

# Effect Of A Planned Teaching Programme On Knowledge Regarding Substance Abuse Among B.Ed Students In Ernakulam District

<sup>[1]</sup>Eldho Sony

<sup>[1]</sup>Department Of Social Work ,Mahatma Gandhi University ,Kerala

*Abstract: Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death. India too is caught in this vicious circle of drug abuse, and the numbers of drug addicts are increasing day by day. According to a UN report, One million heroin addicts are registered in India, and unofficially there are as many five million today. The major reason for the substance abuse is due to less knowledge about the harmful effects of substance and sometimes the curiosity leads into substance abuse this also due to less knowledge. The research study mainly focuses to increase the knowledge level among the respondent through the lesson plan. Through the study the researcher able to understand the knowledge levels of the respondent and also aware the respondent about the substance harmful effects. In this study the researcher used a experimental research design having 60 samples. The main objective of the study is to assess the knowledge of the bed students, to define substance, to enlist the harmful effects of the substances, To understand the socio-demographic details of respondents .By taking bed students it may help them to deal with students in the future and the information can be passed to students about the substance hence we can build a new generation who is aware about the harmful effects of the substance and reduce the substance abuse in the State. Through this research researcher can educate the group who can modify another bigger community like students .The planed teaching programme was highly effective in improving the knowledge of B.Ed students. The study recommends extending such teaching programme for students regarding substance abuse*

*Keywords: Substance Abuse, Knowledge, Heroin ,Alcohol, Cannabis , Lesson Plan.*

## I. INTRODUCTION

“ONE CHILD, ONE TEACHER, ONE BOOK, ONE PEN CAN CHANGE THE WORLD.”— MALALA YOUSAFZAI

International day against drug abuse and illicit trafficking is celebrated on June 26 every year .The picture is grim if the world statistics on the drug scenario is taken in to account .With a turnover of around \$500 billion, it is the third largest business in the world. About 150 million people all over the world consume one drug or the other .Psychoactive substances such as tobacco, alcohol, opioids, heroine and drugs have been used not only by adults but also by children, especially teenage children in an increased rate now a days due to the easy availability of these substances. Children experience it for many different reasons. Some may need to relieve their negative emotions, some ask out of curiosity and few to have a fashion, a few to have good times or to get relieved from fatigue and boredom. There are other children who are having this due to peer pressure or because friends are doing it. Research has also found that a large number of early risk factors for substance abuse are simultaneously risk factors for other mental, emotional, and behavior problems. For example, early-onset externalizing behavior problems, such as aggressive and disruptive behaviors in the preschool years, have been found to relate to increased risk for outcomes such as conduct disorders, substance use, delinquency, and risky sexual behaviors in adolescence. Given that this is the case, it is not surprising that interventions designed to prevent substance abuse have shown many positive benefits that extend to other outcomes—including improved personal, social, and familial functioning; higher academic and career achievement; and less involvement with the juvenile justice system and mental health services.

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome it is a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state. It is a definition given by WHO. In this research the study is mainly focused on the knowledge regarding substance abuse among the B Ed students. Substance education is a

important for children, teenagers and adults because there are many misconceptions about commonly legal and illegal substance such as alcohol and smoking and other drugs .The primary education is starting from homes by the parents. The next level of education is given by the teachers and the children's are spending more time in school hence teachers must able to educate them about substance and their harmful effect .Therefore the education and awareness of the teachers regarding drug abuse and its effect is more important .Hence it is more important to educate the B Ed students who are the next generation teachers who are able to change the world.

## II. LITERATURE REVIEW

(Richard D. Egleton, Thomas Abbruscato, in *Advances in Pharmacology*, 2014) Drug abuse continues to create a major international epidemic affecting society. A great majority of past drug abuse research has focused mostly on the mechanisms of addiction and the specific effects of substance use disorders on brain circuits and pathways that modulate reward, motivation, craving, and decision making. Few studies have focused on the neurobiology of acute and chronic substance abuse as it relates to the neurovascular unit (brain endothelial cell, neuron, astrocyte, microglia, and pericyte). Increasing research indicates that all cellular components of the neurovascular unit play a pivotal role in both the process of addiction and how drug abuse affects the brain response to diseases. This review will focus on the specific effects of opioids, amphetamines, alcohol, and nicotine on the neurovascular unit and its role in addiction and adaption to brain diseases. Elucidation of the role of the neurovascular unit on the neurobiology associated with drug addiction will help to facilitate the development of better therapeutic approaches for drug-dependent individuals

