

“Effectiveness Of Structured Teaching Programme On Knowledge Regarding Adverse Effects Of Tobacco Usage Among B.Sc Nursing Students Of Sree Balaji College Of Nursing, Chrompet – Chennai”

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ABSTRACT: *Smoking leads to disease and disability and harms nearly every organ of the body. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. It increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Secondhand smokers are also at great risk of developing certain disease conditions like stroke, lung cancer, and coronary heart disease in adults.*

Key Words: - *Smoking, COPD, rheumatoid arthritis, Secondhand smokers.*

1. INTRODUCTION:

Most of the tobacco comes from Northern India and Afghanistan. The growing use of tobacco is a cause of great concern around the world due to its serious effects on health. The numbers of deaths were increasing day by day because of the use of tobacco and its products. Tobacco is a major risk factor for a number of diseases affecting all age groups. WHO data shows that tobacco uses kill nearly six million people in a year. Around five million of those deaths are the result of direct tobacco use while more than 600,000 are the result of non-smokers being exposed to second-hand smoke. One person dies every six seconds due to tobacco. Up to half of current users will eventually die of a tobacco-related disease.

The economic costs of tobacco use are substantial and include significant health care costs for treating the disease caused by tobacco use as well as the lost human capital that results from tobacco-attributable morbidity and mortality. In some countries, children from poor households are employed in tobacco farming to boost family income. These children are especially vulnerable to "green tobacco sickness", which is caused by the nicotine that is absorbed through the skin from the handling of wet tobacco leaves.

Prevention is cost effective and result in savings. Possible nursing intervention is providing knowledge regarding adverse effects of tobacco.

OBJECTIVES:

- To evaluate the effectiveness of the structured teaching programme on knowledge regarding adverse effects of tobacco among B.Sc Nursing students of Sree Balaji College of Nursing.
- To assess the pre- test and post- test level of knowledge regarding adverse effects of tobacco among B.Sc Nursing students of Sree Balaji College of Nursing.

HYPOTHESIS:

There will be a significant relationship between structured teaching programme and knowledge regarding adverse effects of tobacco among B.Sc Nursing students of Sree Balaji College of Nursing, chrompet – Chennai.

2. METHODOLOGY:

Quantitative research approach was adopted for this study. Pre experimental one group pre-test post-test design was selected.

Sample Size: 50 Students were selected

Setting of this study

The study was conducted at Sree Balaji College of Nursing, Chrompet

Inclusive Criteria;

- Those who are interested in the study
- Those who are present during the study
- Those who understand Tamil and English language
- Students of age between 19 -24

EXCLUSION CRITERIA

- Students who are not interested in the study

An interview schedule was used to collect the demographic variables and the knowledge was assessed using semi structured questionnaire. After the pre-test structured teaching programme was given to the students and post-test was done by using the same tools.

DATA ANALYSIS AND INTERPRETATIONS:

Table:1 Distribution of pretest level of knowledge regarding adverse effects of tobacco among B.Sc Nursing students.

N=50

PRE-TEST LEVEL OF KNOWLWDGE	F	%
Good (>60%)	5	10
Average (35-59%)	20	40
Poor (<34%)	25	50

Table 1 shows that 5 (10%) of them had good knowledge, 20 (40%) have average knowledge and 25 (50%) have poor knowledge regarding adverse effects of tobacco usage.

