

**A PRE-EXPERIMENTAL STUDY TO ASSESS THE  
EFFECTIVENESS OF A STRUCTURED TEACHING  
PROGRAMME REGARDING SUBSTANCE ABUSE AND ITS  
CONSEQUENCES AMONG ADOLESCENT BOYS AT ARCOT SRI  
MAHALAKSHMI MATRICULATION HIGHER SECONDARY  
SCHOOL, VILLAPAKKAM, VELLORE DISTRICT, TAMIL NADU**

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**Abstract**

**Background**

Substance abuse among adolescents is a growing public health concern worldwide. Adolescents are particularly vulnerable to experimenting with harmful substances due to peer pressure, curiosity, emotional instability, and social influences. Early initiation of substance use can negatively affect physical health, mental well-being, academic performance, and social relationships. Structured educational interventions can play a significant role in improving awareness and preventing substance abuse among adolescents.

**Aim**

The study aimed to assess the effectiveness of a Structured Teaching Programme regarding substance abuse and its consequences among adolescent boys.

**Objectives**

1. To assess the pre-test and post-test level of knowledge regarding substance abuse and its consequences among adolescent boys.
2. To evaluate the effectiveness of the Structured Teaching Programme.

3. To determine the association between post-test knowledge scores and selected demographic variables.

### **Methodology**

A quantitative research approach with a pre-experimental one-group pre-test post-test design was adopted. The study was conducted among 60 adolescent boys studying at Arcot Sri Mahalakshmi Matriculation Higher Secondary School, Villapakkam, Vellore District, Tamil Nadu. Non-probability purposive sampling technique was used to select samples. Data were collected using a self-structured questionnaire consisting of 25 items related to substance abuse and its consequences. Descriptive and inferential statistics were used for data analysis. Paired “t” test was used to determine the effectiveness of the Structured Teaching Programme, and Chi-square test was used to identify associations with demographic variables.

### **Results**

#### **Conclusion**

The findings of the study revealed that the Structured Teaching Programme was effective in improving the knowledge of adolescent boys regarding substance abuse and its consequences.

#### **Keywords**

Adolescent boys, Substance abuse, Structured Teaching Programme, Knowledge, Consequences, Demographic variables.

### **INTRODUCTION**

Adolescence is a critical developmental stage characterized by rapid physical, psychological, emotional, and social changes. During this period, adolescents are more vulnerable to experimenting with harmful substances such as alcohol, tobacco, cannabis, and other psychoactive drugs. The increasing prevalence of substance abuse among adolescents has become a major public health issue globally.

Today’s adolescents are tomorrow’s citizens; therefore, protecting them from harmful habits and risky behaviours is essential. Substance abuse among adolescents can adversely affect physical growth, emotional development, academic performance, and social relationships. Adolescents often initiate substance use out of curiosity, peer pressure, stress, or a desire for social acceptance.

According to various international reports, substance use among adolescents has increased considerably over the years. Studies have shown that a significant percentage of adolescents experiment with alcohol, tobacco, and illicit drugs before the age of 18 years. The World Health Organization has identified substance abuse as one of the leading causes of morbidity and mortality among young people worldwide.

In India, the problem of substance abuse among adolescents is increasing at an alarming rate. Cannabis, heroin, tobacco, alcohol, and pharmaceutical drugs are among the commonly abused substances. Adolescents who use psychoactive substances are more likely to develop dependency, mental illness, poor academic performance, and behavioural problems.

Educational interventions such as Structured Teaching Programmes are considered effective methods to improve awareness and prevent substance abuse among adolescents. Such programmes help adolescents understand the harmful effects of substance abuse and encourage healthy lifestyle practices.

Substance abuse among adolescents is becoming a major social and health problem worldwide. Adolescents often use substances to experiment, relieve stress, seek pleasure, or cope with emotional difficulties such as loneliness and low self-esteem.

