



“A study to evaluate the effectiveness of planned teaching programme regarding cigarette smoking among young adolescent boys residing in selected community area at Puducherry”

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ABSTRACT:

Smoking is a practice in which a substance is burned and the resulting smoke is typically breathed in to be tasted and absorbed into the bloodstream. In some cultures, smoking is also carried out as a part of various rituals, where participants use it to help induce trance-like states that, they believe, can lead them to spiritual enlightenment. About 80–90% of people who smoke regularly are addicted to nicotine. Peer pressure—their friends encourage them to try cigarettes and to keep smoking. This study was conducted to evaluate the effectiveness of planned teaching programme among young adolescent boy's selected community area at pudhucherry, Pre experimental one group pre-post and post-test research designs were used. This study consist of 50 young adolescent boy's and convenient sampling technique were used. Tool used were demographic variable and knowledge questionnaire. The finding reveals that out of 50 samples the Effectiveness of structured teaching programme on cigarette smoking among young adolescent boy's visiting selected community area kalitheerthalkuppam at Puducherry both pre-test and post test, in the pre-test mean and standard deviation was 16.66+15.27, and post test was 16.66+17.55, both pre test and post test 0.05 is highly significant.

I. INTRODUCTION:

“Smoking is injuries not only for you but for the people Around so quit smoking not only for your sake but the people you love” – AVI CHENNA

Smoking is a practice in which a substance is burned and the resulting smoke is typically breathed in to be tasted and absorbed into the bloodstream. Most commonly, the substance used is the dried leaves of the tobacco plant, which have been rolled into a small rectangle of rolling paper to create a small, round cylinder called a cigarette. Smoking is primarily practised as a route of administration for recreational drug use because the combustion of the dried plant leaves vaporizes and delivers active substances into the lungs where they are rapidly absorbed into the bloodstream and reach bodily tissue. In some cultures, smoking is also carried out as a part of various rituals, where participants use it to help induce trance-like states that, they believe, can lead them to spiritual enlightenment. Adolescents' habitual smoking not only becomes a gateway to all kinds of substance abuse but also causes various health problems including upper respiratory infection, immature lung development, reduced maximum vital capacity, and lung cancer.

In the year of 2022 Puducherry, Cigarette and betel quid with tobacco are the two most commonly used tobacco products – 5.2% of adults smoke cigarettes, while 3.4% used betel quid with tobacco. The second survey revealed that 14.7% of men, 0.1% of women and 7.2% of all adults currently smoke cigarettes, while 4.5% of men, 4.5% of women and 4.7% of all adults currently use smokeless cigarettes. The exposure of adults to second-hand smoke at any public place has decreased from 27.1% to 16.1%, at home from 10.1% to 5.1% and at the workplace from 27.9% to 25.3% during the period.

II. REVIEW OF LITERATURE:

GIUSEPPINA CAMPISI et al 2023 January : This exploratory study aimed to investigate the knowledge of sex and gender in clinical medicine among Sicilian physicians. Data collection was based on an online survey sent to the members of the Medical Councils of Sicily (Italy). The questionnaire included nine specific items about awareness and attitudes regarding gender medicine and its importance in clinical practice. 8023 Sicilian physicians received the solicitation e-mail and only 496 responded. Personalized medicine is a new paradigm in health care, and the concept of socio-cultural gender, as opposed to biological sex, emerged in several medical approaches. Regarding the knowledge of gender medicine, 71.1% of participants stated that they know it, while 88.5% believe that gender medicine should be included in training programs. A high percentage (77.6%) would like to keep up to date on this topic. Physicians sampled seem to understand the importance of gender medicine principles, although their experience of some gender issues (i.e., sex disparities in acute cardiovascular care and smoking cessation strategies) is low (55.44% and 21.57%, respectively). The study should encourage facing the gender medicine gap in the current curricula of health professionals and should implement the transitional value of sex and gender principles in the clinical setting.

STATEMENT OF THE PROBLEM:

A study to evaluate the effectiveness of planned teaching programme regarding cigarette smoking among young adolescent boys residing in selected community area at Puducherry.