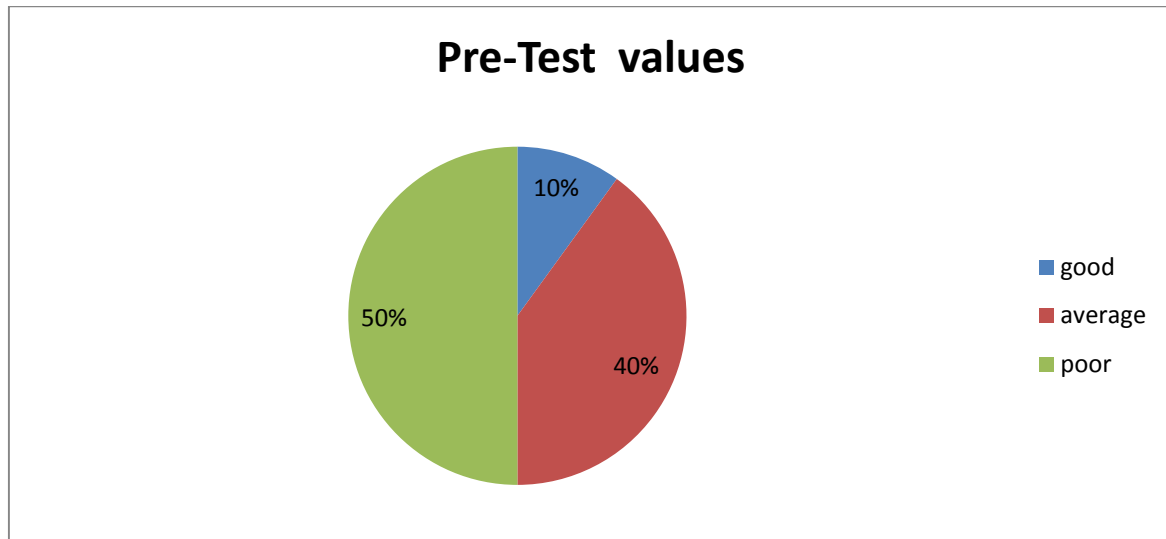


Figure 1 :- pretest level of knowledge regarding adverse effects of tobacco among B.Sc Nursing students.

Table:2 Distribution of post-test level of knowledge regarding adverse effects of tobacco among B.Sc Nursing students.

N=50

PRE-TEST LEVEL OF KNOWLWDGE	f	%
Good (>60%)	38	76
Average (35-59%)	12	24
Poor (<34%)	-	-

Table 2 shows that 38 (76%) of them had good knowledge, 12 (24%) have average knowledge regarding adverse effects of tobacco usage during the post-test.

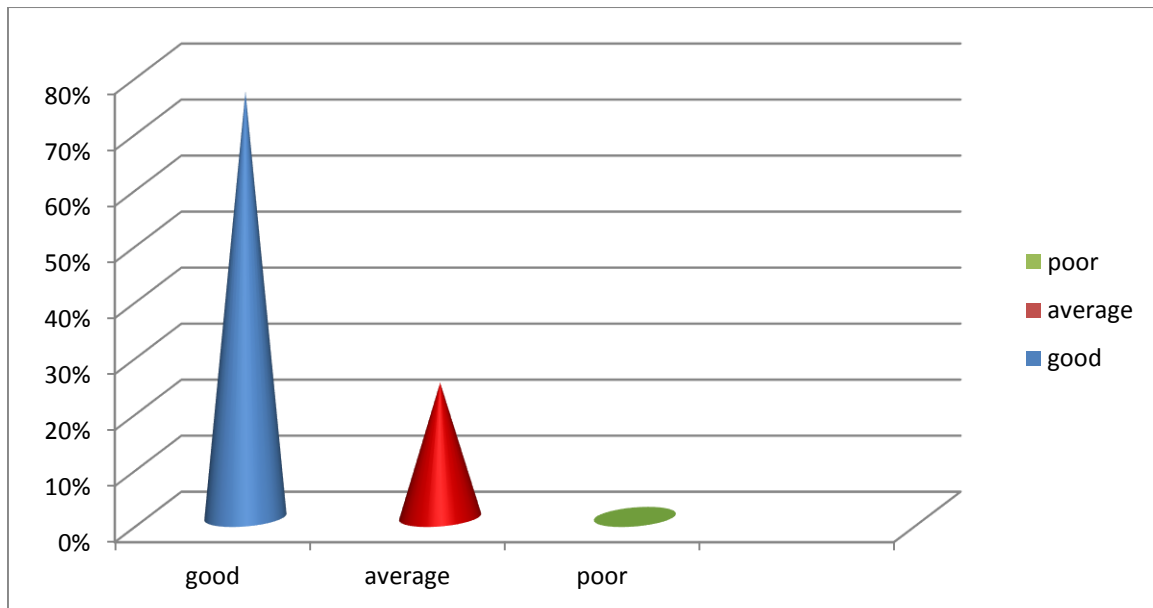


Figure 2:- post-test level of knowledge regarding adverse effects of tobacco usage among B.Sc Nursing students.

There was significant differences between the pre-test and post-test level of knowledge regarding adverse effects of tobacco usage among B.Sc Nursing students of Sree Balaji College of Nursing.

3. RECOMMENDATIONS:

- A study can be done in large groups including community people to assess their knowledge.
- A study can be done to provide awareness among nursing students

4. IMPLICATIONS OF THE STUDY:

NURSING EDUCATION:

- Nursing educators should provide the knowledge regarding the adverse effects of tobacco usage
- Nursing students should teach community people about adverse effects and problems that arise for secondhand smokers.
- Nurses should initiate and educate the patients and family about smoking tobacco and its effects on health.

5. CONCLUSION:

There was an increase in the level of knowledge regarding ill effects of tobacco among the B.sc Nursing students after the structured teaching programme. Hence the structured teaching programme on adverse effects of tobacco usage among the B.Sc Nursing students of Sree Balaji College of Nursing were found very effective.

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