

**Research Article**

**“A STUDY TO EVALUATE THE EFFECTIVENESS OF SELECTED AUDIO-VISUAL MODALITIES ON LEVEL OF KNOWLEDGE REGARDING VARIOUS IMPACTS OF SUBSTANCE ABUSE AMONG ADOLESCENTS AT HIGHER SECONDARY SCHOOLS, KANPUR, UP.”**

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**ABSTRACT**

Substance abuse is a major public health concern affecting individuals, families, and communities worldwide. It refers to the harmful or hazardous use of psychoactive substances, including alcohol, tobacco, and illicit drugs. Substance abuse can lead to physical, psychological, and social problems such as addiction, organ damage, mental health disorders, and impaired social functioning.

The Present study was conducted to know the effectiveness of selected audio-visual modalities on level of knowledge regarding various impacts of substance abuse among adolescents at Higher Secondary Schools, Kanpur, UP. The research study was conducted in Ushadeep Senior Secondary School, Mandhana. 60 samples were selected by using Non-Probability convenience sampling technique and the data was collected by using a Structured Questionnaire regarding various impacts of substance abuse. After the pre-test, health education with the help of audio-visual modalities was given to the participants regarding the various impacts of substance abuse, after 7 days a post-test was conducted to assess their level of knowledge. The data was collected and analysed based on descriptive and inferential statistics. The result of the study showed that among 60 sample in the pre-test level of knowledge regarding various impacts of substance abuse 18 (30%) had inadequate level of knowledge regarding various impacts of substance, 35 (58.33%) had moderate level of knowledge regarding various impacts of substance, 7 (11.67%) had adequate level of knowledge regarding various impacts of substance, and in the post- test level of knowledge regarding various impacts of substance is 0 (0.0%) had inadequate level of knowledge regarding various impacts of substance, 15 (25%) had moderate level of knowledge regarding various impacts of substance, 45 (35%) had adequate level of knowledge regarding various impacts of substance.

**Keywords:** Selected audio-visual modalities, Effectiveness, substance abuse, adolescents, higher secondary schools.

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## **INTRODUCTION**

Adolescence is one of the most beautiful and transformative periods in the journey of human life. It is a bridge between childhood and adulthood, generally spanning from 10 to 19 years of age, as defined by the World Health Organization. This stage is not merely a phase of physical growth, but a remarkable period of emotional awakening, intellectual expansion, and identity formation. During adolescence, life blossoms with new experiences, dreams, and discoveries.

Alongside physical development, emotional sensitivity deepens. Feelings are experienced intensely joy is more radiant, friendships feel stronger, and even disappointments contribute to emotional resilience and personal growth.<sup>(1)</sup>

According to the World Health Organization, it is a transitional period between childhood and adulthood, typically lasting between the ages of 10 and 19. This stage is a remarkable time of emotional awakening, intellectual growth, and identity formation in addition to being a time of physical growth.<sup>(2)</sup>

Adolescence is a time of blossoming life, filled with dreams, discoveries, and new experiences. When questions about oneself, society, values, and the future start to take shape, it's the season of curiosity. The ability to think abstractly, reason, and make decisions increases in adolescents. Passionately, friendships are forged, ideas are explored, and goals begin to take shape. The world seems brighter, larger, and more expansive. Adolescence is characterized by fast physical growth and development. Adolescence is when behaviors begin to emerge in human growth and development, and they have the power to shape a person's life for a very long time.<sup>(3)</sup>