OBJECTIVES:

1. To assess the level of knowledge regarding cigarette smoking among young adolescent boys.
2. To evaluate the effectiveness of planned teaching programme regarding cigarette smoking among young adolescent boys at selected community area, Puducherry.
3. To correlate the pre-test and post test results cigarette smoking among young adolescent boys.

ASSUMPTION:

1. The tool prepared for the study will be sufficient for collecting information on cigarette smoking among young adolescent boys.
2. There may be decreased knowledge of cigarette smoking among young adolescent boys.

III. MATERIALS AND METHODS:

This chapter deals the research methodology was conducted to evaluate the effectiveness of planned teaching programme regarding cigarette smoking among young adolescent boys at selected community area, Puducherry. It includes description of research approach, research design, setting of the study, population, sampling technique, method of data collection, description of the tool.

DESCRIPTION OF THE TOOL:

SECTION A:

Demographic variables: Age, Education, Occupation, Diet pattern, Exercise, Type of family, Hobbies, Religion, Family history of cigarette smoking, Previous history of any illness.

SECTION B:

Multiple choice questionnaire regarding knowledge regarding prevention of cigarette smoking among young adolescents boys in community area at Puducherry.

SCORING INTERPRETATION:

S.NO	LEVEL OF KNOWLEDGE	SCORING INTERPRETATION
1.	Inadequate knowledge	0-6
2	Moderate knowledge	7-13
3	Adequate knowledge	14-20

RESEARCH APPROACH:

For this present study the quantitative research approach was adopted.

RESEARCH DESIGN:

A true experimental research design (pre-test - post-test group design) was adopted for this present study

POPULATION:

The population for this present study includes the young adolescent boys in selected community area (kalitheerthalkuppam).

SAMPLE:

The young adolescent boys will be selected community area kalitheerthalkuppam at Puducherry.

SAMPLE SIZE:

The 50 young adolescent boy's individual who are living in selected community area at kalitheerthalkuppam.

SAMPLE TECHNIQUES:

In this study a qualitative sampling technique were used for selecting samples.

SETTING OF THE STUDY:

The study was conducted in selected community area at kalitheerthalkuppam village is located at Madagadipet taluk, district of Puducherry, India.

SAMPLE SELECTION CRITERIA:

Inclusion criteria:

- Young adolescent boys only
- Person who willing to participate in this study
- Person who are available during data collection

Exclusion criteria:

- Female participants are excluded in this study

IV. RESULTS:

The findings of the study revealed that Out of 50 samples, Majority of the young adolescent boys 30 had inadequate level of knowledge ,20 had adequate and 0 had excellent level of knowledge in pre test. Majority of the young adolescent boys, 0 had inadequate level of knowledge, 30had adequate and 70had excellent level of knowledge in post test . The mean and standard deviation of level of knowledge to evaluate the effectiveness of planned teaching program on prevention of cigarette smoking among young adolescent boys selected community area at Puducherry, pre test (16.66+15.27 and post test 16.66+17.55)

Frequency and percentage wise distribution of demographic variables among young adolescent boys. (N=50)

