



Efficacy of Selected Intervention on Alcoholism and its Complications Among Students at Selected Colleges in Lucknow

Dr. Sherin P.K

Principal, Shri K. L. Shastri Smarak Nursing College, Mubarakpur, Muttkipur, Uttar Pradesh

ABSTRACT

Aim of the study was to assess the knowledge about alcoholism among students necessitates the presentation of alcohol-related material. Study was conducted in selected Colleges in Lucknow. Purposive sampling was used. Samples were College students. Quasi experimental design was used and result revealed that, nearly two-thirds of the students didn't understand the material before the intervention, but only three students were still having trouble understanding it after the intervention. Because of this program's sensitization, students now have a more informed view of alcohol and alcoholism.

Introduction

More blood has been spilled, crepe has been hung, houses have been sold, people have been bankrupted, armed villains, murdered children, and wedding rings have been snapped because of drinking. As a result, it has caused more people to commit suicide and more graves to be dug as a result of its desecration of innocents' lives. ASSOCHAM's Social Development Foundation conducted a survey and found that alcohol consumption among young people aged 19 to 26 in hostels has increased by 60% in the last decade. Most college students are under the age of 21, and thus fall under the legal definition of minors. For a variety of issues, it's clear that alcohol is the go-to drug, but it can also exacerbate other issues. According to a report, alcohol sales have been increasing at a yearly rate of 6% and are expected to do so in the future. People are drinking earlier than ever before, according to the report. The average age at which people began drinking alcohol decreased from 23.36 years to 15.45 years between 1990 and 2021.

Methodology

The goal of this study was to see if a programme designed to increase awareness of alcohol and alcoholism among students at Lucknow area colleges would be successful. In order to gain a deeper understanding of the subject matter at hand, we dug into related literature. It was found that the literatures were useful not only for conducting the intervention but also for gathering data for performing sampling, pinpointing the conceptual framework, and formulating a study strategy. Literature on the use of alcohol among college students, motivation for alcohol consumption, the harmful effects of alcohol use, and education about alcoholism and alcoholism treatment were classified into four separate categories. Group pre-test post-test was used in this study, which was ideal for discovering the effectiveness of the intervention. The first step was to collect the samples. The next step was to conduct simple random sampling on the strata that had been stratified after conducting stratified sampling using the stratification techniques. For this study, we decided to collect 100 samples from a wide range of fields.

A split-half test was used to determine the tool's reliability. An attitude test and a structured questionnaire were used to assess knowledge about drinking and alcoholism. The data was analysed utilising both descriptive and inferential statistics. There were specific goals in mind when putting together the data and then analysing and summarising it.

Results

To sum up, here are the study's main findings: Only 2.35 percent of the 100 samples collected contained information from medical experts on alcoholism.

The pre-test was used to determine whether or not the subjects were ready to proceed with the training programme. Consequently, 77.35% of the samples failed to meet the appropriate knowledge levels, but none of the samples lacked adequate information. as a result. There was a majority of

samples that had a neutral attitude only on social dimensions. An evaluation 14 days after the sensitization session found that 52 out of the 80 participants had adequate knowledge, 40 had adequate knowledge, and only 8 showed that the programme was beneficial to their knowledge. Samples didn't change their views on anything except for the social dimension, where a large majority had a neutral view at the time of post-test. Pre- and post-test levels of knowledge about alcoholism were assessed using paired t-tests. According to $t_{17.8}$, the calculation clearly shows that the sensitization programme was a success.

Before and after taking the test, there was no significant change in attitude because, in all aspects such as acceptance, reluctance, avoidance, and social, the levels were equal. Despite the fact that there was a link between gender and monthly income, as well as knowledge of alcohol and alcoholism, there was no link between the two variables. The chi-square values ranged between 7.63 and 12.66.

DISCUSSION

The study reveals a wide range of student characteristics: 2.15 percent of the 174 samples had already learned about alcohol from a medical expert. Only nine of the 100 students studied had been told by the health staff that they had been tested. The findings of this study were also backed up by the research at hand. More than one million people have been affected by the disease (Suvita et al., 2015)

Pre-testing students' knowledge of drinking and alcoholism prior to the test.

