



Effectiveness of a Child-to-Child Programme on Substance Abuse among Selected Adolescents in the School at Kaliyal, K.K. District

Lekshmi.V*

* Assistant Professor, SP Fort College of Nursing Thiruvananthapuram, Kerala, India



Greentree Group

Received: 04.10.2017

Edited : 22.10.2017

Accepted: 01.11.2017

Published: 15.11.2017



ABSTRACT

Introduction

Substance abuse is more common among school going children. School going children starts to abuse it on an experimental basis and gradually addict towards it without knowing the harmful effects of the substance. It is very essential to give teaching in appropriate stage which will prevent them exposing from substance abuse. Children are more receptive while education given through their peers. So programme is effective among school children to avoid the substance abuse among school children.

Objectives

The overall aim of the research was to assess the effectiveness of child to child programme on substance abuse by selected group I adolescents to their group II adolescents at St. Mary's Higher Secondary School, Kaliyal.

Methodology

The study was a Quasi experimental study. Research design used was one group Pre Test - Post Test Design with total of 60 samples, randomly selected by adopting lottery method. A pilot study was conducted with 6 samples.

Result

The data was analyzed using descriptive and inferential statistics at 95% significant level. The analysis revealed that there was significant improvement in the mean knowledge score 15.2 ± 1.8 after providing child-to-child programme on substance abuse. The mean difference of pre-test and post-test knowledge was 4.6 ± 1.2 . The mean increase was statistically significant with 't' test ($t=29.398$) at the level of significance $p<0.001$. So child-to-child programme is effective in increasing knowledge of adolescents regarding adolescence.

Summary

Inadequate knowledge regarding ill effect of substance abuse, lead the adolescence to the practice of unhealthy habits and substance abuse. Educational strategies like child-to-child programme are effective in disseminating knowledge in terms of preventing the health hazards in younger generation.

KEYWORDS

Child To Child Programme, Substance Abuse, Adolescents, School Going

INTRODUCTION

Substance abuse by children and adolescence is a major health problem. The use of illicit Substance frequently starts among school children. Concern with the use of harmful habit forming substance among students appears to be very natural reactions, as they constitute a vital part of the society .During adolescence stage they

were exposed to new environment and may render them to extremely vulnerable for substance abuse.

NEED FOR THE STUDY

Adolescence is the stage of transition from the child hood to an adult. Just before adulthood, teenagers can become



perplexing creatures for their parents. It seems that there is no right way to understand them, responding them or even approach them.

According to Dr.Marlow (2007) the use of alcohol, tobacco and other drugs is increasing among Adolescents. This may be a result of attempting to cope up with many changes that occur in their transition period that is from child hood to adulthood-especially physically and psychologically. In addition peer pressure may be so great that adolescents find it difficult to say no. It is important for parents, schoolpersonnel and health care providers to make information available concerning the risk, in using these addictive substances¹.

Child-to-child promote the better health and education to younger children. The benefits to child to child approach are clearly evident in the children families and community, but it needs in-depth training and strategies focus on children's empowerment as active partners in the challenging process. The child to child approach is a relevant and low cost and effective educational method in developing countries to spread heath messages among children.

Education about health is a part of heath carethat is concerned with promoting healthy behavior. Education of school

children regarding health can be carried out in different ways and setting, through formal and informal teaching in schools. Child-to-Child programme is an innovative approach to educate about health and student gain interest, support, involvement and commitment in their own health⁵. Educating the school children about substance abuse by their own student through child-to-child programme is the best method to prevent the children from the abuse habit. Because initiation of substance abuse among children started in their early adolescent's period, that is during their school life, so approaching the children in appropriate time will prevent such behavior and bring healthy and abuse free adolescence. Child-to-child programme on substance abuse is a powerful weapon to spread the message among students and is a cheap and best method to elimination of substance abuse among school going children².

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of child to child programme on substance abuse among the selected adolescents in the school at Kaliyal, Kanyakumari District”.

OBJECTIVES

1. To assess the knowledge of selected group I adolescents regarding



substance abuse after a structured teaching programme done by the investigator.

2. To assess the knowledge of group II adolescents regarding substance abuse

3. To reassess the knowledge of group II adolescents after a child-to-child teaching given by the selected group I adolescents regarding substance abuse.

4. To evaluate the effectiveness of child to child programme on substance abuse by comparing the pre-test and post-test knowledge of the group II adolescents regarding substance abuse.

5. To identify the association between the pre-test knowledge of group II adolescents and with selected demographic variable such as, age, sex, education of mother, education of father, occupation of mother occupation of father, area of residence, any substance abusers in the family.

HYPOTHESES

H1:There will be significant improvement in the level of knowledge after child to child teaching programme on substance abuse among the selected group II adolescents.

H2:There will be a significant association of pre-test knowledge of group II adolescents regarding substance abuse with their selected demographic variables such as sex, age, education of mother, education

of father, occupation of mother, area of residence, any substance abusers in the family.

CONCEPTUAL FRAME WORK

Conceptual framework is a global idea about a concept in relation to specific discipline. It is a visual diagram by which the research explains the specific area of interest.

The frame Work for this study was derived from general system theory. Von Bertlanfy defined “a system as a whole with interrelated part in which the parts have its own function”. All the living systems are opened system in which thereis acontinuous exchange of matter, energy and information provide input for the system. The system transforms the input in process known as through put. The energy of information is given off into environment as output. Whenoutput is returned into system as input the system known as feedback. All the living system are openin that there is a continuous exchange of matter, energy and information with environment from which system receive input in the form of matter, energy and information.