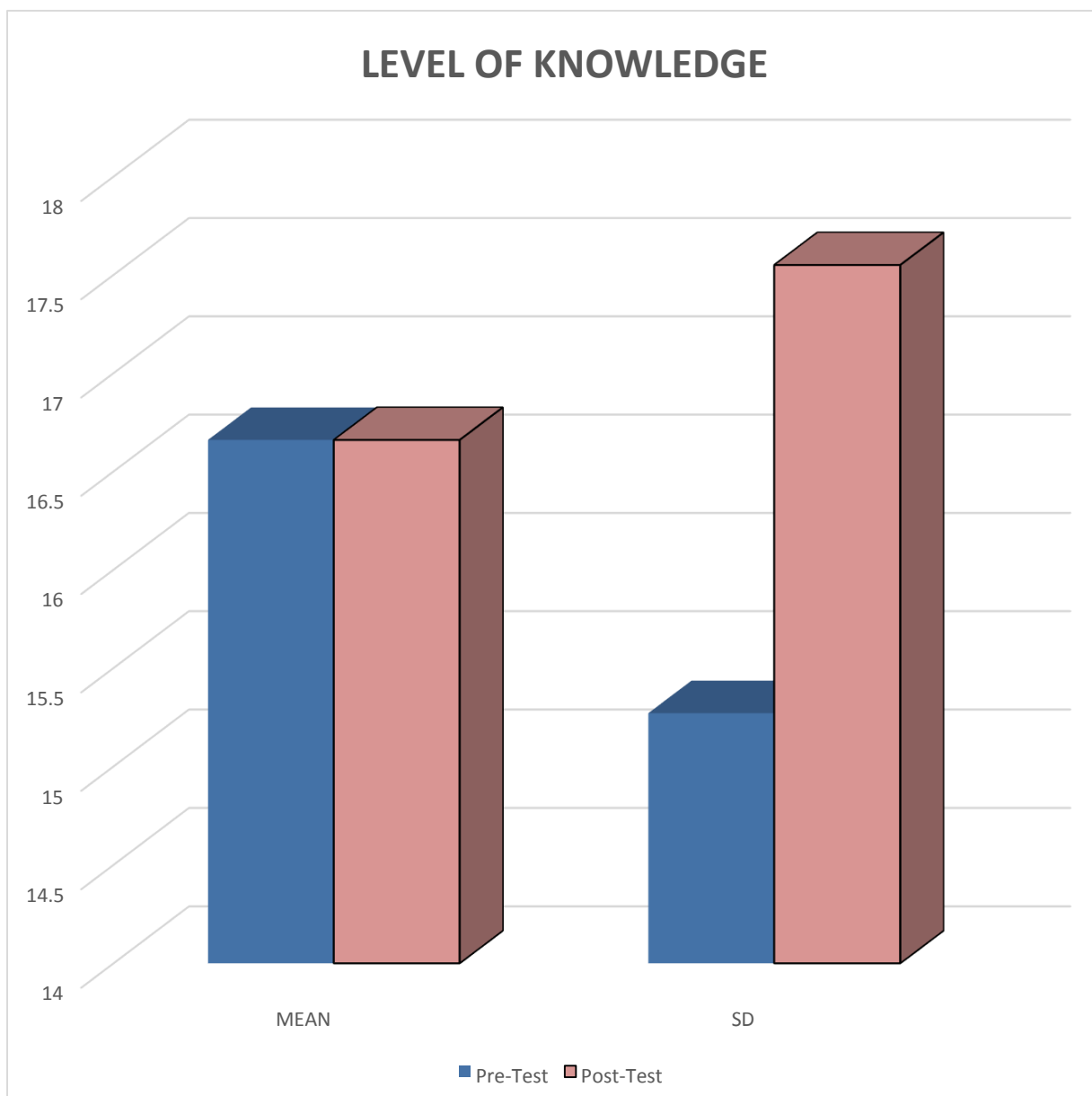
SL. NO	DEMOGRAPHIC VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
1	Age in years		
	a) 10 to 13 years	2	4
	b) 14 to 19 years	24	48
	c) 15 to 17 years	19	38
	d) 18 to 21 years	5	10
2	Educational status		
	a) Illiterate	3	6
	b) Primary	20	40
	c) Secondary	20	40
	d) Degree and above	7	14
3	Occupation		
	a) Business	2	4
	b) Daily wages	19	38
	c) Salaried	20	40
	d) Unemployed	9	18
4	Diet pattern		
	a) Vegetarian	1	2
	b) Pure Vegetarian	1	2
	c) Non Vegetarian	6	12
	d) Both Veg & Nonveg	42	84

