is absorbed through the mucous membranes of the nose or mouth. Nicotine absorbed in bloodstream circulates through body up to brain where it crosses the blood brain barrier and activates cholinergic receptors.

Nicotine dependence is using psychoactive substances it also known as tobacco dependence.

Nicotine dependence is an addiction to tobacco products where person can't stop using the nicotine substance, even though it causing harm. Nicotine dependence means psychological and physiological phenomenon induced by repeated taking of nicotine substance. Use of nicotine substance is leading cause of preventable disease and premature death.^{3,4,5}

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The important causes of tobacco use related mortality are atherosclerotic vascular disease, cancer and chronic obstructive pulmonary disease (COPD). Smoking also can contribute to other diseases, such as histiocytosis X, respiratory bronchiolitis, obstructive sleep apnea, idiopathic pneumothorax, low birth weight, and prenatal mortality.

Definition

Effectiveness: The degree to which something is successful in producing desired result.

Planned teaching: Outline of education to be provided to patient, family, community and other learners; includes objectives, content, teaching methods, time frame, and evaluation.

Hazard: A hazard is a potential source of harm or adverse health effect on a person

Knowledge: Information, understanding, or skill that gets from experience or education.

Teenagers: People who are between 13 and 19 years old.

Materials and Methods

Research approach

It includes description of plan to investigate the phenomenon under study in structured, unstructured or combination of two methods.

Research design

The research design chosen for this study is pre-experimental one group pre-test post-test design.

Population

Population for present study was teenagers.

Target population

A target population consists of total number of people or objects which are meeting the designated set of criteria. Target population for present study was teenagers studying at city in Maharashtra.

Accessible population

In this study accessible population was teenagers studying 7th, 8th, 9th standard in selected areas and who available during the course of study.

Sample

Samples for present study are teenagers studying 7th, 8th, 9th standard.

Setting of study

Setting refers to the areas where the study conducted.

Study was conducted in selected areas school where teenagers studying 7th, 8th, 9th standard.

Sampling technique

Sampling technique used in his study was probability simple random sampling (lottery method) technique.

Sample size

Samples for present study are teenagers studying 7th, 8th, 9th standard, sample size for study consists of 100 teenagers selected as per availability and fulfillment of preset criteria.

Criteria for sample selection

Sampling criteria are those consideration based on which the appropriate subject will allotted to sampling frame. In present study following inclusion and exclusion criteria were set.

Results

Before administering planned teaching program 12% of teenager had poor knowledge, 69% of them had average knowledge and 19% of them had good knowledge regarding hazards of nicotine dependence. After planned teaching program 2% of them had poor knowledge, 10% of them had average knowledge, 88% of teenager had good knowledge. The pretest mean score was 10.09 which increases up to 16.51 in post-test. *T*-value for this test is 16.32 and degree of freedom 99. Table '*t*' value (0.05) is 1.9840 which is less than calculated '*t*' value. Corresponding *p*-value was 0.0001 which is less than 0.05. Planned teaching was proved to be significantly effective in improving knowledge of teenager regarding hazards of nicotine dependence. Chi square is calculated which shows that all calculated value are smaller than *p* (0.05) value none of the demographic variable was found significant association with knowledge (Tables 1–3).

Table 1: Pre-test Knowledge Regarding Hazards of Nicotine Dependence

Knowledge	Pre-test	
	Frequency	Percentage
Poor (0-6)	12	12%
Average (Score 7-14)	69	69%
Good (Score 15-20)	19	19%

Table 2: Post-test Knowledge Regarding Hazards of Nicotine Dependence on Knowledge Among Teenagers

Knowledge	Post-test	
	Frequency	Percentage
Poor (0-6)	2	2%
Average (Score 7-14)	10	10%
Good (Score 15-20)	88	88%

Table 3: Paired *t*-test for Comparison of Pre-test and Post-test Knowledge Score Regarding Hazards of Nicotine Dependence Among Teenagers

Mean	SD	Calculated 't' value	DF	Table 't' value (0.05)	p-value	
Pre-test	11.09	3.51	16.32	99	1.9840	0.0001
Post-test	16.51	2.51				

Table 3: Association Between Pre-test Knowledge and Selected Demographic Variable Using Chi-square Test

Demographic variable	Calculated χ^2 value	DF	Tabulated χ^2 at <i>p</i> (0.05)	Significance
Age	1.823	6	12.59	No significance
Gender	0.79	2	5.99	No significance
Religion	8.097	6	12.59	No significance
Parents occupation	1.77	6	12.59	No significance
Parents education	9.353	6	12.59	No significance
Parents monthly income	8.209	6	12.59	No significance
Tobacco user in family	1.646	2	5.99	No significance
Living place	8.209	2	5.99	No significance

