

A Study to Assess the Effectiveness of Planned Teaching Program Regarding the Knowledge of Psycho Active Substance Abuse and its Consequences on General Health Among the College Students of Selected Colleges of Bagalkot

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Abstract: - Substance abuse Addiction may be a physical and mental state concern. It's a true malady with real treatment choices, however an individual has got to enkindle facilitate before he or she will begin to induce higher. Understanding the results of habit will assist you or a dearest commit to take action. Any drug use involves serious risks. The lot of an individual uses, the bigger the risks become. It doesn't matter if a drug is on the market through a doctor or solely on the streets. Habit happens associate degree time an individual uses a banned drug. It happens any time an individual uses a legal medication any means aside from as prescribed. Specific health effects vary by substance and technique of use, however all abuse has risks. Even though you are doing not extreme associate degree extreme health crisis, addiction keeps you from doing and feeling your best. It keeps you from taking care of your body and mind.

Materials And Method :- A one group pre-test and post-test pre-experimental design study to assess the effectiveness of planned teaching program regarding the knowledge of psycho active substance abuse and its consequences on general health among the college students of selected colleges of Bagalkot.

Result: - Present study enclosed 4 (8%) females and 46 (92%) males. Among the males 44 (38.5%) were ever smokers. although 38 (96.6%) of the topic knew that tobacco use is harmful for health, solely 52(78.5%) of the topic knew that it causes vas diseases. However more efforts are needed to make them aware about the role of tobacco smoking and chewing in causing cardiac problems.

Conclusion: - The study concluded that the video assisted Teaching Program was effective in improving the knowledge of college students regarding the knowledge of psycho active substance abuse and its consequences on general health. There is significant association between the demographic variables and the knowledge of the respondents.

I. INTRODUCTION

People abuse substances like alcohol, tobacco, and alternative medication for diverse and complex reasons; however it's clear that our society pays a major value. The toll for this abuse are often seen in our hospitals and emergency departments each through direct injury to health by misuse and its link to arteria coronaria sickness, vessel and alternative tube effects.

The abuse of alcohol is related to chronic myocardiopathy, high blood pressure, and heart condition. Abstinence or victimisation alcohol carefully will reverse these vessel issues. Alcohol is additionally distinguished among the substances of abuse by having doable protecting effects against arteria coronaria sickness and stroke once employed in moderate amounts.

Substance abuse is related to a range of negative consequences, as well as college failure, and poor judgment which can place adolescents in danger for accidents, violence, unplanned and unsafe sex. These dangerous consequences of misuse on human life intensify the requirement for the hindrance of those abuse.

The drawback of misuse could be a important drawback among adolescents in our societies because the

problem is increasing day by day because of varied factors like simple accessibility and speedy socioeconomic and demographic changes⁴. Recent studies have shown that the drug addicts registered for treatment and rehabilitation of assorted treatment centers square measure largely adolescents and youth students. In terms of initiating misuse a major share of drug wrongdoer (83%) has started victimisation drug and alternative substances between 16-20 years followed by underneath fifteen years.

II. NEED OF THE STUDY

Globally, it absolutely was calculable that a complete of 246 million individuals, or one out of twenty individuals between the ages of fifteen and sixty four years, had used a bootleg drug in 2013. The magnitude of the planet drug downside becomes additional apparent once considering that quite one out of ten individuals could be a downside drug user, affected by drug use disorders or drug dependence.

In developing countries, recent trends indicate that the employment of psychotropic substances (PASs) have dramatically enhanced. In Morocco, restricted info is offered on the medical specialty of substance use. The national survey conducted among the overall population on mental disorders and addiction in 2003 and 2006 found that the prevalence of PASs consumption for individuals aged quite fifteen was four.1 %. in line with the annual report of the National Observatory of medicine and addictions, cannabis was the foremost common criminal drug employed by Moroccan adolescents in 2013.

In fact, Morocco is one among the most producers of natural resin (hashish) within the world despite the intense efforts of the authorities to decrease the realm beneath cultivation (134,000 angular distance in 2003 to forty seven,196 angular distance in 2013). The Rif Mountains of the Northern Region is that the main space of cannabis cultivation in Morocco. in line with the Morocco cannabis survey (2005), 86.0 you look after cannabis cultivation was focused in 3 Northern provinces particularly Chefchaouen (50.0), Taounate (19.0) and Al Hoceima (17.0 %).

Substance abuse may be a serious public ill health that affects nearly each community and family in how. Annually drug abuse ends up in around forty million serious diseases or injuries among folks within the States⁹. Teens United Nations agency abuse medicine with needles increase their risk of blood-borne diseases like HIV, AIDS and hepatitis B and C.

However, experimentation with substances, significantly alcohol and tobacco, is more and more common behavior among school students. there's casual relationship between alcohol consumption and over sixty kinds of diseases and injury worldwide alcoholisms calculable to cause concerning two hundredth - half-hour of muscular structure

cancer, cancer of the liver, and liver disease of liver, homicide, encephalopathy and car accidents. Worldwide one.8 million deaths and fifty eight. million DALY attributed to the employment of alcohol.

