

A Descriptive Study to Assess the Level of Knowledge Regarding Alcoholism and its Hazards among Adolescents in Selected School with a view to Develop an Information Pamphlet

¹ Renny Thomas

¹(Principal, Swift Institute of Nursing, Rajpura, Patiala (Punjab), India)

Abstract: The present study has been undertaken to assess the level of knowledge regarding alcoholism and its hazards among adolescents in selected school with a view to develop an information pamphlet. The research design adopted for the study was descriptive in nature. The tool for the study was structured questionnaire which consists of two parts-PART- I consisted questions related to Socio-demographic data, PART-II consisted of structured questionnaire to assess the level of knowledge regarding alcoholism and its hazards among adolescents. The data was analyzed by using descriptive and inferential statistical methods. The most significant finding was that 63.0% of students were having average knowledge regarding alcoholism and its hazards whereas 27.0% and 10.0% had poor and good knowledge respectively. It was suggested that the nurses must educate adolescents regarding alcoholism and its health hazards to prevent it. The information that alcoholism is a common disorder among people needs to be disseminated to the public and health professionals by educating health professional about alcoholism, its severity, impact on daily life activities and the remedial measures that can be utilized for treating further complications.

Keywords: Adolescents, Alcoholism, Assess, Knowledge, Hazards, Information Pamphlet, School.

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I. Introduction

Alcoholism is an illness characterized by significant impairment that is directly associated with assistance and excessive use of alcohol. Impairment may involve physiological, psychology or social dysfunction. The peak age of alcoholism is seen between the ages of 16 to 25 years (Balakrishnan, 2011). Alcoholism in adolescents is due to easy availability of alcohol and drugs, religious reason, rapid urbanization, genetic vulnerability etc. Commonly using drugs are alcohol, whisky, cocaine, cannabis, arrack, nicotine etc.

Background of the study

The prevalence of alcohol consumption among 9th (14-15 years old) and 13th grade (18-19 years old) high school students in Perugia, Italy, was investigated in 1981 and 1988. Wine was the most popular beverage, although its use declined in the 7 year period. Beer consumption remained stable, but it was at a lower level than wine. Overall, alcohol consumption showed a slight decline among both 9th and 13th graders. The proportion of excessive drinkers increased, and a growing phenomenon of drunkenness among students was observed. Alcohol consumption was positively associated with sex and smoking and negatively associated with father's education and knowledge of the health hazards of alcohol abuse by multivariate analysis.

High risk children showed a significantly earlier age of onset to begin drinking. The Cox proportional hazards analysis revealed that the onset could be predicted by a positive familial loading of alcoholism and extraversion. Further analyses revealed that extraversion was a mediator of the familial density effect. Prospective association between quantity and frequency of alcohol consumption and cancer specific mortality were studied using a nationally representative sample with pooled data from the 1988, 1990, 1991, and 1997-2004 administrations of the national health interview study. By 2006, 8362 participants had died of cancer. Cox proportional hazards regression was used to estimate relative risks.

Operational definitions

1. **Alcoholism:** it is the excessive use of alcohol and dependence upon it.
2. **Hazards:** it refers to harmful effects.
3. **Knowledge:** Knowledge refers to awareness regarding alcoholism.
4. **Students:** Students are the boys and girls studying in various classes in selected schools.
5. **Informational Pamphlet:** A handout contains brief information regarding alcoholism and its treatment.

II. Review of Related Literature

Ramos (2018) examined a study focused on the potential for school-based health centers (SBHCs) to provide access points for adolescent substance use care. In early 2015, the NMDOH administered an SBHC provider workforce survey (N=118) and achieved a 44.9% response rate. This study was descriptive analysis includes all survey respondents who self-identified as a primary care or behavioral health provider in an SBHC serving middle or high school students (N=52). The most significant finding was that 57.7% respondents were primary care providers, including nurse practitioners, physicians and physician assistants. The remaining 42.3% of respondents were master's level behavioural health providers. Only 44.2% of providers reported practicing the full SBIRT within the previous 3 years. Most respondents, 84.6% agreed that it was the responsibility of SBHC providers to screen students for substance use using a standardized tool, and 96.2% agreed that was the responsibility of the SBHC provider to assess for students' readiness to change. It was suggested that SBIRT training for New Mexico SBHC providers was timely. The authors identified gaps between recommended SBIRT practices and SBIRT delivery as well as discrepancies between reported providers self-efficacy and actual implementation of the SBIRT model.

