



EFFECTIVENESS OF SENSITIZATION PROGRAMME ON ALCOHOLISM AMONG COLLEGE STUDENTS IN INDORE

Mr. Mohammed Mohsin Khan¹, Prof. Dr. Jinu K Rajan²

¹Research Scholar, Malwanchal University

²Research Supervisor Malwanchal University

1. INTRODUCTION

More blood has been spilled, crepe has been hung, houses have been sold, people have gone bankrupt, villains have been armed, children have been murdered, and wedding rings have been snapped. It has desecrated more innocence, hampered more movement, distorted more shapes, dishonoured more masculinity and femininity, broken more hearts, caused more suicides, and dug more graves. According to a survey conducted by ASSOCHAM's Social Development Foundation, there has been a 60% increase in alcohol consumption among teenagers aged 19 to 26 in hostels over the last decade. The vast majority of college students are under the age of 21, and thus are classified as minors under the law. Alcohol is clearly the drug of choice for a wide range of problems, but it also exacerbates other issues. According to an information sheet, alcohol sales have been gradually increasing at a rate of 6% per year, and this is expected to continue. Furthermore, it observes that people are starting to drink earlier than in the past. Between 1990 and 2000, the average age of people starting to drink alcohol fell from 23.36 to 15.45 years.

Procedures and techniques

The purpose of this study was to see if a sensitization programme would improve students' knowledge and attitudes toward alcohol and alcoholism at Indore colleges. To better understand the given topic, relevant works were researched. In addition to being used to carry out the intervention, the literatures were used to generate the information required to carry out the sampling techniques, identify the conceptual framework, and develop a study plan. Literature was classified into four categories: literature on alcohol use among college students, literature on motivation for alcohol consumption, literature on the harmful effects of alcohol use, and literature on education about alcoholism and alcoholism treatment. This study employed a group pre-test post-test design, which was ideal for determining the efficacy of the intervention. The samples were chosen in the first stage. Following stratified sampling using stratification techniques, the strata that had been stratified were subjected to simple random sampling. We chose to collect 100 samples from various disciplines.

A split-half test was used to determine the tool's dependability. A standardised test was used to assess attitudes toward alcohol and alcoholism, and a structured questionnaire was used to assess knowledge. The data was examined using descriptive and inferential statistics. The study focused on a specific goal in order to arrange, assemble, tabulate, and analyse the data.

1.1 The following were the study's key findings:

Only 2.35 percent of the 100 samples collected had alcoholism data from medical specialists.

The pre-test measured subjects' knowledge prior to the training programme to determine whether they knew enough to proceed. As a result, more than three-quarters of the samples (77.35 percent) did not meet appropriate knowledge levels, but none had insufficient knowledge.

The majority of the samples were neutral only on social dimensions.

The post-test, which was administered 14 days after the sensitization session, revealed that more than half of the participants (52 participants) had fairly adequate knowledge, 40 participants had adequate knowledge, and only 8 participants indicated that the programme was beneficial.

There was no change in the samples' attitudes after the post-test, except on the social dimension, where the majority had a neutral view.

The pre- and post-test levels of knowledge about alcoholism were assessed using a paired t-test.

The calculation clearly shows that the sensitization programme was effective, as evidenced by the t17.8 result.

There was no significant difference in attitude before and after the test because the levels were identical in all aspects such as acceptance, rejection, avoidance, and social before and after the test.

While there was a link between gender and monthly income and the amount of knowledge about drinking and alcoholism, there was no link between gender and monthly income and the amount of knowledge about drinking and alcoholism. The chi-square values were 7.63 and 12.66.

2. DISCUSSION

The study reveals a wide range of student demographics: 2.15 percent of the 174 samples had previously learned about alcohol from a medical expert. A study of 100 students discovered that only 9 samples had been told by the health staff. The findings of this study were also supported by the findings of the current study. Suvita and colleagues (2015)

Conducting a pre-test to assess students' knowledge of drinking and alcoholism.

According to the pre-test results, most (137, or 81.55 percent) of the 152 samples (87.56 percent of the total) have no awareness of alcohol use or alcoholism, while 13 percent (9.53 percent of the total) have adequate knowledge and 0 percent (0 percent of the total) have superior knowledge. A study of 60 college students' knowledge of alcoholism revealed that 37 were somewhat knowledgeable, 19 were deficient, and only four were qualified. The current study's findings were also consistent with those of the previous study. According to data from a survey of 60 late adolescent students in Karnataka, approximately 61 percent of respondents had "moderately adequate" knowledge, 31.7 percent had "inadequate" information, and 6.7 percent had "adequate" knowledge. Making art is difficult and messy.

Before implementing a sensitization programme, compare the levels of awareness about drinking and alcoholism before and after the test.