(National Institute on Drug Abuse United States of America June 2008) Many people do not understand why individuals become addicted to drugs or how drugs change the brain to faster compulsive drug abuse. However, drug abuse and addiction are a major burden to society with estimates of the total overall costs of substance abuse in the United States, including health and crime-related costs, as well as losses in productivity, exceeding half a trillion dollars annually. This includes approximately \$181 billion for illicit drugs, \$168 billion for tobacco, and \$185 billion for alcohol. With these staggering costs and the lack of understanding of this nationwide problem and the reasons behind drug abuse and addiction, this paper was created to provide a better understanding of what drug addiction is, what happens to the brain when drugs are taken, why some people become addicted and others do not, and the prevention of drug abuse.

(Emerson E, Turnbull L. *J Intellect Disabil*. 2005 March) Self-reported smoking and alcohol use were examined among 95 adolescents (aged 11-15) with intellectual disabilities and 4069 adolescents who did not have intellectual disabilities. Results indicated that adolescents with intellectual disabilities reported increased rates of smoking and decreased rates of using alcohol at least once a month. There were no marked differences between the two groups on smoking seven or more cigarettes a day, having ever smoked at all and having ever used alcohol. Elevated levels of smoking appeared to be an artefact of increased rates of poverty among adolescents with intellectual disabilities. Distinct patterns of risk were associated with smoking and alcohol use among adolescents with intellectual disabilities. Smoking was closely associated with the experience of poverty and adolescent mental health. Alcohol use was associated with less punitive child management practices and carer mental health. Results are discussed in the context of health promotion.

## III. OBJECTIVES

The study focused on objectives listed below

- |            |   |
|------------|---|
| TABLE I.   | To study about the socio-demographic profile of B.Ed students                               |
| TABLE II.  | To access the pre test and post test knowledge of B.Ed students                             |
| TABLE III. | Determine the effect of planned teaching program on substance abuse among the B.Ed students |

## MATERIALS AND METHODS

The study focused on understanding effect of a planned teaching programme on knowledge regarding substance abuse among B.Ed students in Ernakulum district. Simple random samplings is used, in this study students from Ernakulum district is included .The researcher used experimental research design in this study. Self structured knowledge questionnaire was used to collect data from respondents. The respondents mainly divided into experimental group and controlled group

**HYPOTHESES**

H1: The mean post test knowledge score of students in the experimental group, after administration of planned teaching programme is significantly higher than the mean post test knowledge score of students in the control group

