

# Study to Assess the Effectiveness of Video Assisted Teaching on Knowledge and Attitude of Adolescent Regarding Harmful Effects of Nicotine Addiction

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**Abstract** - A study to assess the effectiveness of Video Assisted Teaching (VAT) on the knowledge and attitude of adolescents regarding harmful effects of nicotine addiction. This study was undertaken with objectives to Develop a VAT for the adolescent regarding the harmful effects of nicotine addiction, To assess and evaluate the knowledge and attitude of adolescence regarding the harmful effects of nicotine addiction before and after the administration of VAT, and to find the relationship between post-test knowledge and attitude of adolescence regarding harmful effects of nicotine addiction before and after the administration of VAT. The conceptual framework adopted for the study was based on System Model (input process output) by the open system model by Ludwig Von Bertalanffy in the year (1980). The data was collected, analyzed, and interpreted in terms of the objectives. Descriptive and inferential statistics were utilized for the analysis of the data. The mean knowledge score was 19.4 with a median of 19.5 and a standard deviation of 3.32 against the maximum score of 32. The mean attitude score was 49.28 with a median of 50 and a standard deviation of 4.64 against the maximum score of 60. The range obtained between 40-60 (96%) indicates a positive attitude among students.

**Keywords:** Knowledge, attitude, adolescent boys, Video-assisted teaching.

## I. INTRODUCTION

Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood. It has a physical transition marked by the onset of puberty and the termination of physical growth; cognitively, as changes in the ability to think abstractly and multi-dimensionally; or socially, as a period of preparation for adult roles.<sup>1</sup>

### A. Unique Characteristics of adolescents:

- Friendships form and social interactions increase, which have the potential for boosting self-esteem and reducing anxiety
- Distinct gender differences occur in socialization patterns.
- Allegiance and affiliation shift from parents and teachers to friends and peers
- Self-esteem changes due to adolescents' home and school lives
- Preoccupations with the self lead to critical self-examination and, subsequently to the formation of self-perceptions
- Argumentative and aggressive behaviors become evident and often disturb parents and teachers
- Social tasks and situations are handled without adult supervision and advice

Adolescents are the most vulnerable population to initiate tobacco use. It is now well established that most of the adult users of tobacco start tobacco use in childhood or adolescence. Adolescents often get attracted to tobacco products because of the advertising strategies of tobacco companies being easily influenced by television, cinema, advertisements, and by their peers. Tobacco use in children and adolescents is reaching pandemic levels.<sup>2</sup> India is the second-most populous country in the world and the largest producer and consumer of tobacco in the world.<sup>3</sup> The country has a long history of tobacco use. Tobacco is used in a variety of ways in India; its use has unfortunately been well recognized among adolescents. Tobacco addiction of a large number of adults has been initiated during adolescence. Considering the enormous health complications associated with tobacco use, it is of utmost importance to understand the factors leading to its use and to plan strategies to reduce its intake. This is especially relevant for developing countries like India, where tobacco use continues to be common, notwithstanding the recognition of harmful consequences of its usage.



## II. NEED FOR THE STUDY

Each day approximately 5 adolescents become smokers, and an estimated one in five adolescents smokes a cigarette. Nearly all initially tobacco use occurs before high school graduation.<sup>4</sup> Evidence from many empirical studies suggests that national smoking prevention policies, such as banning smoking in public places, increasing cigarette excise taxes, and educating the public on the harmful effects of cigarette smoking, have positive effects on anti-smoking efforts.<sup>5</sup> Anti-smoking programs as part of the school curriculum have been shown to be effective in preventing the initiation of smoking among children and adolescents. Likewise, evidence suggests that anti-smoking media campaigns may play a potentially effective role in reducing smoking among those exposed to the message. Exposure to smoking in films has been shown to be associated with smoking initiation in young adolescents (aged between 9 and 15 years)<sup>6</sup>. The effect of seeing smoking incidents in films was also stronger in adolescents with non-smoking parents. The tools used to deliver tobacco education may be as important as the message itself, particularly in children. Videos are a popular medium and effective educational tool. Anti-smoking education programs should train the students in refusal skills, involve parents, teachers, and peers in smoking prevention activities, and provide adult role modeling of non-smoking behavior. The video-based smoking education program used in this study conveyed all of the above very effectively in the form of video teaching.<sup>7</sup>

## III. STATEMENT OF PROBLEM

A study to assess the effectiveness of Video Assisted Teaching on knowledge and attitude of adolescents regarding harmful effects of nicotine addiction in selected schools of U.P.

## IV. OBJECTIVES OF THE STUDY

- Develop a VAT for the adolescent regarding the harmful effects of nicotine addiction.
- To assess and evaluate the knowledge of adolescents regarding harmful effects of nicotine addiction before and after the administration of VAT
- To assess and evaluate the attitude of adolescents regarding harmful effects of nicotine addiction before and after the administration of VAT
- To find the relationship between post-test knowledge and attitude of adolescents regarding harmful effects of nicotine addiction before and after the administration of VAT.