Overall, the majority of the 174 samples (152 out of 174) had inadequate knowledge about drinking and alcoholism, while 22 samples (out of 174) had acceptable knowledge and none had optimal knowledge. However, only three of the 48 samples with at least adequate knowledge after the post-test 7 days after the sensitization session lacked sufficient information, indicating that delivering the sensitization programme increased knowledge about alcoholism. Sharing information about alcoholism can help people understand it better. In Pondicherry, 50 adolescents between the ages of 16 and 19 were studied in schools. Samples were chosen using an easy sampling technique to determine whether or not educating adolescents about alcoholism and its prevention leads to increased knowledge. Only two of the 32 samples had adequate knowledge prior to the test, and more than half of them failed. Even though two of the samples showed inadequate knowledge, 28 showed adequate knowledge, and 20 showed somewhat adequate knowledge, this still confirms that providing information on alcoholism will increase teenagers' knowledge. The current study's findings were also similar to those of the previous study. According to the authors: (Suvita et.al, 2015)

College students' cumulative academic knowledge is inversely related to their self-reported attitudes.

The current study discovered a positive relationship between knowledge and attitude.

A value for pre-test knowledge and attitude was found to be $r=-0.27$ before and after administering the test, and a value for post-test knowledge and attitude was found to be $r=-0.11$, implying that there is a negative correlation between pre-test knowledge and attitude among students who deal with alcohol and alcoholism. This finding was validated by a previous study, which discovered $r = -0.26$, indicating a negative relationship between knowledge and attitude. Tomeishwari (2014)

Pre-test knowledge levels and demographic variables appear to be related. Many demographic factors, such as gender and monthly income, were all linked to knowledge level in the current study. This demonstrates how income and gender influence alcoholism knowledge. There was no correlation between demographic data such as age, course, family type, and alcohol knowledge, implying that there was no relationship between demographic variables and alcohol knowledge. These demographic characteristics (age, gender, ethnicity, socioeconomic status, etc.) have no effect on drinking and alcoholism knowledge. A study of 60 adolescents was conducted to determine how providing information about drinking and alcoholism improves knowledge about alcoholism. The findings show that there is no correlation between demographics such as age, gender, religion, family situation, parental education level, and occupation and knowledge of alcoholism. A link was discovered between the weekly day of the year and the knowledge. A deep sense of trust develops.

3. CONCLUSION

Alcohol-related material must be presented to students if they do not have a comprehensive understanding of alcoholism. Nurses must not only be knowledgeable about alcoholism, but also have a strong understanding of the disease. Prior to the intervention, nearly two-thirds of the students had inadequate understanding, but only three students were still struggling with that knowledge after the intervention. This clearly shows that the students learned about drinking and alcoholism as a result of the sensitization programme.

REFERENCE

- [1] Arasumani. N, A study on knowledge and attitude among late adolescents towards alcoholism in selected colleges in Bangalore, Journal of Science, 2013. Vol 3 ,Issue 2, 59-61
- [2] ASSOCHAM, Liquor intake to cross 19k million litres in 2015, Nov. 2, 2011, retrieved from http://www.business-standard.com/article/companies/liquor-intake-to-cross-19k-million-litres-by-2015-assochem-111110200123_1.html

-
- [3] Baliunas D, Rehm J, Irving H, Shuper P. Alcohol consumption and risk of incident human immunodeficiency virus infection: A meta-analysis. *International Journal of Public Health*. 2010; Vol. 55, Issue 3, 159-166 doi: 10.1007/s00038-009-0095
- [4] Brian Borsari, James G. Murphy¹, and Nancy P. Barnett, Predictors of alcohol use during the first year of college: Implications for prevention, *Addict Behaviour*, 2007, Vol. 32, Issue 10, 2062-2086. doi: 10.1016/j.addbeh.2007.01.017
- [5] Burns. M (2007), *Understanding Nursing Research*, 4th edition, Philadelphia, W B Saunders Company.
- [6] Debasish Basu, Anil Malhotra, Vijoy K. Varma & Rama Malhotra, Development of a scale to assess attitudes toward drinking and alcoholism, *Indian Journal of Psychiatry*, 1998, Vol. 40, Issue 2, 158-164. PMID: PMC2965839
- [7] Denise. P. F (1999), *Nursing research principles and methods*, 6th edition, New Delhi, Mosby Company.
- [8] Gail. S. Stuart, Michele. T. Laraia (2004), *Principles and Practice of Psychiatric nursing*, 10th edition, New Delhi, Mosby company
- [9] Gayle M. Boyd, Ph.D., and Vivian Faden, Ph.D. College Drinking, What It Is, and What To Do about It: A Review of the State of the Science, *Journal of Studies on Alcohol*, 2002, Supplement No. 14, 1-22.
- [10] Gail. S. Stuart, Michele. T. Laraia (2004), *Principles and Practice of Psychiatric nursing*, 10th edition, New Delhi, Mosby company
- [11] Janaina Soares et.al., Knowledge and attitudes of nurses towards alcohol and related problems: the impact of an educational intervention, *Rev Esc Enferm USP*, 2013, Vol. 47, Issue 5, 1178-1185.
- [12] Jin- Sook Han, Yong-Ha Kim and Kwang-hwan Kim, A Study on the Knowledge and Attitudes According to the Presence of Drinking Education for High School Students, *International Journal of Bio-Science and Bio-Technology*, 2014, Vol. 6, Issue 1, 1-10.
- [13] Katerine. M. Fortinash, Patrica. A. Holody Worret (2007), *Psychiatric Mental health Nursing*, 3rd edition, Missouri, Mosby company.
- [14] Kathryn Siegel, The 13 Biggest Myths About Alcohol, June 16, 2014, retrieved from <http://greatist.com/health/13-biggest-myths-alcohol>