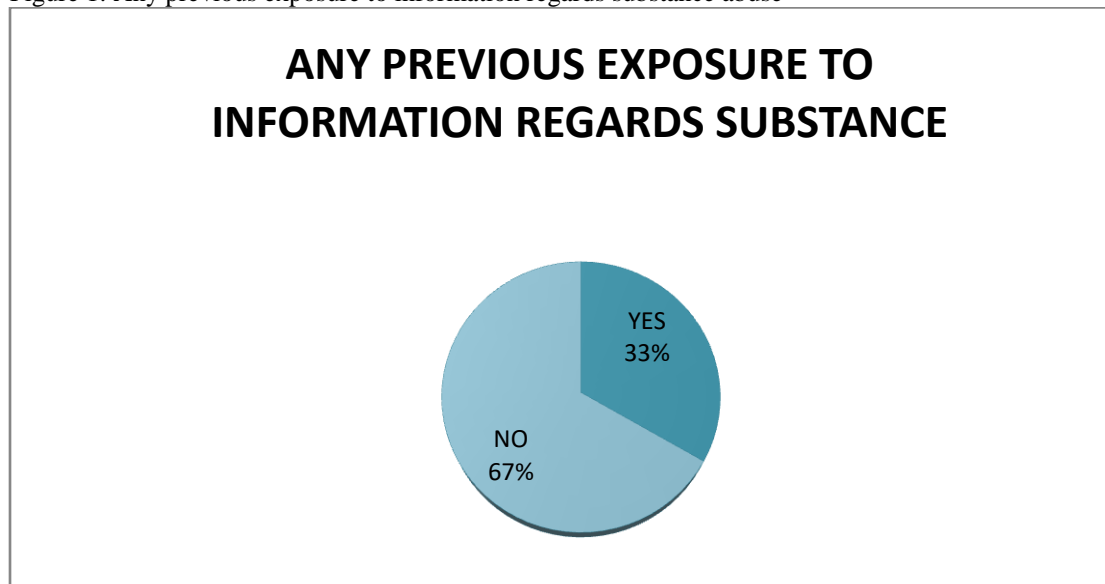
**PLANNED TEACHING PROGRAMME**

The planned teaching programme on substance abuse and its preventive measures was developed based on expert opinion. It mainly comprised of

- Definition of substance abuse
- Factors leading to substance abuse
- Categories of psychoactive substance
- Types of commonly used substances
- Early signs and behavioral change
- Roles in prevention of substance abuse
- Management measures of substance abuse

**DATA ANALYSIS AND INTERPRETATION**

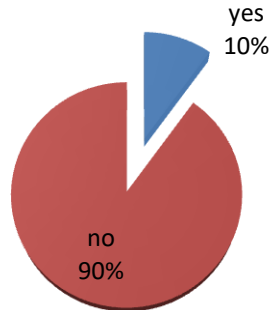
Figure 1: Any previous exposure to information regards substance abuse



From the above diagram its clear that 67% of students do not have any pervious exposure to information regarding substance and only 33%of students have the knowledge or information regarding the substance. From this result we can clearly understand that how much importance is the substance education and awareness is need among the B.Ed students. By the awareness of B.Ed students it may help the next generation students hence they must be able to understand the harmful effects of the substance. So the government must include a the substance education in their curriculum.

Figure :2 Have you ever deal with substance abuse case

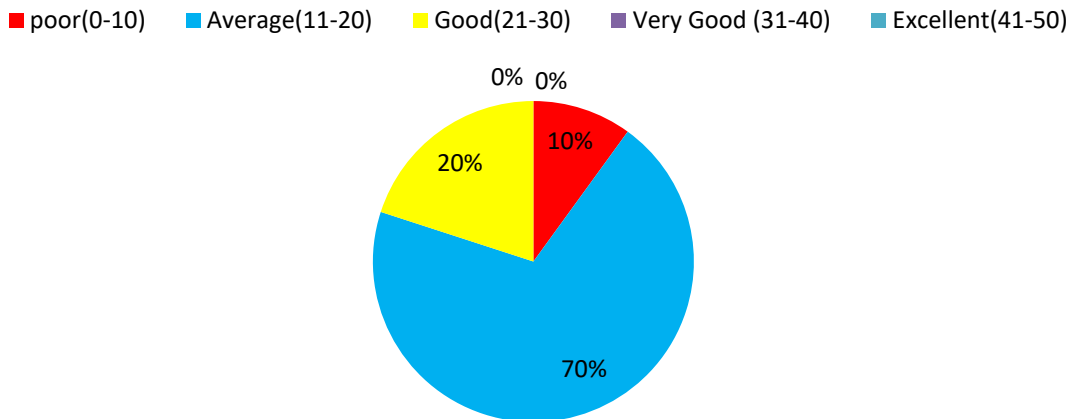
### Have you ever deal with substance abuse case



From above diagram we can clearly understand that most of the students haven't deal with the substance abuse case. Only 10% of the respondent has deal with substance abuse case and the rest of 90% respondents haven't deal with substance abuse case .From this we can understand that they may have inexperience to deal with substance abusers. Therefore they must provide with a training programme for dealing with substance abusers it may help them in the future and also they must be able to give these training programme to their future generation students .Hence we can reduce the rate of substance abusers in the district