Al-ghzawi et al. (2014) conducted a study on alcohol use were a major social problem throughout the world; it affects all age groups, but especially adolescents. The aim of this paper was to review the research findings and evidence about the effectiveness of different treatment modalities for alcohol use disorder about adolescents. The review was comprehensive rather than systematic, and was limited to literature available in online databases. It provided the basis for developing comprehensive prevention and treatment programmes that were directed to adolescents.

Ellen (2010) conducted a study to examine the past 15 years, both human and animal have advanced our understanding of the effects of adolescent alcohol exposure on behavioural and neural development, particularly in the areas of the ontogeny of initial sensitivity and tolerance to alcohol, the consequences of adolescent alcohol, the consequences of adolescent alcohol exposure on subsequent drinking patterns, as well as cognitive and neural function. Despite these advances, there are still substantial gaps in our understanding of whether heavy adolescent drinking interferes with normal brain development at the cellular and molecular level, and if so how these changes may translate into patterns of brain connectivity that result in the emergence of alcohol use disorders. This article discusses our current knowledge of the cellular and molecular brain changes that stem from heavy alcohol exposure, including binge patterns, during adolescence. Progress has been made in linking the behavioral effects of adolescent drinking to underlying cellular and molecular mechanisms. However, it is suggested that future research on the etiology and consequences of adolescent drinking use an integrative approach to this problem by combining multiple levels, including genetic, cellular and molecular, systems and behavioral, with an emphasis on integrating the different levels of analysis.

Hahn & Hall (2009) conducted a study on kindergarten children's knowledge and perceptions of alcohol, tobacco, and other drugs were assessed and the congruence between parent ATOD use and children's knowledge of ATODs was examined. Data were collected during the pre-intervention phase of an ATOD pre-intervention phase of an ATOD prevention trial with 5 and 6 year old children and their parents. Three elementary schools were randomly selected from a population of 15 high risk elementary schools in Lexington, KY., (n==126 parent-child dyads). Children were interviewed about their knowledge, feelings and attitudes toward ATODs using the child drug awareness inventory. Parents self reported ATOD use. Almost all 95% kindergarten children recognized cigarettes; 56% correctly identified alcoholic beverages: and 17% recognized at least one illicit drug. Minority children were almost four times more likely to recognize illicit drugs than were non minority children.

Barnes (2009) conducted a study to explore the relationships between adolescent alcohol abuse and other problem behaviors. Parental socialization practices, particularly support/nurturance, were also examined for common influences on both alcohol abuse and other youthful deviance. Interviews were conducted with a representative household sample of adolescents aged 12-17 years and their parents. The findings support the theory that adolescent alcohol abuse is part of a complex psychosocial problem behavior syndrome and that a high degree of parental nurturance may be a significant deterrence to alcohol abuse and more general deviant behavior.

III. Research Methodology

For the purpose of the study, a questionnaire was designed (Appendix-1). The questionnaire was pre-tested before using it with the survey population. All the respondents were given the same questionnaire irrespective of their status. The questionnaire was distributed to any of the respondents who willingly agreed to participate in the study. The respondents were also interviewed to fill the gaps.

Research Approach

The research approach involves the description of plan to investigate the phenomenon under study in a structured, unstructured or a combination of the two methods and also help to decide about the presence or absence as well as manipulation and control over variables. The approach of research study depends on several factors, but primarily on the nature of phenomenon under study. To accomplish the objectives of the study a non-experimental evaluative approach was used.

