A Study To Assess The Effectiveness Of Planned Teaching Program On The Knowledge Regarding Ill Effects Of Alcoholism Among Truck Drivers Of Gokak City, Karnataka State

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Abstract: Alcohol consumption is one of the main causes of productivity losses arising from absenteeism, presenteeism, and workplace injuries. Among occupational categories most affected by the use of this substance, truck drivers are subject to risk factors and risky behaviors that can have a serious impact on their health, their work, and the general road safety. The use of alcohol during truck-driving activities is, indeed, an important risk factor for traffic accidents. The present systematic review and meta-analysis aims at synthesizing the literature regarding harmful alcohol consumption patterns among truck drivers in a rigorous way.

Objectives: To assess the knowledge regarding ill effects of alcoholism among truck drivers. To design and implement planned Teaching Programme on ill effects of consumption of alcohol. To assess the effectiveness of Planned Teaching Programme on knowledge regarding ill effects of alcoholism. To associate the knowledge scores with selected demographic variables.

Materials And Methods: A Pre experimental one group pre-test-post-test study was conducted to evaluate the effectiveness of planned teaching program on knowledge regarding ill effects of alcohol consumption among truck drivers at Gokak city. Totally 60 truck drivers were selected by non probability convenient sampling technique. The knowledge was assessed by structured knowledge questionnaire.

Results: The study result reveals that, the post-test mean knowledge score was found higher (28.60%) when compared with mean pre test knowledge scores (16.21%). The statistical paired test indicates that enhancement in the overall levels of knowledge of truck drivers regarding ill effects of alcohol consumption is found to be statistically significant at 0.05 levels only with their age.

Conclusion: Planned Teaching Programme was effective in increasing the knowledge of truck drivers about ill effects of alcohol consumption. The nurse should take active role in health education regarding ill effects of alcohol consumption.

Keywords: Planned teaching Programme, ill effects, Alcohol, Truck Drivers.

I. INTRODUCTION

Alcoholism is a condition in which an individual becomes dependent on alcohol. Dependence on alcohol interferes with the individual's day to day activities along with his personal and professional life. Alcoholism has deleterious effects on one's overall health. Organs such as the brain, liver, heart, kidneys and stomach are most affected.

Alcoholism or too much dependence on alcohol causes some short and long term effects. Short term symptoms include drowsiness, vomiting, slurred speech, stomach cramps, gastritis, headache, and blurred vision, problems in maintaining coordination, blackouts, anemia or loss of oxygen supply to the body. Long-term signs and symptoms include drunken driving causing accidents, domestic violence, alcohol poisoning, high blood pressure, stroke, liver diseases, sexual

problems, brain damage, ulcerations in the stomach, cancer of the gut and throat.

Alcoholism is defined as the consumption of alcoholic beverages to the extent that this behavior interferes with the alcoholic's normal personal, family, social, or work life. The chronic consumption of alcohol can result in psychological and physiological disorders. Adverse consequences of alcohol misuse can be life threatening. Increased risks for certain cancers can occur-especially cancer of the liver, esophagus, throat, larynx, and breast. Heavy drinking can also lead to liver cirrhosis, gastric disease, anemia, immune system problems, pancreatitis, brain damage. Along with its impact on the health of the individual consuming increased alcohol, drinking increases the risk of death for others because of alcohol-related automobile crashes and homicides. Alcohol contributes to impair social functioning, such as marital problems and child abuse. It can negatively impact occupational functioning, including schooling and employment.

Police records of criminals reports and accidents reports have background history of alcohol consumption. An aggression or depression that may lead to alcohol consumption endangers lives of all common public on roads and in the neighborhood.

II. NEED FOR STUDY

Alcohol consumption is linked to many harmful consequences for the individual drinker, the drinker's immediate environment and society as a whole. Such social consequences as traffic accidents, workplace-related problems, family and domestic problems, and interpersonal violence have been receiving more public or research attention in recent years, indicating a growing interest in a broader concept of alcohol-related consequences.