## V. HYPOTHESIS

- **H1:** The mean post-test knowledge score of adolescence regarding harmful effects of nicotine addiction will be significantly higher than the mean pre-

test knowledge scores as evident from the structure knowledge questionnaire at 0.05 level of significance.

- **H2:** The mean post-test attitude scores of adolescents regarding harmful effects of nicotine addiction will be significantly higher than the mean pre-test attitude scores, as evident from the attitude scale at 0.05 level of significance.
- **H3:** There will be a significant association between post-test knowledge and attitude of adolescents regarding harmful effects of nicotine addiction at 0.05 level of significance.

## VI. MATERIALS AND METHODS

### A. Research Methodology

An evaluative research approach was considered most appropriate for the present study because the primary objective of the study was to determine the effect of Video Assisted Teaching on the knowledge and attitude of adolescents regarding the harmful effects of nicotine addiction.

### B. Research Design

The research design used in this study is one group pre-test and post-test design.

### C. Variables

**Independent variable-** In this study, the independent variable was Video Assisted Teaching regarding the harmful effects of nicotine addiction

**Dependent Variable-** In this study, the dependant variable was **Knowledge and Attitude levels of adolescents boys.**

### D. The setting of the study

In this study setting is **Gandhi Smarak Public school, NOIDA.**

### E. Population

The population of the present study includes **adolescent boys.**

### F. Sample and sampling technique

the sample of the present study comprised 26 adolescent boys aged 15-17 years.

- Sampling technique: Purposive sampling technique was used for selecting the adolescent boys.
- *Data collection tools and techniques*

Based on the objectives and conceptual framework of the study, the following instrument was developed in order to generate the data:

- Structured knowledge questionnaire.
- Structured Attitude scale.

## VII. CONTENT VALIDITY OF THE TOOL

The content validity of the tool was established by giving it to **7 experts in the field of Nursing**. Along with the tool, a request letter, statement of the problem, objectives, and criteria rating scale was made. Experts were requested to judge the items for relevance, clarity, appropriateness of the title, and content areas. Based on an expert suggestion, necessary modifications were made. Reorganizations of the items of the tools were done finally, and validated tools were ready to ascertain the data from the sample sizes. The tool was found to be valid for the purpose of the study after some necessary corrections were done as suggested by the experts.

### A. Final Study

Formal administrative permission was obtained from the school to conduct the study. Data was collected at Gandhi Smarak Public School.

## VIII. MAJOR FINDINGS OF THE STUDY

The data was collected, analyzed, and interpreted in terms of the objectives. Descriptive and inferential statistics were utilized for the analysis of the data. The mean knowledge score was 19.4 with a median of 19.5 and a standard deviation of 3.32 against the maximum score of 32. The mean attitude score was 49.28 with a median of 50 and a standard deviation of 4.64 against the maximum score of 60. The range obtained between 40-60 (96%) indicates a positive attitude among students. The Coefficient of Correlation between Post-test Knowledge scores and Post-test Attitude scores of Adolescent boys was 0.89, indicating a significant relationship between the post-test knowledge scores and post-test practice scores at 0.05 level of significance. The findings suggested that there was a marked relationship between the Post-test Knowledge scores and Post-test Attitude scores of adolescents regarding the harmful effects of nicotine addiction. This shows that Video Assisted Teaching was effective in enhancing the knowledge and attitude of adolescents.

## IX. NURSING IMPLICATION

**A. Nursing Practice for school health programs:** There are few recommendations below that summarize strategies that are effective in preventing nicotine use among adolescent boys. To ensure the greatest impact, school health nurses should suggest all these recommendations:

1. Develop and enforce a school policy on nicotine use.
2. Provide instruction about the short- and long-term negative physiologic and social consequences of nicotine use, social influences on tobacco use, peer norms regarding tobacco use, and refusal skills.
3. Provide nicotine-use prevention education.
4. Provide program-specific training for teachers.
5. Involve parents or families in support of school-based programs to prevent nicotine use.
6. Support cessation efforts among students and all school staff who use nicotine.
7. Assess nicotine-use prevention program at regular intervals.

### B. Based on the result of the study following recommendations are made:

- 1) The similar study can be conducted to assess the rate of nicotine use among adolescents.
- 2) A similar study can be conducted to assess the prevalence of smoking among the family members of the adolescent.

## X. CONCLUSION

### *The following conclusions are drawn from the findings of the study:*

1. Deficit in knowledge was found regarding the harmful effects of nicotine use on different organs of the body among adolescent boys.
2. Video Assisted Teaching Programme enhanced the Knowledge and Attitude of Adolescent boys.

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