Research design

A research design is a blue print to conduct a research study, which involves the descriptive of research approach, study setting, sampling size, sampling technique tools and method of data collection and analysis to answer a specific research question or for testing research hypothesis. The research design considered to be most effective for the study was descriptive research design.

Research Setting

The setting is the location for conducting research can be natural, partially controlled or highly controlled. The study was conducted in various schools of Patiala. The criteria for selecting this setting were the availability of the subjects, feasibility of conducting the study and familiarity of researcher with the setting.

Target Population

Target populations consist of the total number of people or objects which are meeting the designated set of criteria or it is the aggregate of all the cases with a certain phenomenon about which the researcher would like to make a generalization. The target population for the present study was students studying in Budha Dal Public School, Patiala.

Sample and Sample Size

Sample is the representative unit of the target population, which is to be worked upon by researcher during their study or sample consists of a subset of units which comprise the population selected by researchers to participate in their research project. The sample of the study was students studying in Budha Dal Public School, Patiala.

Sampling Technique

Stratified random sampling technique was used for selecting the sample for study.

Sampling Procedure

The sample of the study comprised of 60 students of Budha Dal Public School, Patiala and the sample was selected by using random sampling techniques. We randomly selected the students of 10+1 and 10+2.

Sampling Criteria

- ❖ The students studying in Budha Dal Public School, Patiala.
- ❖ The students willing to participate in study.
- ❖ The students available at the time of study.

Variables

- ❖ **Independent Variable:** An independent variable is the variable that stands alive and is not dependent on any other. In the present study, the independent variable refers to class, gender, and occupation, literacy level of parents and area of living.
- ❖ **Dependent Variable:** The dependent variables are the variable the research is interested in understanding, explaining or predicting. In the present study, the dependent variable refers to knowledge regarding alcoholism and its hazards among adolescents.

Data Collection tools and techniques

An extensive review of literature was done to find out a standardized tool to assess the knowledge of alcoholism and its hazards in adolescents.

The following steps were followed in selection of the standardized tool by researcher.

- ❖ Detailed survey of related literature.
- ❖ Discussions with the experts in the field and related fields.
- ❖ Determining the type of tool to be used.
- ❖ Collection of information from various sources.

- ❖ Review of tool by experts.

Detailed Survey of Literature

The review of literature showed that there is standardized tool available to assess the knowledge of alcoholism and its hazards in adolescents. Also literature suggested that different types of tools to measure alcoholism and related problems available differently as shown by similar studies.

Discussions with the experts in the field and related fields

Experts in the field of psychiatric nursing, psychiatry, clinical psychology, biostatistics and also from other specialties of Nursing and nursing education were consulted and discussions were held on the feasibility of 'The DASS 42' scale to measure the stress-related problems among geriatric and whether this scale which will be most suitable for this purpose. These experts from different fields were selected on the basis of their qualification, experience, specialization and special interest in the area.

Determining the Type of Tool to be used

This was determined by the information collected from review of literature, the discussion with above experts from related fields. Considering the information from all these resources it was decided that 'The DASS 42' scale would be most suitable for this purpose.

Collection of Information from Various Sources

A Large number of information which were thought to be helpful in assessing stress-related problems were collected with the help of sources like literature review, discussion with experts and also interview with some persons from target population. This resulted in selection of most suitable tool.

Review of Tool by Experts

The tool was submitted to review of the experts with the purpose of checking feasibility, applicability and suitability of tools and also to check whether the items in the scale were appropriate. The experts agreed to use 'The DASS 42' scale to assess the stress related problems among geriatric men and women.

Description of the Tool

The tool consisted of **two major** parts.

Part I: Socio Demographic Schedule: Related to the background information regarding variables consist of class of students, gender, occupation, area of living and literacy level of parents. The test items were objective type.

Part II: The structured knowledge questionnaire comprised of 28 questions regarding knowledge of alcoholism and its hazards. The test items were objective type. Each item has a single correct answer. Every correct answer was awarded a score of one point and every wrong answer was assigned zero score. Thus, the maximum score was 28 on the structured knowledge questionnaire.

