

# “EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING HAZARDS OF SMOKING AMONG ADOLESCENT BOYS IN SELECTED PRE-UNIVERSITY COLLEGE, BANGALORE”

HEMALATHA T<sup>1</sup>, DIVYA D<sup>2</sup>

1. Professor Cum Principal, F.H.College of Nursing, Tundla Dist. Firozabad (UP).
2. Associate professor, BMs Hospital Nursing College, Bangalore, Karnataka.

**Mrs.Hemalatha .T**

Professor Cum Principal in Nursing, F.H.College of Nursing,  
Tundla Dist, Firozabad (UP), India

## ABSTRACT

Smoking is a practice or a bad habit in which a substance, most commonly tobacco or cannabis is burned and the smoke is inhaled. Adolescence is a crucial period in the formation of the smoking habit. About half of the adolescents who use tobacco will eventually killed by it. Hence, Pre-experimental study was conducted to assess the effectiveness of Self Instructional Module on knowledge regarding hazards of smoking among adolescent boys in selected pre-university college in Bangalore. 50 adolescent boys were selected using convenient non-probability sampling technique. Structured Knowledge Questionnaire was used to gather information before and after administration of Self instructional module. Result shown that the mean pretest score was 11.02 and posttest score was 22.54. The calculated 't' value was  $t_{(49,0.05)}=17.76, p<0.05$ . Study concluded that the self instructional module proved to be effective in improving the knowledge regarding hazards of smoking among adolescent boys.

**Key words:** Effectiveness, Self instructional module, knowledge, Adolescents

## INTRODUCTION

“Cigarette smoking is a classy way to commit suicide”

-KurlVonnegut

Smoking is a practice or a bad habit in which a substance, most commonly tobacco or cannabis is burned and the smoke is inhaled.<sup>1</sup>Adolescence is a critical period in the formation of the smoking habits. Globally smoking is still on the raise among adolescents.<sup>2</sup>According to WHO about 4000 children start smoking each day. It is predicted that 1.5 to 1.9 billion people will be smokers in 2025.<sup>3</sup>

Smoking at public places in India is prohibited in public since October 2, 2008. However still smoking among adolescents has not come down.<sup>4</sup> Adolescents' smoking is a global issue because there is not a single country around the world where adolescents not smoking. Among youth students are particularly involved due to increase in academic pressure and peer group encouragement, popularity, influence by favorite personality and easily availability of tobacco in different forms make teenagers start consumption of tobacco products daily. The analysis of reasons why teenagers take up smoking would be helpful in designing the better anti-smoking programmes.<sup>2</sup> Prolonged cigarette smoking adversely affects the cardiovascular system and damage the artery that lead to deadly diseases like heart blockage and atherosclerosis. Hence awareness about the risk factors and ill effects related to smoking addiction is important.<sup>4</sup>

## NEED FOR THE STUDY

World No Tobacco day is conducted on May 31 every year. Various activities are launched in many parts of world to raise awareness against the use of tobacco.<sup>5</sup> According to WHO India is home to 12% of the world's smokers. There are approximately 120 million smokers in India.<sup>3</sup>Tobacco use kills 5.4 million people a year. The habit of smoking is largely seen among young generation because of lack of awareness & proper education. Consequently the youth, the future of nation, are running to the depth of darkness.<sup>6</sup> A cross sectional study on knowledge and attitude regarding ill-effects of smoking among 500 college students (410 males and 90 females) revealed that only 4% of study subjects had an awareness about the effects of smoking on health while 40% had moderate awareness and 56% of students had poor awareness. Study concluded that newer policies should rise towards educating the students about exact impact of smoking on health.<sup>7</sup>Investigators felt that education and upgrading knowledge on smoking and its effects on health is helpful to change the attitude of teenagers towards the tobacco consumption.

**Problem statement:**

“A study to assess the effectiveness of self instructional module on knowledge regarding hazards of smoking among adolescent boys in selected pre-university college, Bangalore”

**Objectives of the study:**

1. To assess the existing knowledge of adolescents regarding the hazards of smoking.
2. To evaluate the effectiveness of self instructional module on knowledge regarding hazards of smoking.
3. To determine the association between pre-test knowledge score regarding hazards of smoking with selected demographic variables.

**METHODS AND MATERIALS:**

- Research approach: a quantitative research approach was used to assess the effectiveness of self instructional module on knowledge regarding hazards of smoking among adolescent boys.
- Research design: A pre experimental research design with one group pretest and posttest was selected for this study to evaluate the effectiveness of self instructional module on knowledge regarding hazards of smoking among adolescent boys.
- Setting of the study: Pre-university college
- Population: Population comprises of Adolescent boys
- Sample and sampling technique: 50 adolescent boys who met the inclusive criteria were selected using non probability convenient sampling technique.