## **NEED OF THE STUDY**

Substance abuse among children and adolescents represent significant public health concerns that can profoundly affect their physical health, mental well-being, academic performance, and overall development. Any individual between the ages of 10 and 19 is considered an adolescent by

the World Health Organization (WHO). Globally, there has been a rise in the use of illegal substances, and the age at which people start using them is gradually declining.<sup>(7)</sup> Substance use was found to be prevalent in 52.7% of teenagers in North India, according to a study on prevalence patterns and familial aspects of substance use. students in the 19–21 age range. Law students had a higher prevalence of substance use (76.2%), followed by art stream students (62.5%). Alcohol consumption was highest among users (53.5%), followed by smokers (27.3%), tobacco chewers (8.2%), and cannabis (6.8%). Of the users, 49% used drugs every day, and 23% used them once a week. Approximately 29.3% of users had a father who used drugs or alcohol.<sup>(8)</sup> This calls for extensive community and school-based prevention and control initiatives aimed at teenagers, their parents, and other family members. Effective strategies are needed to prevent risk behavior in adolescents as well as to support the development of schoolchildren's attitudes toward adequacy and self-confidence.<sup>(9)</sup>

Adolescence is essentially like life's springtime: vibrant, active, and full of possibilities. Aspirations are fostered, the foundation of personality is established, and the person starts to realize their special role in the world. Even though it is brief, adolescence leaves a lasting impression that shapes the adult that one eventually becomes.<sup>(4)</sup>

Adolescence is when behaviors begin to emerge in human growth and development, and they have the power to shape a person's life for a very long time. One of the many unhealthy traits that are common in society and have led to issues with public health is substance addiction.<sup>(5)</sup>

Substance use disorder cannot be diagnosed with a single test. Rather, medical professionals rely on a comprehensive assessment of your drug-related behaviors and medical history. To determine the quantity and variety of substances in your body at any given time, they might order drug tests.<sup>(6)</sup>

## **PROBLEM STATEMENT-**

“A study to evaluate the effectiveness of selected audio-visual modalities on level of knowledge regarding various impacts of substance abuse among adolescents at higher secondary Schools, Kanpur, UP.”

## **OBJECTIVES OF THE STUDY-**

- To assess the knowledge regarding various impacts of substance abuse among adolescents

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at higher secondary schools.

- To evaluate the effectiveness of selected audio-visual modalities on level of knowledge regarding various impacts of substance abuse among adolescents at higher secondary schools.
- To find out the association between pre-test knowledge score regarding various impacts of substance abuse among adolescents with their selected socio-demographic variables.

### **HYPOTHESIS**

A hypothesis is the predicted relationship between two or more variables in a research study:

**H<sub>01</sub>:** There is no significant difference between the pre-test and post-test knowledge regarding the various impacts of substance abuse among adolescents in selected higher secondary schools.

**H<sub>02</sub>:** There is no significant association between the pre-test level of knowledge regarding various impacts of substance abuse among adolescents with their selected socio-demographic variables.

**H<sub>1</sub>:** There is a significant difference between the pre-test and post-test level of knowledge regarding various impacts of substance abuse among adolescents at higher secondary schools.

**H<sub>2</sub>:** There is a significant association between the pre-test level of knowledge regarding various impacts of substance abuse among adolescents with their selected socio-demographic variables.

### **METHOD AND MATERIAL: RESEARCH APPROACH-**

The research approach adopted for the study was the **quantitative approach**.

### **RESEARCH DESIGN-**

The research design selected for the study was **quasi-experiment one group pre-test post-test research design**.

### **VARIABLES-**

**Independent Variable:** In the present study, the independent variable was selected audio-visual

modalities regarding various impacts of substance abuse.

**Dependent Variable:** In the present study, the dependent variable was level of knowledge regarding various impacts of substances abuse.

**Socio-demographic Variables:** In the present study, the socio-demographic variables were Age in years, Gender, Religion, Class of study, Types of family, Area of residence, Family history of substances abuse, If yes, then who does.

### **POPULATION-**

The population for the present study consisted of all adolescents.

### **TARGET POPULATION-**

The target population of the present study consisted of adolescents in Kanpur, UP.

### **ACCESSIBLE POPULATION-**

The accessible population of the present study consisted of adolescents studying at Ushadeep senior secondary school, Kanpur, UP, and who were available at the time of data collection.

### **SAMPLE-**

In this study, the sample comprised adolescents who fulfilled the sampling criteria for the study.