Reliability of the tools

Reliability is the degree of consistency and accuracy with which an instrument measures the attribute for which it is designed to measure. The structured knowledge questionnaire and impact scale were administered to 10 students.

Sr. No	Tools	Formula	Reliability
01	Self administered questionnaire to assess knowledge regarding alcoholism.	Split half method (spearman brown prophecy)	1

Pilot Study

The pilot study is miniature trial run of the methodology planned for the major research study which facilitate to improve the methodology of the study, can assess the feasibility of the study, and may identify the problems that may be faced by the researcher in actual large research project.

After obtaining the formal administrative approval, the pilot study was conducted on 18.05.2013 at Akal Academy, Reeth Kheri Patiala. A sample of 10 students was selected by using stratified random sampling by lottery method and they all were assembled in an examination hall and were assured of their confidentiality. After exact 15 minutes questionnaire were taken back.

Problem Faced

There was difficulty in collecting name list of students of various classes from every class teacher since the teachers were not available.

Interventions

The name list of students of various classes was obtained from P.A office during the final study. An informational pamphlet was also developed to be distributed to the participants during the final study.

Development of information pamphlet

An informational pamphlet was developed based on review of literature and the objectives stated for knowledge regarding alcoholism and hazards alcoholism. The pamphlet was to be distributed to the study participants after completion of the questionnaire by them.

It consisted of the following areas:-

- ❖ Definition of alcoholism, its risk factors and different stages.
- ❖ Diagnosis of alcoholism, its sign and symptoms.
- ❖ Pharmacologic treatment and general measures to be taken to treat alcoholism.
- ❖ Related health hazards.
- ❖ Legislation related to alcoholism.

Objectives of the Study

- ❖ To assess level of knowledge of adolescent boys and girls regarding alcoholism and its hazards.
- ❖ To find out association of knowledge with selected demographic variables among students of selected schools of Patiala.
- ❖ To prepare an informational pamphlet for students regarding alcoholism and its treatment.

Assumption

- ❖ Students may not have knowledge regarding alcoholism and its hazards on health.
- ❖ The knowledge of the students regarding alcoholism and its hazards shall vary according to their qualification and gender.
- ❖ Informational pamphlet may improve knowledge of students regarding alcoholism.

Statement of the Problems

A descriptive study to assess the level of knowledge regarding alcoholism and its hazards among adolescents in selected school with a view to develop an information pamphlet

IV. Analysis & Interpretation

Organization of data for analysis

The analyzed data was organized according to the objectives and was presented under the following sections:

- ❖ **Section I:** Description of socio demographic characteristics of participants.
- ❖ **Section II:** Knowledge of students regarding alcoholism and its hazards.
- ❖ **Section III:** Association between knowledge of students regarding alcoholism and its hazards with selected demographic variables.

SECTION-I

Distribution of subjects according to socio demographic variables

Table-4.1 Frequency and Percentage wise distribution of sample according to their demographic variables

Socio Demographic Variables	Frequency	Percentage
Class of students	10 th	0
	11 th	32
	12 th	28
Gender of Students	Male	36
	Female	24
Occupation of Mother	Job	6
	Laborer	0

	House wife	53	88.33
	Any Other	1	1.67
Occupation of Father	Agriculture	14	23.34
	Job	20	33.33
	Laborer	0	0.0
	Business	20	33.33
	Any Other	6	10.0
Area of Living	Rural	15	25.0
	Urban	45	75.0
Literacy level of Parents	Illiterate	0	0.0
	Metric	13	21.67
	Graduate	28	46.67
	Higher Education	19	31.66

Table 4.1 reveals that out of total 60 students under study, most of the students 53.0% were in class 11th. Majority of the students were male 60% and rest are females 40.0%. Most of students having a housewife mother 88% and father having business 33%, and job 33%. Maximum number of the students 75% was living in urban area, 25% living in rural area. Further, out of the total parents of students, 46% had done their graduation, 31% were having post graduation and 21% had done their matriculation.