**Data collection:**

Formal permission was obtained from the ethical committee of college and from the Principal of pre-university college. Researcher given self-introduction and explained the purpose of data collection to the subjects. The participants were ensured for confidentiality of the information provided by them. Duration of 40-45 minutes was given for each sample to complete the tool. On the same day the Self instructional module was given. Post test was conducted by using the same structured questionnaire on 7<sup>th</sup> day.

The data collection tool was prepared, which contained items under the following sections: Section – A, and Section - B.

**Section – A:** This section consisted of eight items pertained to the adolescent boys studying in pre-university college namely age, religion, type of family, area of residence, family history of smoking, percentage of marks obtained in exam and source of information.

**Section – B:** It consists of 30 items. This part of the tool was prepared to assess the knowledge of adolescent boys regarding hazards of smoking. It consists of 4 sections. (General information, compounds of tobacco, hazards of smoking and prevention).

**RESULT**

The data was organized, tabulated and interpreted by using descriptive and inferential statistics.

Fig 1 shows that in pretest 50% of participants have inadequate knowledge, 48% have moderate knowledge and 2% have adequate knowledge regarding hazards of smoking. Posttest finding shows that 84% of participants have adequate knowledge, 16% have moderate knowledge and none of them have inadequate knowledge. Hence, the self instructional module on hazards of smoking was effective.

Table 1 shows that effectiveness of self instructional module regarding hazards of smoking among adolescent boys. Pretest mean was 11.02, SD was 4.37. Posttest mean was 22.54, SD was 3.38. Calculated value of “t” test was  $t_{(49,.05)} = 17.76$ ,  $p < 0.05$  so the research hypothesis was accepted at 0.05 level of significance which shows that the self instructional module was effective.

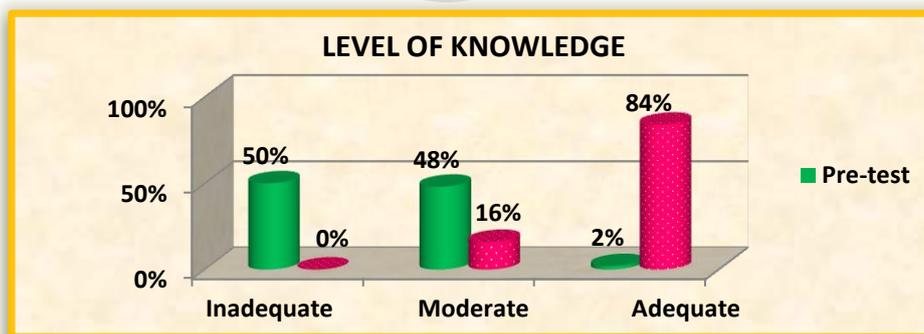
The analysis of association of selected demographic variables with pre-test knowledge score using chi-square association test revealed there was no significant association between pre - test knowledge and selected demographic variables such as sex, type of family, area of residence, percentage of marks obtained in exam and source of information and there was significant association between knowledge score and selected demographic variables such as age, religion, and family history of smoking.

**CONCLUSION:**

Based on the findings of the study the following conclusion was drawn.

1. Knowledge deficit existed regarding hazards of smoking among adolescent boys before self instructional module.
2. Findings of the study revealed that in pretest 50% of adolescent boys have inadequate, 48% of them have moderate and only 2% of them have adequate level of knowledge regarding hazards of smoking. Posttest finding shows that 84% of them have adequate, 16% of them have moderate and none of them have inadequate knowledge.

**Fig.1 Comparison of knowledge level of adolescent boys on hazards of smoking**



**Table 1: Effectiveness of self instructional module regarding hazards of smoking among adolescent boys**

Knowledge score	Mean	SD	Mean Difference	t value	Inference
Pretest	11.02	4.37	7.6	17.76 (df-49, p<0.05)	Highly Significant
Posttest	22.54	3.38			

**REFERENCES**

1. Smoking in adolescence. [Online].[2016 Feb 22];Available from :URL: <http://en.wikipedia.org/wiki/smoking>.
2. Smoking and adolescents. [Online]. [2007]; Available from:URL: [http://en.wikipedia.org/wiki/smoking and adolescent](http://en.wikipedia.org/wiki/smoking_and_adolescent).
3. B H Honig, W L Hubbell, and R F Flewelling. Long-term health hazards of smoking available at [www.man-health-magazine-online.com](http://www.man-health-magazine-online.com).
4. Thomas et.al population tobacco control intervention and their effects on social inequalities in smoking. Journal of tobacco control 2008.August;17(4):230-7.
5. Smith DR, Legate PA. An international review of tobacco smoking among medical students. J Postgrad Med. April 2011; volume 25(53): 55-62.
6. [http://www.who.int/tobacco/mpower/tobacco\\_facts/en/index.html](http://www.who.int/tobacco/mpower/tobacco_facts/en/index.html)
7. Shilpi Singh et al. Knowledge and Attitude regarding Ill Effects of Smoking among college students. EJDTR. 2015; 4(1): 259-265.