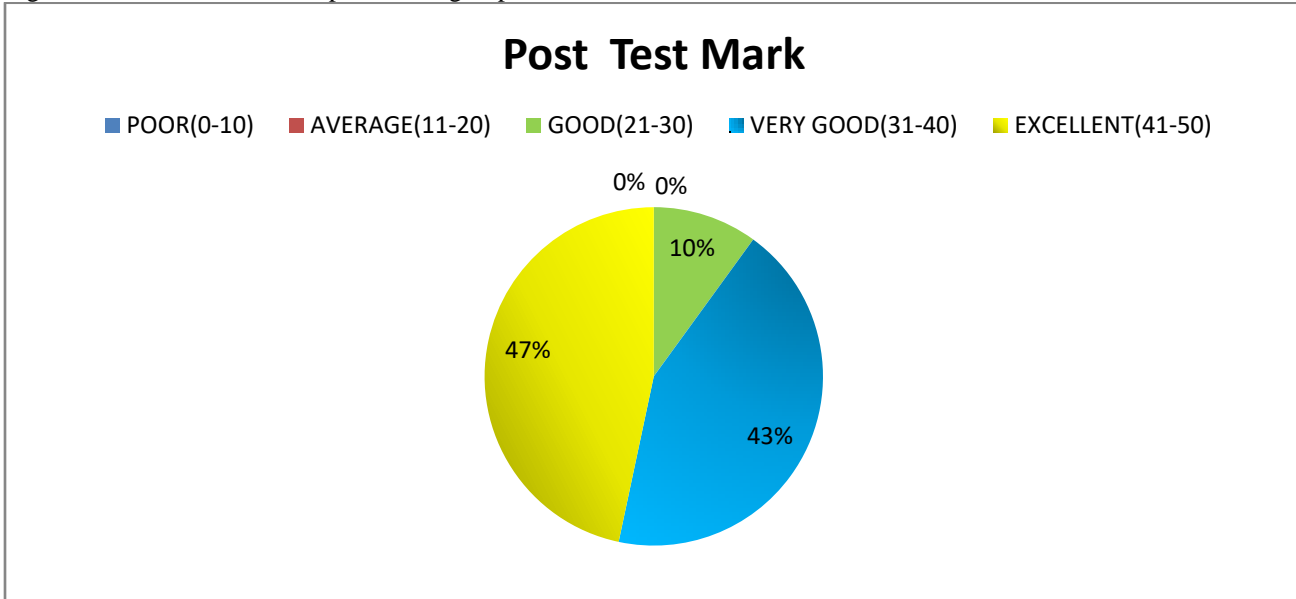
Figure: 3 Pre Test mark of experimental group

### Pre Test Mark



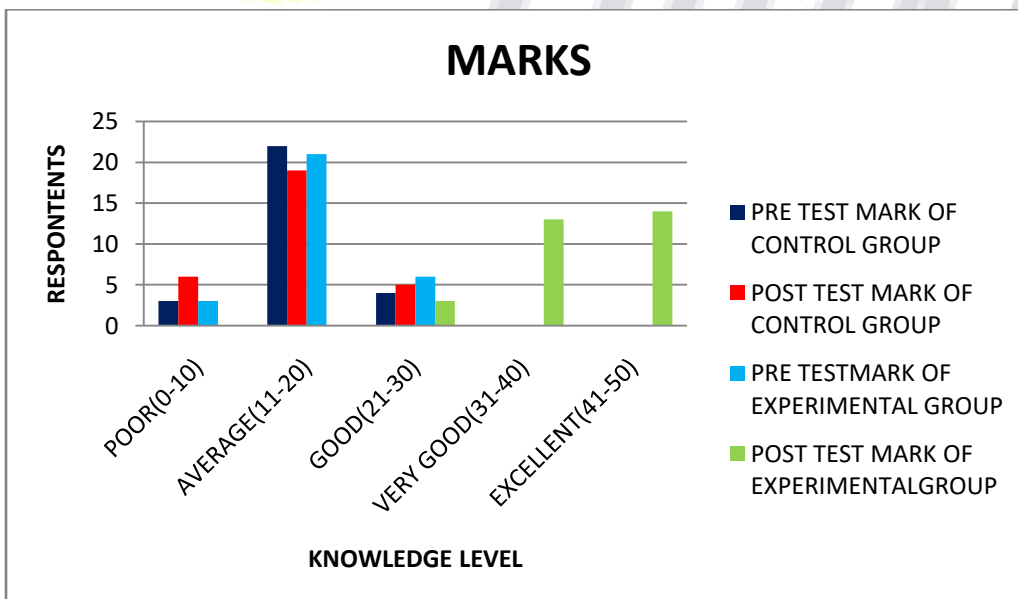
From this figure:3 we can understand that only 20%of students have good mark and 70% of them students scored average mark in the test and 10% of them scored poor mark in the pre test analysis .From this we can understand that students have low level of knowledge about the substance abuses and about substances. Hence to increase their knowledge level awareness class must be given to them because they have good learning ability. It's very important to raise the knowledge level of B.Ed students for improving their skills in this felid. This may help the student to clear their doubts and prevent the students from the substance abuse by giving right information about substance in the right manner.