Figure 4.1

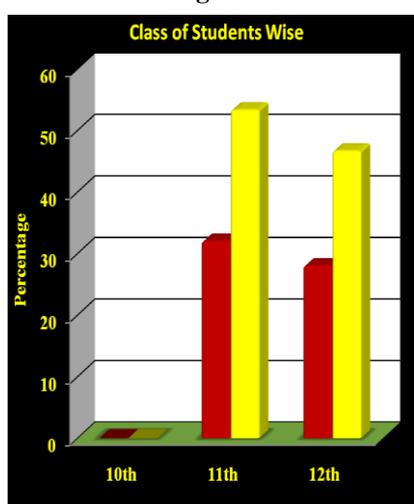


Figure 4.1.1

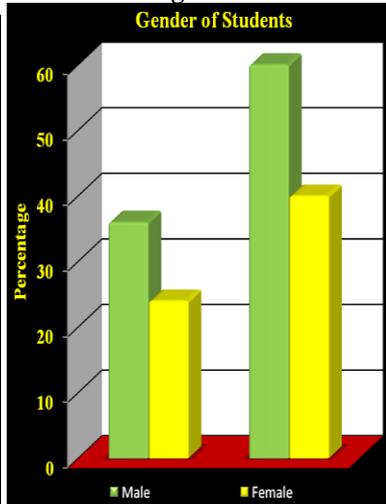


Figure 4.1.2

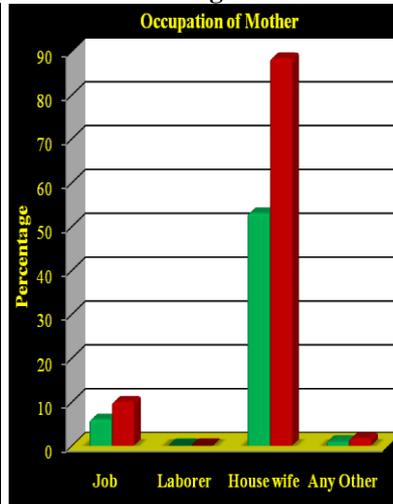


Figure 4.1.3

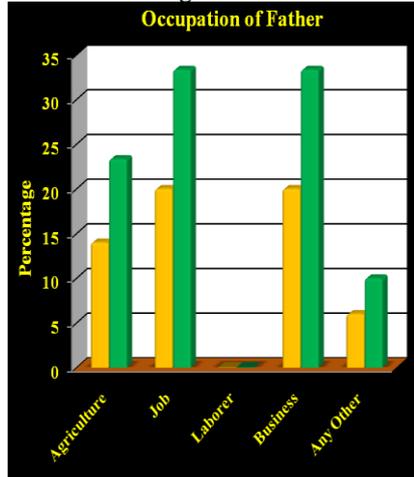


Figure 4.1.4

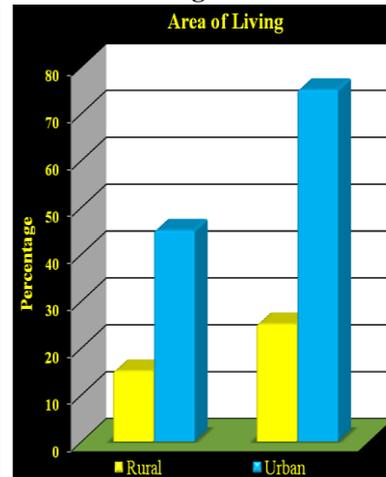
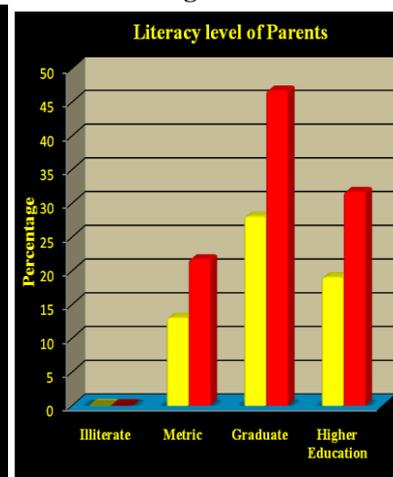


