

A Pre-Experimental Study To Assess The Effectiveness Of Planned Teaching Program On Knowledge Regarding Harmful Effects Of Tobacco Consumption And Its Preventive Measures Among Young Adults In A Selected Rural Area Of Surajpur (C.G.)

“Enhancing Awareness for a Tobacco-Free Youth”

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Abstract: This pre-experimental study was conducted to assess the effectiveness of a planned teaching program on knowledge regarding the harmful effects of tobacco consumption and its preventive measures among young adults in a selected rural area of Surajpur (C.G.). A quantitative research approach with a one-group pre-test and post-test design was used, and 60 young adults aged 15–29 years were selected through non-probability purposive sampling. The majority of participants were aged 23–25 years (41.7%), male (63.3%), unmarried (65%), Hindu (83.3%), graduates (63.3%), and belonged to middle-class families (61.6%), with 71.6% having no prior knowledge of tobacco hazards. Pre-test findings showed that 83.4% of participants had below-average knowledge and 16.6% had average knowledge, with none demonstrating good or excellent knowledge levels. Following the administration of the planned teaching program, post-test results indicated a significant improvement in knowledge scores among participants. The effectiveness of the intervention was confirmed through statistical analysis using paired “t” test, which showed a significant difference between pre-test and post-test scores at 0.05 level of significance. Thus, the null hypothesis was rejected and the research hypothesis was accepted, concluding that the planned teaching program was highly effective in improving knowledge regarding the harmful effects of tobacco consumption and its preventive measures among young adults.

Index Terms: Tobacco consumption, Harmful effects of tobacco, Preventive measures, Planned teaching program, Knowledge assessment, Young adults, Tobacco awareness, Smoking and smokeless tobacco, Behavioral change, Health promotion, Tobacco prevention.

I. INTRODUCTION:

Tobacco consumption is a major global public health concern and a leading cause of preventable morbidity and mortality. It is associated with numerous health problems, including cardiovascular diseases, respiratory disorders, and various forms of cancer. In India, tobacco use is widely prevalent in both smoking and smokeless forms, with initiation often occurring during adolescence and young adulthood. Young adults are particularly vulnerable due to peer influence, lack of awareness, and easy accessibility, especially in rural areas where health education is limited. Despite existing control measures, knowledge regarding the harmful effects of tobacco and its prevention remains inadequate among this population. Planned teaching programs have been identified as effective strategies to improve awareness and promote healthy behaviors. Therefore, the present study aims to assess the effectiveness of a planned teaching program on knowledge regarding the harmful effects of tobacco consumption and its preventive measures among young adults in a selected rural area of Surajpur (C.G.).

Tobacco use continues to impose a significant burden on individuals, families, and healthcare systems, particularly in developing regions where preventive awareness is often limited. Evidence suggests that early educational interventions can play a crucial role in reducing the initiation and continuation of tobacco use among young adults. Structured teaching programs help in enhancing knowledge, correcting misconceptions, and encouraging positive behavioral changes toward tobacco avoidance. In rural areas like Surajpur (C.G.), where access to health information is comparatively low, such interventions become even more essential. Therefore, evaluating the effectiveness of a planned teaching program is vital to determine its impact on improving knowledge and promoting preventive practices related to tobacco consumption among young adults.

II. PROBLEM STATEMENT:

"A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING HARMFUL EFFECTS OF TOBACCO CONSUMPTION AND ITS PREVENTIVE MEASURES AMONG YOUNG ADULTS IN A SELECTED RURAL AREA OF SURAJPUR (C.G.)"

III. OBJECTIVES:

1. To assess the pre -test and post -test level of knowledge regarding harmful effects of tobacco consumption and its preventive measures among young adults.
2. To assess the effectiveness of planned teaching program on knowledge regarding harmful effects of tobacco consumption and its preventive measures among young adults.
3. To find out the association between pretest of knowledge score regarding harmful effects of tobacco consumption and its preventive measures among young adults with selected socio demographic variables.

IV. HYPOTHESIS:

- H1:** There will be a significant difference between pre-test and post-test knowledge scores regarding the harmful effects of tobacco consumption and its preventive measures among young adults at 0.05 level of significance.
- H2:** The planned teaching program will be effective in improving knowledge, as evidenced by a significant increase in mean post-test knowledge scores at 0.05 level of significance.
- H3:** There will be a significant association between pre-test knowledge scores regarding the harmful effects of tobacco consumption and its preventive measures among young adults and their selected socio-demographic variables.

V. MATERIAL & METHOD:

This study adopted a quantitative research approach using a pre-experimental one-group pre-test and post-test design to assess the effectiveness of a planned teaching program on knowledge regarding the harmful effects of tobacco consumption and its preventive measures among young adults. The study was conducted in a selected rural area of Sattipara block, Pratappur, District Surajpur (C.G.). The target population comprised young adults aged 15–29 years residing in the selected area, and a sample of 60 participants was selected using a non-probability purposive sampling technique.

The independent variable of the study was the planned teaching program, while the dependent variable was the level of knowledge regarding harmful effects of tobacco consumption and its prevention. Data were collected using a self-structured questionnaire consisting of two sections: **Section A** included socio-demographic variables, and **Section B** comprised 45 structured knowledge questions. The tool's content validity was established through expert evaluation, and reliability was confirmed using the split-half method ($r = 0.9$).

Data collection was carried out in two phases: pre-test assessment followed by administration of the planned teaching program, and a post-test conducted after seven days to evaluate knowledge gain. Descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (paired t-test and chi-square test) were used for data analysis. Ethical considerations were maintained by obtaining informed consent, ensuring confidentiality, and securing necessary permissions from local authorities.

VI. METHOD OF DATA ANALYSIS:

1. Data were organized, coded, and entered into a master data sheet for analysis.
2. **Descriptive statistics** were used to summarize the data:
 - Frequency and percentage distribution for socio-demographic variables.
 - Frequency and percentage distribution for pre-test and post-test knowledge levels.
 - Mean and standard deviation to assess the overall knowledge scores.
3. **Inferential statistics** were applied to test the hypotheses:
4. **Paired t-test** was used to determine the effectiveness of the planned teaching program by comparing pre-test and post-test knowledge scores.
5. **Chi-square test** was used to find the association between pre-test knowledge scores and selected socio-demographic variables.
6. Level of significance was set at **0.05** for all statistical tests.
7. The results were presented in the form of tables and figures for clear interpretation.

VII. MAJOR FINDINGS OF THE STUDY:

The findings of the study revealed that the majority of participants (83.4%) had below-average knowledge and only 16.6% had average knowledge regarding the harmful effects of tobacco consumption and its preventive measures in the pre-test, with none demonstrating good or excellent knowledge. Additionally, a large proportion of participants (71.6%) had no prior knowledge about the harmful effects of tobacco, indicating a significant gap in awareness among young adults in the selected rural area.

Following the implementation of the planned teaching program, there was a marked improvement in the post-test knowledge scores of participants. Statistical analysis using the paired t-test showed a significant difference between pre-test and post-test scores at the 0.05 level of significance, confirming the effectiveness of the intervention. Furthermore, a significant association was found between pre-test knowledge scores and selected socio-demographic variables, highlighting the influence of these factors on knowledge levels.

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