Truck drivers have been reported as a highly vulnerable working population due to different risk factors including hypertension, fatigue, obstructive sleep apnea (OSA) and sleep deprivation, and insufficient physical activity. Other risk factors are exposure to diesel exhaust and risk of developing lung cancer, poor diet, obesity, dyslipidemia, and other metabolic disorders. Furthermore, they are prone to risky behaviors and lifestyles such as smoking, drinking, using psychoactive substances, and having casual sexual contacts. These risk factors and risky behaviors can have a relevant impact on their health and work ability, as well as work safety, increasing the risk of injuries and traffic accidents. They can, indeed, lead to impairment in the physical and mental health, and together with anxiety and stressful conditions due to irregular working schedules, night shifts, the need for prolonged mental alertness, and high productivity demands, increase the rate of motor vehicle accidents (MVAs).

Injuries are increasingly recognized as a global public health epidemic. Around the world, almost 25,000 people die every day from all types of injuries. Injuries represent 14% of the global burden of disease, the third most important cause of overall mortality and the main cause of death among 25-40 year age groups. The category of injuries worldwide is dominated by those incurred in road crashes. According to WHO data, deaths from road traffic injuries account for around 28% of all deaths from injury. India has one of the highest road accident rates in the world.

The 10 States recording highest number of deaths caused by road accidents were Tamil Nadu (15.8%), Maharashtra (12.6%), Kerala (12.5%), Karnataka (10.5%), Andhra Pradesh (7.6%), Gujarat (7.3%), Madhya Pradesh (7.1%), Rajasthan (6.4%), Tripura (4.2%) and Uttar Pradesh (3.1%). Among cities, the highest number of deaths occurred in Delhi (1736), Mumbai (1362), Chennai (761) and Bangalore (659). The SCD (Registrar General of India 1998) revealed that 2.8% of total deaths were due to vehicular accidents. The highest number of deaths were reported in those 25– 35 years of age (21%), followed by 15–24-year-olds (19%), 35–44-year-olds (16%), 45–54-year-olds (15.3%), those above 60 years of age (14%), 5–14-year-olds (11.2%), 1– 4-year-olds (2.5%) and those below 1 year of age (1.3%).

The total accidents in Gokak city in the year 2018 wear 85.Out of these the accident due to alcohol consumption 30.So it can be seen that about 45% of accidents of Truck drivers were due to driving under influence of alcohol. Hence, the investigator found the need to make the truck drivers aware about the ill effects of alcohol consumption. On communicating, many of these drivers were found to be ignorant about the ill effects of alcohol. So the investigator found that conducting a study and imparting knowledge on the ill effects of alcohol was necessary.

OBJECTIVES

✓ To assess the knowledge regarding ill effects of alcoholism among truck drivers in selected urban area of Gokak city.
✓ To design and implement planned Teaching programme on ill effects of consumption of alcohol in selected urban area of Gokak city.
✓ To assess the effectiveness of planned Teaching Programme on knowledge regarding ill effects of alcoholism in selected urban area of Gokak City.
✓ To associate the knowledge scores with selected demographic variables in selected urban area of Gokak city.

ASSUMPTIONS

The researcher assumes that, truck driver will possess some knowledge regarding ill effects of consumption of alcohol.
✓ Truck driver will extend their co-operation in providing factual information regarding ill effects of consumption of alcohol.
✓ The planned Teaching program will create additional awareness among Truck driver regarding ill effects of consumption of alcohol.

HYPOTHESIS

H1- The mean post test scores of subject exposed to planned Teaching programme on knowledge will be significantly higher than their mean pre-test scores regarding

ill effects of consumption of alcohol among truck drivers in selected urban area of Gokak city.

H2- There will be significant association of knowledge, scores of truck drivers on ill effects of consumption of alcohol with selected demographic variables.

LIMITATIONS

- ✓ The study is limited to Truck drivers of Gokak city
- ✓ Assessment of knowledge will be done once before and after giving planned Teaching Programme.

VARIABLES

- ✓ Dependent variables: Knowledge regarding ill effects of the alcoholism among truck drivers.
- ✓ Independent variables: planned Teaching Programme.

III. METHODOLOGY

- ✓ *RESEARCH APPROACH:* Quantitative evaluative approach.
- ✓ *STUDY DESIGN:* one Group pre- test post -test design.
- ✓ *SETTING OF STUDY:* The study will be done in the selected area of Gokak city.
- ✓ *SAMPLE:* The Truck drivers of Gokak city.
- ✓ *SAMPLE SIZE:* 60.
- ✓ *SAMPLING TECHNIQUE:* Non-probability convenient sampling technique will be used.
- ✓ *SAMPLING CRITERIA:*

INCLUSION CRITERIA

- ✓ Truck drivers willing to participate in the study.
- ✓ The Truck drivers who can write and read Kannada language.
- ✓ The Truck drivers present during the period of data collection.
- ✓ The Truck drivers above 25 years of age.