Figure 4.1.5



Section-II
Description of Knowledge of Students Regarding Alcoholism and its Hazards

Table No. 4.2 Distribution of Knowledge score of students on structured knowledge questionnaire

Level of Knowledge	Frequency	Percentage
Poor	16	26.7
Average	38	63.3
Good	6	10.0
Very Good	0	0.0

Maximum score is 38

Data presented in table 08 reveals that maximum numbers of adolescent were having average knowledge regarding alcoholism and its hazards is 63.3% whereas 26.7% and 10.0% had poor and good knowledge regarding alcoholism and its hazards respectively.

Table 4.3 Mean Median and standard deviation of knowledge scores of students on structured knowledge Questionnaire

Test	Mean	Median	Standard Deviation
Knowledge Test	10.95	11	2.52

The data presented in table 4.3 reveals that the mean knowledge score of students regarding alcoholism and its hazards was 10.95. The findings also showed that the median and standard deviation were 11 and 2.52 respectively.

Section-III
Description of the Association between knowledge of students regarding alcoholism and its hazards with selected demographic variables

This section describes the association between knowledge of students regarding alcoholism and its treatment with selected demographic variables

Table 4.4 Chi square value showing relationship between knowledge and selected demographic variables

Sr. No	Demographic Variable	Chi Square Value	DF
01	Class	34.25*	6
02	Gender	26.25*	3
03	Occupation of Mother	2.59 ^{NS}	9
04	Occupation of Father	6.73 ^{NS}	9
05	Area of Living	5.83 ^{NS}	3
06	Literacy level of parents	12.12*	9

$P \leq 0.05$ (* Significant), $P \geq 0.05$ ^{NS} (Not Significant)

The data presented in table 4.4 shows that the computed chi square value of knowledge score with class of students 34.25 and gender 26.25 and literacy level of parents 12.12 was higher than tabulated chi square value which indicated significant variation of knowledge with class of students at 0.05 levels.

The computed chi square values of knowledge score with occupation of mother 2.59, occupation of father 6.73, area of living 5.83, were lower than the tabulated chi square values which indicate that level of knowledge did not have any significant relationship with these variables.

Thus it can be concluded that level of knowledge was independent of occupation of mother and father, area of living. Further, it can be inferred that there was a significant relationship between level of knowledge and class of students.

V. Finding of the Survey

- ❖ Most of the students 53% were in the class 11th.
- ❖ Majority of the students 60.0% were male.
- ❖ Majority of the students 46% have graduate parents.
- ❖ Half of the students 75% lived in urban area.
- ❖ Nearly half of the students 63.3% have average level of knowledge of alcoholism and its hazards.

- ❖ There is strong relationship between the class of students and level of knowledge of students.
- ❖ There is significant relationship between the gender of students and level of knowledge.

VI. Conclusion

On the basis of the results of data analysis, the following conclusion was reached:

Finding of the study reveal that 63.3% students have average level of knowledge, 26.7% have poor level of knowledge, only 10% have good level of knowledge regarding alcoholism and its hazards.

Implications

Alcoholism is spreading very fastly. It is associated with anti social personality, enhancing socialization and pleasure seeking activities of many students. Therefore it is necessary to enhance the level of students regarding alcoholism and its health hazards.

Nurses must educate adolescents regarding alcoholism and its health hazards to prevent it. The information that alcoholism is a common disorder among people needs to be disseminated to the public and health professionals about alcoholism, its severity, impact on daily life activities and the remedial measures that can be utilized for treating further complications.

Limitations

- ❖ The study was confined to a small number of subjects, which limits the generalization.
- ❖ The study was limited to selected areas.
- ❖ Study is limited to assess only knowledge and hazard of alcohol.

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About Author



Remy Thomas is presently working as vice principal in Swift Institute of Nursing, Rajpura (Patiala). She holds an M.Sc in Psychiatric nursing and Pursing PhD from NIMS University, Jaipur (Rajasthan).

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