INPUT

Input is the assessment of knowledge of group II adolescents regarding substance abuse by the investigator before child to child programme

THROUGH PUT

Through put is the process of disseminating information regarding substance abuse through child to child programme by selected group Iadolescence to group II adolescence.

OUTPUT

The information are continuously processed through the system are released as output is an altered state. Output usually focused open improvement in the level of knowledge among group IIadolescence regarding substance abuse after child to child programme by selected group I.

RESEARCH METHODOLOGY

RESEARCH APPROACH

Quantitative approach is more suitable for this study.

RESEARCH DESIGN

It is a quasi experimental study. Research design with one group pre-test post test design.

POPULATION OF THE STUDY

The population for the study was adolescence in the 8th standard with the age group of 12 to 13 years

SAMPLE SIZE

Sample consisted of 60 selected adolescents with the age group of 12 to 13years belonging to 8th standard studying in St. Mary's Higher Secondary School, at Kaliyal in Kanyakumari District.

SAMPLING TECHNIQUE

Samples were randomly selected based on lottery method.

SAMPLE SELECTION CRITERIA

The study was conducted based on the following criteria regarding selection of the samples.

a) Inclusion criteria

- Both male and female adolescents studying in 8th standard in St. Mary's Higher Secondary School at Kaliyal.
- Students who know English And Malayalam
- Students who are willing to participate.

b) Exclusion criteria

- Children who were absent on the day of data collection
- Mentally retarded and abnormal children
- Students who do not read and understand Malayalam or English

DEVELOPMENT AND DESCRIPTION

OF TOOL

Section A: Demographic variables of group II adolescence

Section B: Self administered questionnaire regarding substance abuse

SCORING AND INTERPRETATION

Below 50% - Poor

50%-70% - Average

70%-90% - Good

Above 90% - Very Good

PLAN FOR DATA ANALYSIS



The data were organized and analysed based on the objectives and hypotheses and by using descriptive and inferential statistical method.

DESCRIPTIVE STATISTICS

Frequency and percentage distribution were used to demographic variables of the group II study subjects and find out the mean and standard deviation of selected group I adolescents and group II adolescents before and after child to child programme.

INFERRENTIAL STATISTICS

The 't' test was used to determine the effectiveness of child-to-child programme in improving the knowledge on substance abuse among group II adolescents. 'chi-square' test was used to find out the association of pre-test knowledge of group II adolescents and its demographic variables.

RESULTS

The present study assessed the effectiveness of child to child programme on substance abuse among adolescence. During the pre-test 16 students (26.7%) of them scored poor level of knowledge, but post test none of them scored poor level of knowledge. 40 students (66.6%) scored average and 4 students (6.6%) scored good. And in posttest 9 students (15%) got average, 46 students (76.7%) gained good knowledge

and 5 students (8.3%) of them got very good knowledge in the post test. But none of them got very good knowledge in the pre-test. This shows improvement in the level of knowledge after child-to-child programme. The mean and standard deviation of post test were 10.6 ± 1.8 and 15.2 ± 1.8 and mean difference was 4.6 the mean and SD of post test was significantly increased after the child-to-child programme on substance abuse.

The above considerable mean difference was statistically proven by 't' test with the 't' value of $t=29.398$ $df=59$. The difference of knowledge was statically highly significant at the level of $P<0.001$. From the above result and discussion the research hypothesis (H_1) accepted.

CONCLUSION

The study assessed the effectiveness of child to child programme on substance abuse among the adolescence. The study reveals that the child to child programme has significant improvement in the knowledge regarding substance abuse among adolescence. Child to child programme induce the knowledge and helps to develop positive attitude and healthy practices among children eventually helps to reduce disease and its complication, not only among the



adolescence but also among their family members and community as a whole.

RECOMMENDATION

- ❖ Community health worker also adopt this method to spread the health message in community set up through child to child programme.
- ❖ Nurse working in the pediatric ward can use this method as a routine to give health education.
- ❖ In service education can be given to community health nurses regarding the child to child programme on various aspects.
- ❖ Child to child programme is one of the best interventions with less cost and more benefited for hospitalized child and family.

LIMITATIONS

1. Study is limited to Adolescence
2. Small scale study
3. Only one school.



REFERENCE

1. Behrman, Kliegman, Jenson. (2002).Text Book for Pediatrics, 16th edition, W.B.Saunders Company, Philadelphia.508.
2. Dr.MKC Nair, Dr.S.S.Kammath Module for Adolescence Care, K.M Printers, Thiruvananthapuram.
3. Elizabeth, B.H. (1999)'Child Development' .6th Edition. McGrawhill International. Hamburg 515-518.
4. Lalith, B. (2007)'Mental Health for Nursing', 1stEdition .New Delhi 128-144
5. Jennifer Knight, Sally Grantham-McGregorEtal (2008)' Child To Child Programme In Rural Jamaica Child: Care Health and Development.
6. Khokhar, A. (2005) 'Study On Substance Abuse among Women from An Urban Locality Of Delhi. Indian Journal for the Practicing Doctor Vol.5, 11-15.
7. Maysa Hawwash, (2000).Child To Child Approach to Promote Inclusive Report 1-7.
8. Taneja, D.K Sharma, P. Indian Journal of Community Medicine Vol: 31, 56-59.