Experimentation is taken into account problematic once substance use happens at a really young age, with increasing frequency, whereas the kid is alone, or within the context of behavioural or emotional difficulties. If use becomes additional frequent, negative consequences will develop, together with impairment in class or work, legal issues, accidents, and social difficulties. Substance use becomes abuse once a teen suffers negative and harmful consequences as a result of the employment of substances—and nonetheless continues victimization. drug abuse has been powerfully coupled to risky sexual behavior, delinquent behavior, and low faculty accomplishment. significant and prolonged substance use may end up in drug dependence, with a syndrome of great distress if the drug use is stopped or reduced.

Policies that influence the amount and patterns of substance use and connected hurt will considerably cut back the general public health issues owing to substance use, and interventions at the health care system level will work towards the restoration of health in affected people.

III. STATEMENT OF PROBLEM

A study to assess the effectiveness of planned teaching program regarding the knowledge of psycho active substance abuse and its consequences on general health among the college students of selected colleges of Bagalkot.

IV. OBJECTIVE OF THE STUDY

- To assess the level of knowledge of students regarding substance abuse in form of pre-test scores.
- To assess the level of effectiveness of planned teaching program in terms of post-test scores.
- To compare the effectiveness of planned teaching program by comparing the pre-test and post-test scores.
- To associate the level of knowledge with the selected demographic variables.

A. Hypothesis

H₁: There will be significant association between selected demographical variables and knowledge levels among college students regarding psychoactive substance abuse.

H₂: There will be significant difference between the knowledge levels among college students before and after planned teaching programme regarding psychoactive substance abuse.

B. Assumptions

Student will have some awareness of psychoactive substance abuse. Students will participate willingly in the study.

C. Research Approach

Evaluative approach.

D. Research Setting

College at Bagalkot.

E. Research Design

A one group pre-test and post-test pre-experimental design

F. Population

College students in selected colleges of Bagalkot.

G. Sample Size

50 college students.

H. Sampling Technique

Simple Random Sampling technique.

I. Research Variables

- **Dependent variable:** Knowledge of students regarding substance abuse.
- **Extraneous variable:** Demographic variables such as age, sex, education, economical background, sources of information.

J. Inclusion Criteria

- College students of Bagalkot.
- Students able to understand read and write English & Kannada.
- Students willing to participate in the study.
- Students present on the day of data collection.

K. Exclusion Criteria

- Students not willing to participate in the study.
- College students who are absent on data collection day.

V. RESULTS

Table1: Distribution of study subjects according to different socio-demographic characteristics

Characteristics	No of respondents	% of respondents
Age in years		
18 to 20years	28	55.00
21 to 22years	15	31.00
23 to 24years	5	10.00
25 to 26years	2	4.00
Gender		
Male	32	65.00
Female	18	35.00
Religion		
Hindu	14	28.00
Muslim	4	7.00
Christian	32	65.00
Annual income of the family		
Below 10,000	9	19.00
10001-15,000	29	58.00
15001- 20,000	10	19.00
20000 & Above	2	4.00
Type of family		
Nuclear	26	52.00
Joint	24	48.00
Residential background		
Urban	15	31.00
Rural	35	69.00

Source of information regarding psychoactive substance		
TV	24	54.00
News Paper	12	22.00
Family & Friend	14	24.00
Total	50	100.00

Above table shows the results of 50 college students who were present at the time of data collection at selected colleges Bagalkot,

Table 2: Association between levels of knowledge and different socio-demographic characteristics

Characteristics	Inadequate level	Satisfactory level	Adequate level	Chi-square	df	p-value
Age in years						
18 to 20years	13	17	0	38.9038	6	0.0000***
21 to 22years	4	8	2			
23 to 24years	1	2	4			
25 to 26years	0	0	1			
Gender						
Male	9	17	6	8.1616	2	0.0169*
Female	9	8	1			
Religion						
Hindu	12	5	7	41.6905	4	0.0000***
Muslim	4	0	0			
Christian	2	19	1			
Annual income of the family						
Below 10,000	7	2	0	25.4815	6	0.0003***
10001-15,000	12	13	4			
15001- 20,000	0	8	2			
20000 & Above	0	1	1			
Type of family						
Nuclear	13	10	2	8.3511	2	0.0154*
Joint	5	14	6			
Residential background						
Urban	3	8	4	9.8004	2	0.0075**
Rural	15	12	8			
Source of information regarding psychoactive substance						
TV	12	13	2	27.6755	6	0.0001***
News Paper	5	3	3			
Family & Friend	2	8	2			
Total	18	24	8			

The above table shows knowledge levels of the college students who are studying at Bagalkot District, we have divided in to three categories for the result view. Hence we have the above table showing results in respective columns with the respondents with their knowledge level.

Along with that we can see the chi square test of each demographic, and some them have got highly significant and some of demographic are just significant, that is nothing but level of significance is less with Gender, Type of family &

Residential background and high with others. And finally we have reached the step of hypothesis testing, both H1 & H2 are accepted as said statement in the above hypothesis heading.

VI. CONCLUSION

The study concluded that the Planned Teaching Program has significantly improved the knowledge of students of the Bagalkot regarding psychoactive substance usage and its hazards on health at Bagalkot District.

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