EXCLUSION CRITERIA

- ✓ The Truck drivers who were treated for the ill effects of alcoholism in the past.
- ✓ The Truck drivers who are presently receiving treatment for alcoholism.
- ✓ The Truck drivers who are related to the health professionals.

ASSESSMENT OF KNOWLEDGE REGARDING ILL EFFECTS OF ALCOHOLISM AMONG TRUCK DRIVERS

This section deals with the assessment of knowledge regarding ill effects of alcoholism among truck drivers. The level of knowledge is divided under following headings poor, average, good, very good and excellent

Level of knowledge score	Attempt Question	Percentage	PreTest score
Poor	1-6	0-19%	0(0.00%)
Average	7-12	20-39%	13(21.67%)
Good	13-18	40-59%	22(36.67%)
Very Good	19-24	60-79%	18(30.00%)
Excellent	25-30	≥80%	7(11.67%)
Minimum scores	06		
Maximum scores	26		
Mean scores	973/60=16.21		

Table 1: General Assessment with Pre Test   n=60

EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ILL EFFECTS OF ALCOHOLISM

Level of knowledge score	Pre test	Post Test
Poor (0-19%)	0(0.00%)	0(0.00%)
Average (20-39%)	13(21.67%)	1(1.67%)
Good (40-59%)	22(36.67%)	1(1.67%)
Very Good (60-79%)	18(30.00%)	0(0.00%)
Excellent (≥80%)	7(11.67%)	58(96.67%)
x^2-Value	87.48	
p-value	P<0.0001, Significant	

Table 2: Comparison of knowledge in pre test and post test n=60
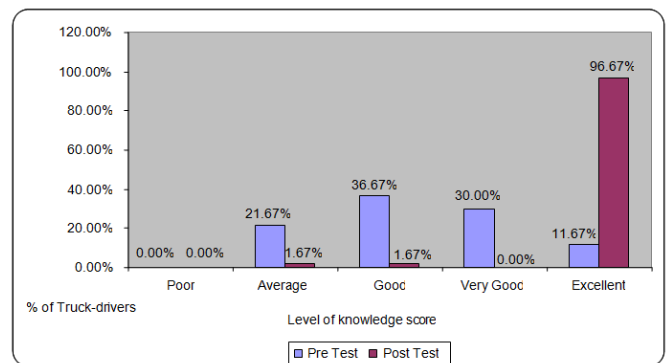

Figure 1: Comparison of knowledge in pre test and post test n=60

Knowledge area	Mean knowledge score	SD	Mean percentage	t-value	p-value
Pre Test	16.21	5.56	54.05	16.05	0.000 S,p<0.05
Post Test	28.60	3.50	95.33		

Table 3: General assessment with pre test and post test knowledge scores Significance of difference between knowledge score in pre and post test In Truck drivers in relation to knowledge of ill effect of alcoholism.   n=60

This table shows the area-wise comparison of pretest and posttest knowledge scores of the ill effects of alcoholism. Means, standard deviations and mean score percentage values are compared and paired 't' test is applied at 5 level of significance. The tabulated 't' value for n= 60 degrees of

freedom is 2.00. The calculated values are 16.05 respectively for the areas knowledge regarding ill effects of alcoholism. The calculated 't' values are much higher than the tabulated values at 5% level of significance which is statistically acceptable level of significance. In addition the calculated 'p' values for all the areas of knowledge regarding ill effects of alcoholism are 0.000 which is less than 0.05 which is acceptable level of significance. Hence it is strongly interpreted that the self instructional module regarding ill effects of alcoholism was effective. So thus the H_1 is accepted.
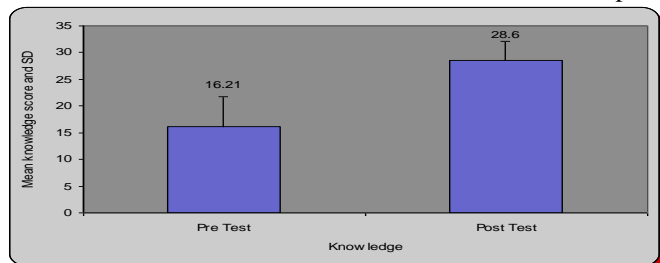