Figure: 4 Post Test mark of experimental group



From the figure: 4 ,the 47% of students scored excellent mark ,43% students scored very good mark and 10% students scored good mark .From this we can understand that the knowledge level can be increased by the planned teaching programme. A small level intervention can increase this much knowledge level. if this programme is started as curriculum by the government the knowledge level of the students can be increased and we can make a future generation who is completely aware about the harmful effects of the substance .They will stay away from the substance use and a healthy generation can be made by the awareingB.Edstudents ,because they are the next generation teachers.

Figure:5 The mark difference between control group and experimental group



From the figure 5 its clearly understand that mark difference of control group and experimental group .

There is a slight difference in the mark of pre test and post test of control groups. This because of lack of planned teaching programme in the control group. Besides the experimental group who have given a planned teaching programme on substance abuse have a huge difference in the pre and post test mark most of the students have risen from average level to excellent and very good knowledge level it is due to the planned teaching programme. Hence the hypotheses are accepted. By this planed teaching programme the researcher had aware the experimental group and their by the knowledge level increased and by this they can aware the next generation. Through planed teaching experimental group have aware about the definition of substance abuse, factors leading to substance abuse, categories of psychoactive substance, types of commonly used substances, early signs and behavioral change, teachers roles in prevention of substance abuse, management measures of substance abuse these have been resulted in the mark of experimental group.

## SUGGESTION

### PARENTS

- Parents should be aware about substances and its harmful effects
- More interaction should be there with parents and children
- Talking about the dangers of substance abuse
- Positive role models children
- Not making available of psychoactive substance
- Getting to know their children's friends a
- Having regular conversations about life in general
- Connecting with other parents about sending clear messages about substance abuse

### TEACHERS

- Watch children's activities
- Discuss together about children's performance and their hobbies
- Principal and teachers should organize awareness programme on substance addiction and its consequences
- Make sure that all students should attend the anti substance abuse programme organized in the school
- Discourage the sale of substance such as tobacco, alcohol etc near to the college premises
- Children should be educated regarding Stress management techniques, Consequence of substance abuse, Methods to quit psycho active substances

### GOVERNMENT

- Modify curriculum
- Awareness generation programme should be conducted
- The rules and regulation should be strict
- Proper awareness should given to teachers and parents and students

## III. CONCLUSION

The incidence of drug abuse among children and adolescents is higher than the general population. This is notable issue because youth is a time for experimentation and identifying forming. In developed and developing countries, drug abuse among youth is generally associated with particular subculture and lifestyle

Treating adolescents for substance abuse requires, special consideration of the adolescent individual's experience and how it affects the nature and severity of his or her alcohol or drug use. Understanding the adolescent's situation will help explain why alcohol or drugs are used and how they became an integral part of his or her identity.

Screening for substance abuse among children should be conducted by healthcare delivery systems, juvenile justice and family court systems, and community organizations such as schools, vocational rehabilitation, and religious organizations. Social worker play a challenging role in upholding the rights of children as well as educating the parents and teachers on primary signs of substance abuse among children also they have to screen children for substance abuse habits. Social worker has

to help the parents and teachers in taking preventive actions against substance abuse and also taking necessary rehabilitative measures for addicted children.

## REFERENCE

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