

# A Descriptive Study to Assess the Knowledge on Effects of Smoking and Alcoholism Among Adolescent Boys at Chennai

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## Abstract:-

### • Background

Alcoholism is one of the antisocial activity which exists all over the world. Worldwide, 3.3 million deaths every year result from harmful use of alcohol,<sup>2</sup> this represent 5.9 % of all deaths. In the age group 20 – 39 years approximately 25 % of the total deaths are alcohol-attributable.

Tobacco kills more than 7 million people each year. More than 6 million of those deaths are the result of direct tobacco use while around 890 000 are the result of non-smokers being exposed to second-hand smoke. This study aims to assess the knowledge of alcoholism and smoking among adolescent boys in Chennai.

### • Methods

The study was carried out with self-structured questionnaire related to alcoholism and smoking.

### • Results

The results of the study show that 66.7% have moderately adequate knowledge and 29.3% have adequate knowledge and 4% had inadequate knowledge regarding effects of alcoholism and smoking.

### • Conclusions

The study findings will be absolutely useful for the younger generation to become aware of the effects of alcohol and smoking. Also the adolescents are the good source in passing on information to the population in an effective manner.

### • Background

Alcoholism and smoking go hand in hand. The adolescents are the target group or the vulnerable people to get addict to the substances. Assessing the knowledge will also help the participants to know their stage of addiction and makes them become aware of the ill effects. WHO estimates for the South East Asian countries indicate that one fourth to one third of male population drink alcohol; there is increasing trend of drinking among

women. in India, the estimated number of alcohol users in 2005 was 62.5 million, with 17.4% of them (10.6 million)

being dependent users ;20–30% of hospital admissions are due to alcohol-related problems. (CDC 2014)

### • Statement of the Problem

A descriptive study to assess the knowledge on effects of smoking and alcoholism among adolescent boys at Chennai

### • Objective

- To assess the knowledge of adolescent boys regarding the effects of alcoholism and smoking.
- To find out the association between the knowledge of boys regarding the effects of alcoholism and smoking with their selected demographic variables.

### • Hypothesis

H<sub>1</sub> – there is no significant association between level of knowledge of adolescent boys and demographic variables.

## I. OPERATIONAL DEFINITION

### A. Knowledge

It is understanding of facts, attaining information or skills which is acquired by education or experience.

### B. Effects

It is a change which is a result or consequence of an action or other cause

### C. Smoking

The action or habit of inhaling and exhaling the smoke of tobacco or a drug.

### D. Alcoholism

It is the addiction to the consumption of alcohol.

### E. Adolescent boys

the process of developing from a child into an adult.

**F. Methodology**

**G. Research design:**

Descriptive research design

**H. Setting:**

The study was conducted at K.K College of Pharmacy at Chennai.

**I. Sample:**

Adolescent boys

**J. Sample size:**

A total of 75 adolescent boys were selected for the study.

**K. Sampling technique:** A random sampling technique was used.

**II. CRITERIA FOR SAMPLE SELECTION**

**A. Inclusion criteria**

- Adolescent population between 19 and 25 years.
- Adolescent boys studying at the selected college.
- Adolescent boys who can understand Tamil or English
- Mothers who are willing to participate in study.

**B. Exclusion criteria**

- Adolescent boys on treatment for smoking and alcoholism.
- Adolescent boys with smoking and Alcohol related problems.

**III. DESCRIPTION OF THE TOOL**

**Section I:** Demographic variables consists of Age, year of study, religion, family history of alcoholism, family history of smoking, habit of alcohol, habit of smoking.

**Section II:** Knowledge on effects of alcoholism and smoking.

**A. Scoring**

Score	Interpretation
19-25	adequate knowledge
13-18	moderate knowledge
Less than 5	inadequate knowledge

**B. Validity and reliability of tools**

The validity of the tool was assessed by various experts in the field of nursing research.

**C. Data collection procedure**

Interview technique was used to assess knowledge. Informed written consent was obtained from each sample to participate in the study.

**D. Data analysis and presentation**

The data was analyzed by using descriptive and inferential statistics. The descriptive statistics were used to describe the frequency and percentage of demographic data and knowledge on effects of alcoholism and smoking.

**IV. RESULTS**

Table-2: N=75

Sample characteristics	Frequency	Percentage
Age of boys		
19-21	29	38.7
22-24	46	61.3
Religion		
Hindu	71	94.7
Christian	3	4
Muslim	1	1.3
Educational status		
B.Pharm	60	80
M.Pharm	12	16
D.Pharm	3	4
Habits		
Alcoholism	26	34.6
Smoking	49	65.3
Family history		
Alcoholism	55	73.3
Smoking	20	26.6
Duration of Alcoholism		
<2 years	20	26.6
2-5 years	5	6.6
>5 years	-	-
Smoking		
<2 years	10	13.3
2-5 years	35	46.6
>5 years	5	6.6
Source of health information		
Tv, radio	20	26.6
Parents, friends	30	40
Newspaper	25	33.3

Table 2 describes the distribution of the demographic variables.

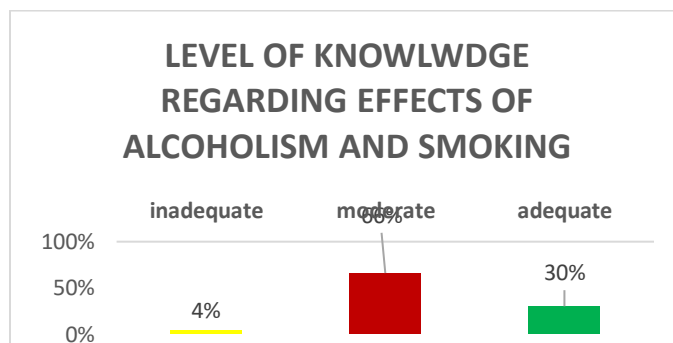


Table 3: Distribution of the level of knowledge

Table 3 reveals that around 4 % of adolescent boys have inadequate knowledge, 30 % have adequate knowledge and the highest of 66% adolescent have moderate knowledge on effects of alcoholism and smoking.

## V. DISCUSSION

The investigator recorded the response of the adolescent boys. According to table 3, the highest of 66% of adolescent has moderate knowledge regarding effects of alcoholism and smoking.

## VI. CONCLUSIONS

This study helps to outline the risk factors for drinking in adolescents and to consider effective treatment and preventive interventions. And moreover the habit of alcoholism is wide enough to change the behaviour too, it can be further analyzed by the team of parents, friends, teachers etc in order to modify the behavior.

## VII. RECOMMENDATIONS

- It can be conducted for large sample for the better understanding and generalization of results.
- An experimental study to evaluate the effectiveness of the structured teaching program can be conducted.
- An experimental study can be conducted to find out the effectiveness of counseling in reducing alcoholic behavior.

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