



## A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SUBSTANCE ABUSE AMONG THE STUDENTS OF SELECTED DEGREE COLLEGE, JODHPUR

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### ABSTRACT

Substance abuse is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences. The abuse of drugs leads to change in the structure and function of the brain overtime by repeated drug abuse. The person with drug abuse can impair his self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs. It is because of these changes in the brain that it is so challenging for a person to stop abusing substance. Aim of the study: Assess knowledge regarding substance abuse among students. Material and Method: A pre-experimental one group pre-test post-test study was used in order to evaluate effectiveness of structured teaching programmed (the independent variable) on knowledge regarding substance abuse (the dependent variable) among students of selected degree college of selected by non-probability purposive sampling technique of Jodhpur. Each participant was informed about the study and that they could withdraw at any time and a written consent was also obtained. Result: The findings of the study reveals that in pre-test majority (66.67%) of students had inadequate knowledge regarding substance abuse followed by (25%) had moderate knowledge and (8.33%) students had adequate knowledge. In the same area after administration of structured teaching programmed majority 71.67% of the students were had Adequate knowledge% of the students were had Adequate knowledge. Conclusion: It can be concluded that students had inadequate knowledge regarding substance as per current research recommendations. They require education and to enhance their knowledge regarding substance abuse, structured teaching programmed can be used.

**Key Words:** Knowledge, substance abuse, structured teaching programme.

### INTRODUCTION

#### Background of the Study

Substance abuse is the use of psychoactive substance that poses significant hazards to health and interferes with social, occupational, psychological or physical functioning. The commonly used substance is alcohol, tobacco, barbiturates, benzodiazepines, cannabis, cocaine, opioids, and substituted amphetamines. The exact cause of substance abuse is not clear, but it manifests itself as a chronic debilitating disease. Depending on the actual compound, drug abuse including alcohol may lead to health

problems, social problems morbidity, injuries, unprotected sex, violence, death, motor vehicle accidents, homicides, suicides, physical dependence or psychological addiction

According to WHO report, world is facing serious health problems related to substance abuse especially in the adolescent comparing to other people, which affects the individuals, family, and society. Individual more susceptible to substance abuse when there is a stressful life situation, the need for social support as well as socioeconomic and cultural difficulties. Alcohol abuse has become one of the major public health concerns worldwide.



The high rates of drug abuse among college students can be attributed to a number of factors, such as stress as students are facing the high demands of coursework, part time jobs, internships, social obligations and more, may turn to drugs as way to cope up. Another factor is curiosity in college students exploring many new aspects of their lives in personal and professional reality, peer pressure college students who are surrounded by other people experimenting with recreational and performance enhancing drugs are more likely to try these substances for themselves, alcohol makes up the vast majority of substance-related problems on college campus.

The researcher observed in many colleges that the adolescents are the high risk for substance abuse and the above report have inspired the researcher to make a study on "Substance abuse". "As they are the future of our country, thus interest was aroused in the researcher to assess the effectiveness of structured teaching programme on substance abuse among the students.

### Objectives of the Study

- To assess the knowledge regarding substance abuse among the students.
- To evaluate the effectiveness of structured teaching programme on substance abuse among the students in selected Degree College.
- To find out the association between post-test knowledge score on substance abuse among the students with selected demographic variables.

### Hypothesis of the Study

- H1 The mean post test score is significantly higher than the mean pre-test score regarding the substance abuse among the students.
- H2 There is a significant association between the post test knowledge score with selected demographic variables among the students.

### Operational Definition

- Effectiveness: In this study, effectiveness refers to the extent to which structured teaching programme, has achieved the desired effect to bring about change in behaviour as expressed by gain in knowledge regarding the substance abuse.
- Structured Teaching Programme: It refers to systematically developed planned teaching strategy regarding the affects of substance abuse for the Students.
- Substance Abuse: It is the use of alcohol or other drug substances which destroys the lives and leads to many mental problems.
- Students: It refers to students studying in degree college in vocational courses, and has risk to get addicted for alcohol and drugs.

### Assumption

- Students may have some knowledge regarding substance abuse.
- Structured teaching programme may improve the knowledge of Students regarding substance abuse.

### Delimitation

- Study is limited to Students who are study in gat selected degree College at Jodhpur.

### Research Methodology

- **Research Approach**  
A pre-experimental approach was used in the study to evaluate the effectiveness of structured teaching programme on the substance abuse.

### RESEARCH DESIGN

A pre-test post-test experimental design, one group pre-test post-test design was adopted for the study

### Research Variable

- **Independent variable:** Structured teaching Programme for students regarding Prevention of substance abuse.
- **Dependent variable:** Knowledge score measured by structured questionnaire
- **Demographic variable:** Demographic variables are the characteristics and attributes of the study sample. In my study the demographic variables are Age, Gender, Marital Status, types of family, monthly income, area of residence, habits of smoking & drug addiction, sources of health information

### Population

- In this study target population was students in Adharsh Maha vidyalaya Jodhpur.

### Sampling Size

- In this study, the sample consist 60 students studying in Adharsh Maha vidyalaya Jodhpur.

### Sampling Technique

- The sampling technique used in this study was Convenience method of sampling. This entails the use of the most readily available persons in a study. Sample who meet the criteria for sample selection were selected.

### Reliability of the Tool

The tool was tested for reliability on 10 students during pilot study by using split half method and Spearman brown coefficient formula. Correlation coefficient  $r = 0.82$ .