5	Exercise		
	a) Walking	22	44
	b) Gym	10	20
	c) Cycling & Yoga	13	26
	d) Never done	5	10
6	Types of family		
	a) Nuclear family	24	48
	b) Joint family	21	42
	c) Single parent family	5	10
	d) Extended family	0	0
7	Hobbies		
	a) Watching TV	21	42
	b) Playing games	15	30
	c) Bike riding	8	16
	d) Others	6	12
8	Religion		
	a) Hindu	31	62
	b) Christian	11	22
	c) Muslim	7	14
	d) Others	1	2
9	Family history of cigarette smoking		
	a) Father	13	26
	b) Grandfather	5	10
	c) Uncle	13	26
	d) None of the above	19	38
10	Previous history of any illness		
	a) Communicable disease	0	0
	b) Non communicable disease	15	30
	c) Psychiatric illness	7	14
	d) None of the above	28	56

Frequency and percentage wise distribution of effectiveness of planned teaching program on prevention of cigarette smoking among young adolescent boys.

(N = 50)

LEVEL OF KNOWLEDGE	PRE TEST			POST TEST		
	N	%	Mean Standard Deviation	N	%	Mean Standard Deviation
Inadequate knowledge	30	60	16.66+15.27	0	0	16.66+17.55
Moderate knowledge	20	40		15	30	
Adequate knowledge	0	0		35	70	
Total	50	100		50	100	



Represents the percentage wise distribution of level of knowledge on pre and post test

Association between the frequency and percentage on level of knowledge on pre test regarding cigarette smoking among young adolescent boys with their selected demographic variables.

(N=50)

SL. NO	DEMOGRAPHIC VARIABLES	INADE QUATE		MODER ATE		X ²	Df	P-Value
		N	%	N	%			
1	Age in years							
	a) 10 to 13 years	1	2	1	2	0.3801	3	0.9443
	b) 14 to 19 years	14	28	10	20			
	c) 15 to 17 years	12	24	7	14			
	d) 18 to 21 years	3	6	2	4			
2	Educational status							
	a) Illiterate	2	4	1	2	1.2190	3	0.7484
	b) Primary	12	14	8	16			
	c) Secondary	12	14	8	16			

	d) Degree and above	4	8	3	6			
3	Occupation							
	a) Business	1	2	1	2	0.4727	3	0.9248
	b) Daily wages	12	24	7	14			
	c) Salaried	12	24	8	16			
	d)Unemployed	5	10	4	8			
4	Diet pattern							
	a) Vegetarian	1	2	0	0	3.174	3	0.365
	b) Pure Vegetarian	1	2	0	0			
	b) Non Vegetarian	4	8	2	4			
	d) Both Veg & Non veg	24	48	18	36			
5	Exercises							
	a) Walking	12	24	10	20	7.622	3	0.054
	b) Gym	6	12	4	8			
	c) Cycling & Yoga	7	14	6	12			
	d) Never done	5	10	0	0			
6	Types of family							
	a) Nuclear family	15	30	9	18	1.744	3	0.627
	b) Joint family	12	24	9	18			
	c) Single parent family	3	6	2	4			
	d) Extended family	0	0	0	0			
7	Hobbies							
	a) Watching TV	12	24	9	18	2.420	3	0.489
	b) Playing games	8	16	7	14			
	c) Bike riding	6	12	2	4			
	d) Others	4	8	2	4			
8	Religion							
	a) Hindu	16	36	15	30	6.111	3	0.106
	b) Christian	7	14	4	8			
	c) Muslim	6	12	1	2			
	d) Others	1	2	0	0			
9	Family history of cigarette smoking							
	a) Father	8	16	5	10	0.593	3	0.897
	b) Grandfather	3	6	2	4			
	c) Uncle	7	14	6	12			
	d) None of the above	12	24	7	14			
10	Previous history of any illness							
	a) Communicable disease	0	0	0	0	0.141	3	0.986
	b) Non communicable disease	9	18	6	12			
	c) Psychiatric illness	4	8	3	6			
	d) None of the above	17	34	11	22			

*-p < 0.05 significant, NS-Non significant

Association between the post test of the level of knowledge on cigarette smoking among young adolescent boys with their selected demographic variabes.