Of the 152 participants (87.56 percent of the total), the pre-test results show that, of the 137 (or 81.55 percent) who are unaware of alcohol use or alcoholism, only 13% (9.53 percent of the total) have adequate knowledge, and 0% (0 percent of the total) have superior knowledge. According to a study of 60 college students, 37 had only a basic understanding of alcoholism, 19 had insufficient knowledge, and only four had a thorough understanding. Both the findings from the current study and the one from the previous study were in agreement. Some 60 late adolescent students in Karnataka were polled and found to have knowledge levels that ranged from 61.7% "moderately adequate" knowledge to 31.77% "inadequate" information. Making art is a messy and difficult process.

Prior to implementing a sensitization programme, comparing awareness levels about alcohol and alcoholism before and after

In general, 152 samples (out of all 174) showed deficient knowledge about drinking and alcoholism, while 22 samples (out of all 174) had acceptable knowledge, and none had optimal knowledge. Of the 48 samples that had adequate knowledge following the 7-day post-test, only three of these samples lacked sufficient information, indicating that the sensitization programme had a positive effect on knowledge of alcoholism in the participants. Sharing information about alcoholism can help people better understand it. Pondicherry schools were the setting for a study involving 50 teenagers ranging in age from 16 to 19 years old. For the purpose of determining whether or not educating adolescents about alcoholism and its prevention increases their knowledge, samples were selected using a simple sampling technique. Prior to the test, only two of the 32 samples had adequate knowledge, and the majority failed. It is still clear that providing information on alcoholism will raise the teenagers' knowledge, even though only two samples showed inadequate knowledge, 28 samples showed acceptable or adequate knowledge, and 20 samples showed some degree of adequate or acceptable knowledge. The current study's findings mirrored those of the previous one. According to the authors (Suvita et al., 2015)

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

Findings from the current study show that knowledge and attitude are linked. This study found a negative correlation between pre-test knowledge and attitude among students who deal with alcohol and alcoholism, with a pre-test knowledge and attitude correlation coefficient equal to -0.27 and a post-test attitude knowledge and attitude correlation coefficient equal to -0.11 . Previous research found $r = -0.26$, which indicates that knowledge and attitude are negatively associated. In the words of Tomeshwari (2014)

An apparent correlation exists between pre-test levels of knowledge and demographic factors. There was a strong correlation between demographic factors like gender and monthly income and knowledge level in this study. That income and gender have an effect on alcoholism knowledge is demonstrated by this study. This means that there was no correlation between demographic variables and knowledge of alcohol, such as age, type of family, and course. Age, gender, ethnicity, and socioeconomic status have no bearing on people's understanding of alcohol and alcoholism. A study of 60 teenagers was conducted to see if providing information on drinking and alcoholism improved their understanding of the disease. According to the findings, there was no correlation between demographics like age and education level of parents and knowledge of alcoholism. The weekly day of the year and the amount of knowledge were found to be related. There is a deep sense of security.

Conclusion

A lack of knowledge about alcoholism among students necessitates the presentation of alcohol-related material. The nurses must not only be knowledgeable about alcoholism, but they must also have a deep understanding of the illness. Nearly two-thirds of the students didn't understand the

material before the intervention, but only three students were still having trouble understanding it after the intervention. Because of this program's sensitization, students now have a more informed view of alcohol and alcoholism.

REFERENCE

- 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
- 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-19kmm-litres-by-2015-asso-cham-111110200123_1.html
- 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
- 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
- Burns. M (2007), *Understanding Nursing Research*, 4th edition, Philadelphia, W B Saunders Company.
- Debasish Basu, Anil Malhotra, Vijoy K. Varma & Rama Malhotra, Development of ascale to assess attitudes toward drinking and alcoholism, *Indian Journal of Psychiatry*, 1998, Vol. 40, Issue 2, 158-164. PMID: PMC2965839
- Denise. P. F (1999), *Nursing research principles and methods*, 6th edition, New Delhi, Mosby Company.
- Gail. S. Stuart, Michele. T. Laraia (2004), *Principles and Practice of Psychiatric nursing*, 10th edition, New Delhi, Mosby company
14. 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.
15. Gururaj, Maheshwaran, Economic Status Scale A Revision of Income Parameter For 2014, *International Journal of Recent Trends in Science And Technology*, 2014, Volume 11, Issue 1, 1-2.
- 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.
- 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.
- Katerine. M. Fortinash, Patrica. A. Holody Worret (2007), *Psychiatric Mental health Nursing*, 3rd edition, Missouri, Mosby company.
- Kathryn Siegel, The 13 Biggest Myths About Alcohol, June 16, 2014, retrieved from <http://greatist.com/health/13-biggest-myths-alcohol>