Table 1 Depicted that the students participated in the study, Age 17-18 (26, 43.33%), Gender male (33, 55%), religion (44, 73.33%), types of family nuclear family (29,

48.33%), monthly income 5000-10,000 (21, 35%), are of residence urban area (34, 56.67%), family member habits of smoking Yes (37, 61.67%) and Source of information internet (26, 43.33%).

Table 2 Depicted that the pretest majority 66.67% of the Students were had Inadequate knowledge, followed by 25% were had Moderate knowledge and 8.33% were had Adequate knowledge regarding substance abuse in pretest. After administration of structured teaching program majority 71.67% of the Students were had Adequate knowledge, followed by 16.67% of the Students were had Moderate knowledge and 11.67% of the Students were had Inadequate knowledge regarding substance abuse in posttest.

Table 3 Depicted that overall pre test knowledge score of students was mean 11.58, SD 4.442 and mean percentage was 46.32% whereas post test knowledge score was mean 19.38, SD 3.508 and mean percentage was 77.52%.

Table 4 Depicted that the aspect wise, mean, percentage, standard deviation (SD) and mean difference of pre-test and post-test knowledge score of samples. The mean, percentage and SD of meaning of substance abuse in

the pretest was 2.57, and 1.125 respectively. Whereas in the same area post test result was 4.2, and 0.916 with mean difference 1.63. Pretest Knowledge score of aspect related to risk factor for substance abuse was 2.87, and SD was 1.395. On the other side, in the same area posttest Knowledge score, mean was 4.62, and SD was 1.106 with the mean difference 1.75. In the third area, effect of substance abuse, mean was 2.83 and SD was 1.237, in the same area posttest mean was 4.52 and SD 1.127, with mean difference 1.69. in the fourth area prevention of substance abuse pretest knowledge mean was 3.32 and SD 1.534 in the same area posttest mean was 6.05 and SD 1.37 with mean difference 2.73.

Table 5 Depicted that the after giving the structured teaching programme to student on substance abuse posttest mean knowledge score was apparently higher (19.38) with mean difference 7.08, the computed t test value ( $t_{(30)} = 10.67, p = 0.000$ ) shows that there is a highly significant difference between pretest and posttest knowledge score of students regarding substance abuse. These finding indicated that there was a significant improvement of posttest knowledge of students due to structured teaching programme.

### Major Finding of the Study

**Table 1: Frequency and percentage distribution of demographic variables among students (N=60)**

S. No	Socio-demographic variable		Frequency	Percentage
1	Age (in years)	17- 18	26	43.33
		19- 20	23	38.33
		20- 21	5	8.33
		21 and above	6	10
2	Gender	Male	33	55
		Female	27	45
3	Religion	Hindu	44	73.33
		Muslim	12	20
		Christian	4	6.67
4	Type of family	Nuclear family	29	48.33
		Joint family	28	46.67
		Extended family	3	5
5	Monthly income of the family	Less than Rs.5000	6	10
		Rs.5000-10000	21	35
		Rs.10000-15000	18	30
		Rs.15000 and above	15	25
6	Area of residence	Urban area	34	56.67
		Rural area	26	43.33
7	Family members habits of smoking, alcoholism, or Drug addiction.	Yes	37	61.67
		No	23	38.33
8	Source of health information	Mass media	4	6.67
		Friends	10	16.67
		Internet	26	43.33
		Teachers	20	33.33

**Table 2: Finding related to knowledge regarding substance abuse of students (N=60)**

KNOWLEDGE LEVEL	PRE TEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Good	40	66.67	7	11.67
Average	15	25	10	16.67
Poor	5	8.33	43	71.67

**Table 3: Overall knowledge score of students regarding substance abuse.**

Knowledge score	Mean	Standard deviation	Mean percentage
PRE TEST	11.58	4.442	46.32%
POST TEST	19.38	3.508	77.52%

**Table 4: Mean, mean percentage, standard deviation of pretest and posttest knowledge score of teachers regarding substance abuse according to the blueprint. N=60.**

S No.	Knowledge aspects	PRE TEST		POST TEST		Mean difference	t Value	Df
		Mean	S D	Mean	S D			
1.	Meaning of substance abuse, substances that can be commonly abused	2.57	1.125	4.2	0.916	1.63	8.70	59
2.	Risk factor/ reason for substance abuse	2.87	1.395	4.62	1.106	1.75	7.61	59
3.	Effects of substance abuse (Physical & Social)	2.83	1.237	4.52	1.127	1.69	7.82	59
4.	Prevention of substance abuse	3.32	1.534	6.05	1.37	2.73	10.28	59
	Overall Knowledge	11.58	4.442	19.38	3.508	7.8	10.67	59

**Table-5 Findings related to evaluation of effectiveness of structured teaching program for students regarding substance.**

Knowledge score	Mean	Sd	Mean difference	Paired T Test score	Inference (p<0.05)
Pre Test	11.58	4.442	7.8	10.67	0.000
Post Test	19.38	3.508			

**DISCUSSION**

The hypothesis made in the study is there is significant association between the level of knowledge regarding substance abuse of Students prevention with selected socio- demographic variables among students. The majority of the demographic variable of the students indicates non-significance association with posttest knowledge except Age, religion, type of family and source of health information

The two assumptions were made in this study. The first one was the finding of the study reveals that students had inadequate pretest knowledge regarding substance abuse.

The second assumption was students’ knowledge regarding substance abuse can be improved by structured teaching programme.

**CONCLUSION**

The finding shows that the students are having adequate knowledge regarding substance abuse of students. However, it was a significant improvement on the posttest knowledge of students due to structured teaching programme. This study has made some progress in establishing the current status of students’ knowledge regarding substance abuse and is able to provide a framework for developing students’ knowledge regarding substance abuse in future.

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