(N=50)

SL. NO	DEMOGRAPHIC VARIABLES	MODERATE		ADEQUATE		X ²	Df	P-Value
		N	%	N	%			
1	Age in years							
	a) 10 to 13 years	1	2	1	2	2.940	3	0.400
	b) 14 to 15 years	8	16	16	32			
	c) 16 to 17 years	4	8	15	30			
	d) 18 to 21 years	2	4	3	6			
2	Educational status							
	a) Illiterate	1	2	2	4	0.045	3	0.997
	b) Primary	6	12	14	28			
	c) Secondary	6	12	14	28			
	d) Degree and above	2	4	5	10			
3	Occupation							
	a) Business	1	2	1	2	8.246	3	0.040
	b) Daily wages	4	8	15	30			
	c) Salaried	5	10	15	30			
	d) Unemployed	5	10	4	8			
4	Diet pattern							
	a) Vegetarian	0	0	1	2	1.738	3	0.628
	b) Pure Vegetarian	0	0	1	2			
	c) Non Vegetarian	2	4	4	8			
	d) Both Veg & Nonveg	12	24	30	60			
5	Exercise							
	a) Walking	8	16	14	28	2.870	3	0.412
	b) Gym	2	4	8	16			
	c) Cycling & Yoga	3	6	10	20			
	d) Never done	2	4	3	6			
6	Types of family							
	a) Nuclear family	8	16	14	28	4.024	3	0.258
	b) Joint family	4	8	17	34			
	c) Single parent family	1	2	4	8			
	d) Extended family	0	0	0	0			
7	Hobbies							
	a) Watching TV	4	8	17	34	5.272	3	0.152
	b) Playing games	5	10	10	20			
	c) Bike riding	3	6	5	10			
	d) Others	3	6	3	6			
8	Religion							
	a) Hindu	10	10	21	42	3.896	3	0.272
	b) Christian	4	8	7	14			
	c) Muslim	1	2	6	12			

	d) Others	0	0	1	2			
9	Family history of cigarette smoking							
	a) Father	3	6	10	20	2.510	3	0.5473
	b) Grandfather	2	4	3	6			
	c) Uncle	3	6	10	20			
	d) None of the above	7	14	12	24			
10	Previous history of any illness							
	a) Communicable disease	0	0	0	0	0.663	3	0.881
	b) Non communicable disease	4	8	11	22			
	c) Psychiatric illness	2	4	5	10			
	d) None of the above	9	18	19	38			

V. CONCLUSION AND RECOMMENDATIONS:

A study to evaluate the effectiveness of planned teaching program on prevention of cigarette smoking among adolescent boys residing at selected community area at Puducherry. The findings of the study revealed that Out of 50 samples, comparing to pre test and post test level the knowledge can be improved. The mean and standard deviation of level of knowledge to evaluate the effectiveness of planned teaching program on prevention of cigarette smoking among young adolescent boys selected community area at Puducherry.

NURSING IMPLICATIONS:

The study has implication for Nursing practice, Nursing education, Nursing administration, and Nursing research.

NURSING PRACTICE:

The nurses working in the hospital, clinical setting and in the community setting should practice health education as an integral part of nursing profession. This module was help to get the adequate information regarding cigarette smoking and to develop their knowledge and attitude to avoid cigarette smoking.

NURSING EDUCATION:

The nurse educator efforts should be made and expend the nursing curriculum to provide to more content in the area of nursing education through cigarette smoking. So that young adolescent boys are able to develop their attitude towards to avoid cigarette smoking usages.

The nursing students may be provided the necessary regarding cigarette smoking through organising rally, providing pamphlets, and awareness shows to cigarette smoking and it's effects in selected community area at Puducherry.

NURSING RESEARCH:

The finding of the study helps the professional nurse and student to develop inquiry by providing a baseline. The study helps the nursing researcher to develop their impacts of cigarette smoking.

RECOMMENDATION:

- A similar study can be conducted in other parts of the country with large sample.
- The study can be replicated with large samples for better generalizations.
- This study can do at large number of samples.
- The same study can be conducted in different settings.
- The study can be done at the various states of India.

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