Figure 2: Significance of difference between knowledge score in pre and post test

Level of knowledge score	Attempt Question	Percentage	Post test
Poor	1-6	0-19%	0(0.00%)
Average	7-12	20-39%	1(1.67%)
Good	13-18	40-59%	1(1.67%)
Very Good	19-24	60-79%	0(0.00%)
Excellent	25-30	≥80%	58(96.67%)
Minimum scores	08		
Maximum scores	30		
Mean scores	1716/60=28.6		

Table 4: General Assessment with Post Test   n=60

In the above table shows that in pre test scores, 36.67% of samples having good knowledge, 30% of samples having very good knowledge, 21.67% of samples having average knowledge and 11.67% of samples having excellent knowledge but in post test time 96.67% of samples having excellent knowledge, 1.67% of samples having good knowledge and 1.67% of samples having average knowledge.

IMPLICATIONS

The following implications in the various fields of nursing have been stated based on the findings of the study:

IMPLICATIONS FOR NURSING PRACTICE

The findings of the present study would help nurses and other healthcare personnel to know the need for educating Truck drivers about the ill effects of alcohol consumption. The education programmes conducted by nursing personnel in the village will help in identifying the health needs of truck drivers and to protect them from diseases. The education programme will help the truck drivers to gain knowledge regarding ill effects of consumption of alcohol and its causes, signs/symptoms, and treatment and prevention aspects.

IMPLICATIONS FOR NURSING EDUCATION

The findings suggest that there is increased need for education regarding ill effects of consumption of alcohol. Nursing education should prepare nurses with potential for imparting health information effectively. The present study intended to be a formal and informal teaching programme for nursing professionals in the community, so that they can help the truck drivers to increase the knowledge regarding ill effects of consumption of alcohol.

IMPLICATIONS FOR NURSING RESEARCH

This study helps the nurse researcher to develop insight about the development of planned teaching programme and materials for peoples towards promotion of quality of life and prevention alcoholic diseases and its treatment. The study reveals that there is dearth of knowledge among peoples. Such a situation requires further research to explore more knowledge.

IMPLICATIONS FOR NURSING ADMINISTRATION

The nurse administrator has a role in planning the policies for imparting health information to a target population. Nurse administrators need to organise nursing education programmes for the nursing personnel and to motivate them to conduct education programme of ill effects alcohol consumption among truck drivers. Planning and organising such work requires efficient team spirit, planning for manpower, money, material, method, time to conduct successful education programmes. The nurse administrators will be able to take the initiative in imparting health information through different effective teaching methods. They may utilise the findings of the study for awareness programmes and periodic educational sessions to improve the health knowledge.

IV. CONCLUSION

This chapter deals with the analysis and interpretation of data collected from 60 subjects from Gokak city. The present study was taken up to assess the effectiveness of planned teaching programme on knowledge regarding ill effects of alcoholism among truck drivers of Gokak city. Analysis and interpretation was done based on objectives of the study. A structured questionnaire is used for data collection. The descriptive evaluative approach was used. 60 peoples were interviewed by using structure questionnaire schedule at Gokak taluka. The analysis was done with the help of inferential and descriptive statistics. Majority of the people were in the age group 45.0% were from age group of 21-30 years, 36.7% of samples from age group of 31-40 years, and remaining 18.3% were from the age group of 41-50years. Distribution of samples according to residential area shows that majorities 55.0% of samples were belongs to rural area,33.3% of samples belongs to urban area and remaining 11.7% of samples are belongs to Semi urban area. Distribution of samples according to their religion shows that the majorities 65.0% of samples were belongs to Hindu, 18.3% of samples

belongs to Muslim, 16.7 % samples belongs to other religion. Distribution of samples according to their marital status shows that highest percentages 66.7% of samples were married and 33.3% were unmarried.

The knowledge was assessed by structured knowledge questionnaire. The study result reveals that, the post -test mean knowledge score was found higher (28.60%) when compared with mean pre test knowledge scores (16.21%).The statistical paired test indicates that enhancement in the overall levels of knowledge of truck drivers regarding ill effects of alcohol consumption is found to be statistically significant at 0.05 levels only with their age. Planned Teaching Programme was effective in increasing the knowledge of truck drivers about ill effects of alcohol consumption. The nurse should take active role in health education regarding ill effects of alcohol consumption.

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