Discussion

Findings of study revealed that 40% of teenager had age 13-14 years, 36% of them had age 14-15 years, 19% of them had age 15-16 years and none of them had age 16 or above. Out of total samples 60% of teenagers were male and 40% of them were female. 69% of them were Hindu, 6% were Muslim, and 25% were belongs to their religion. 31% parents were employee, 53% were businessman, none of them was unemployed and 16% of parents were other worker. 13% parents were illiterate, 33% parents with primary education, 30% parents with secondary education and 24% parents were graduate. Out of total samples 11% parents earning up to ₹5000, 30% of parents earning ₹5001 to ₹15000, 22% parents earning ₹15001 to ₹25000 and 37% parents earning more than ₹25001, 48% of family member using tobacco and 52% of family member does not using tobacco. 48% of sample is living in rural area and 52% of them living in urban area.

Before administering planned teaching program 34% of teenager had poor knowledge, 55% of them had average knowledge and 11% of them had good knowledge regarding hazards of nicotine dependence. After planned teaching program 4% of them had poor knowledge, 12% of them had average knowledge, 84% of teenager had good knowledge.

Paired *t*-test for comparison of the pre-test and post-test knowledge score regarding hazards of nicotine dependence on knowledge among teenager. The pretest mean score was 10.09 which increases up to 16.51 in post-test. *T*-value for this test is 16.32 and degree of freedom 99. Table 't' value (0.05) is 1.9840 which is less than calculated 't' value. Corresponding *p*-value was 0.0001 which is less than 0.05, null hypothesis rejected. Planned teaching was proved to be significantly effective in improving knowledge of teenager regarding hazards of nicotine dependence.

Paired *t*-test for comparison of the pre-test

and post-test knowledge score regarding hazards of nicotine dependence on knowledge among teenager. The pretest mean score was 10.09 which increases up to 16.51 in post-test. *T*-value for this test is 16.32 and degree of freedom 99. Table '*t*' value (0.05) is 1.9840 which is less than calculated '*t*' value. Corresponding *p*-value was 0.0001 which is less than 0.05, null hypothesis rejected. Planned teaching was proved to be significantly effective in improving knowledge of teenager regarding hazards of nicotine dependence.

Findings

Findings related to age: 40% of teenagers were age 13–14 years, 36% of them were age 14–15 years, 19% of them were age 15–16 years and none of them were age 16 or above.

Findings related to Gender: Out of total samples 60% of teenagers were male and 40% of them were female.

Findings related to Religion: 69% of them were Hindu, 6% were Muslim and 25% were belongs to their religion.

Findings related to Parents Occupation: Out of total sample 31% parents were employee, 53% were business man, none of them was unemployed and 16% of parents were other worker.

Findings related to Parents Education: 13% parents were illiterate, 33% parents with primary education, 30% parents with secondary education and 24% parents were graduate.

Findings related to Parents Income: Out of total samples 11% parents earning up to ₹5000, 30% of parents earning ₹5001 to ₹15000, 22% parents earning ₹15001 to ₹25000 and 37% parents earning more than ₹25001.

Findings related to Tobacco users in Family: Out of total samples 48% of family member using tobacco and 52% of family member does not using tobacco.

Findings related to living place: 48% of sample is living in rural area and 52% of them living in urban area.

Conclusion

Before administering planned teaching program 34% of teenager had poor knowledge, 55% of them

had average knowledge and 11% of them had good knowledge regarding hazards of nicotine dependence. After planned teaching program 4% of them had poor knowledge, 12% of them had average knowledge, 84% of teenager had good knowledge. These findings show planned teaching improved knowledge among teenager.

Paired *t*-test for comparison of the pretest and post-test, the pretests mean score was 10.09 which increases up to 16.51 in post-test. Paired *t*-value for this test is 16.32 and degree of freedom 99. Table '*t*' value (0.05) is 1.9840 which is less than calculated '*t*' value. Corresponding *p*-value was 0.0001 which is less than 0.05, null hypothesis rejected. Planned teaching was proved to be significantly effective in improving knowledge of teenager regarding hazards of nicotine dependence. Chi-square is calculated which shows that all χ^2 value are smaller than *p*(0.05) value none of the demographic variable was significant association with knowledge. Over all findings shows there is significance enhancement in knowledge.

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