### **SAMPLE SIZE-**

The sample size for this study was 60 adolescents.

### **SAMPLING TECHNIQUE-**

In this study, a non-probability convenience sampling technique was used to select the sample.

### **INCLUSION CRITERIA-**

This study includes—

- Studying at higher secondary schools.
- Able to understand English.

### **EXCLUSION CRITERIA**

This study excludes

- Students who were not present at the time of data collection.
- Students who were not willing to participate in the study.

### **METHODS OF DATA COLLECTION:**

The tool used to collect the data was demographic Performance and structured teaching program regarding various impacts of substance

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abuse.

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The tool consistsof two section:-

**SECTION-A:** Socio-demographicvariables.

**SECTION-B:** Structured knowledge questionnaire regarding various impacts of substance abuse.

**RESULT AND FINDING:**

**Section-A**

**Table No.1- Distribution of adolescents according to pre-test and post-test level of knowledge regarding various impacts of substance abuse.**

**n=60**

| S. NO.       | Level of knowledge |             | Pre-test  |             | Post-test |       |
|--------------|--------------------|-------------|-----------|-------------|-----------|-------|
|              |                    |             | F         | %           | F         | %     |
| 1.           | Inadequate         |             | 18        | 30%         | 0         | 0.00% |
| 2.           | Mild               |             | 35        | 58.33%      | 15        | 25%   |
| 3.           | Moderate           |             | 07        | 11.67%      | 45        | 75%   |
| <b>TOTAL</b> | <b>60</b>          | <b>100%</b> | <b>60</b> | <b>100%</b> |           |       |

**SectionB:**

**Table No. 2-Effectiveness of selected audio-visual modalities on level on substance abuse among adolescentsMean, Mean- difference, Standard deviation, Paired “t” test structured knowledge questionnaire.**

**n=60**

| S.No. | Level of substance Abuse | Mean difference | Mean Deviation | Standard | “t” value Significance | Level of |
|-------|--------------------------|-----------------|----------------|----------|------------------------|----------|
| 1.    | Pre-test                 | 13.63           | 4.15           |          |                        |          |
| 9.85  |                          | 12.79           | 0.05           |          |                        |          |
| 2.    | Post-test                | 23.48           | 4.28           | S        |                        |          |

**Section C:**

**Association between the level of knowledge regarding various impacts of substance abuse of pre-test score with selected socio-demographic variables of adolescents.**

There were significant association between age, gender, religion, class of study, type of family, area of residence, family history of substance abuse, if yes, who. Here, calculated value of chi-square ( $\chi^2$ ) was more than the table value and it is significant at 0.05 level of significance. Hence, positive hypothesis ( $H_1$ ) was accepted and Null hypothesis ( $H_0$ ) was rejected.

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**MAJOR FINDINGS:**

Frequency and percentage wise distribution of demographic variables. The major findings of the study were as follow:-

1. Majority 42(70%) adolescents belongs 16-18 years.
2. Majority 41(68.33%) adolescents belongs to hindu religion.
3. Majority 25(41.67%) adolescents belong to 11 standard.
4. Majority 51(85%) adolescents belongs to nuclear family.
5. Majority 60(100%) adolescents belongs to rural area.
6. Majority 9(15%) adolescents belongs to family history of substance abuse.

**CONCLUSION:**

The result showed that in the pre-test, out of 60 subjects 18(30%) had inadequate level of knowledge regarding various impacts of substance, 35 (58.33%) had moderate level of knowledge regarding various impacts of substance, 7 (11.67%) had adequate level of knowledge regarding various impacts of substance, and in the post- test level of knowledge regarding various impacts of substance is 0 (0.0%) had inadequate level of knowledge regarding various impacts of substance, 15 (25%) had moderate level of knowledge regarding various impacts of substance, 45 (35%) had adequate level of knowledge regarding various impacts of substance. It was inferred that, most of the adolescents had moderate level of knowledge regarding various impacts of substance and most of the adolescents had adequate level of knowledge regarding various impacts of substance.

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