The World Health Organization reports that alcohol and drug abuse contribute significantly to global mortality and morbidity. Globally, millions of adolescents and young adults are affected by substance abuse-related disorders. In India, surveys indicate increasing use of alcohol, tobacco, cannabis, inhalants, and other illicit drugs among adolescents.

Studies reveal that most substance users initiate substance use during adolescence, mainly due to peer influence and curiosity. Substance abuse during adolescence can result in academic failure, psychological disorders, risky behaviour, violence, accidents, and social problems.

Previous studies have demonstrated that educational interventions can significantly improve adolescents' knowledge regarding substance abuse and its harmful consequences. Hence, the investigator felt the need to conduct a study to assess the effectiveness of a Structured Teaching Programme regarding substance abuse and its consequences among adolescent boys.

### **Statement Of The Problem**

A pre-experimental study to assess the effectiveness of a Structured Teaching Programme regarding substance abuse and its consequences among adolescent boys at Arcot Sri Mahalakshmi Matriculation Higher Secondary School, Villapakkam, Vellore District, Tamil Nadu.

### **Objectives Of The Study**

1. To assess the pre-test and post-test level of knowledge regarding substance abuse and its consequences among adolescent boys.
2. To evaluate the effectiveness of the Structured Teaching Programme regarding substance abuse and its consequences.
3. To determine the association between post-test knowledge scores and selected demographic variables.

### **Research Hypotheses**

H1: There will be a significant difference between pre-test and post-test knowledge scores regarding substance abuse and its consequences among adolescent boys.

H2 : There will be a significant association between post-test knowledge scores and selected demographic variables.

### **METHODOLOGY**

A Quantitative research approach with Pre- experimental one group pre- test post test research design was adopted to assess the effectiveness of Structured Teaching Programme on substance abuse and its consequence among adolescent boys at Arcot Sri Mahalakshmi Matriculation Higher Secondary School, Villapakkam, Vellore district, Tamilnadu. The Study variable under the study is the level of knowledge regarding substance abuse and its consequences among the adolescent boys at selected schools. The demographic variables are age , religion, standard of education, Type of family, Place of residence, number of siblings, fathers education, mothers education, fathers occupation, mothers occupation, socio economic status, history of substance abuse in the family, use of substance , duration of substance use, reason of substance use of the adolescent boys.

The sample of the study was the adolescent boys who met the inclusion and exclusion criteria and between 13 to 19 years of age group with the sample size of 60 selected through non probability purposive sampling technique.

Data collection tool consists of two sections. Section – A consists of demographic details of the adolescent boys selected for the study. Section- B consists of 25 self- structured questions regarding substance abuse and its consequences with 3 options. For every correct answer score of 1 was awarded and for wrong answer score of 0 was awarded. Total score is 25.

Scoring was awarded like scores between 1-7 was with inadequate knowledge, 8- 15 with moderate knowledge, 16- 25 with adequate knowledge of substance abuse and its consequences. Content validity was obtained from Mental Health Nursing Experts, Psychiatrist, Psychologist. Reliability of the tool was done through test re-test method with  $r=0.88$

A Pilot study was conducted with 10 samples by obtaining proper permission from the School authorities, pre – test was conducted, Structured Teaching Programme was administered on substance abuse and its consequences. After 3 days, post test was conducted. The statistical analysis of the pilot study suggested a positive correlation of Structured Teaching Programme on substance abuse and its consequences.

Descriptive statistics and Inferential statistics was used for the analysis of the data. Paired “t” test was used to evaluate the effectiveness of Structured Teaching Programme on Substance abuse and its consequences among adolescent boys. Chi square test was used to analyze the association between the post-test knowledge score on substance abuse and its consequences with their selected demographic variables.

## RESULTS

The findings of the study revealed that the Structured Teaching Programme was effective in improving the knowledge regarding substance abuse and its consequences among adolescent boys. After the administration of the teaching programme, the majority of the participants demonstrated adequate knowledge in the post-test assessment. Nearly 71.67% of the adolescent boys achieved adequate knowledge scores, indicating a significant improvement in awareness regarding substance abuse and its harmful effects.

The analysis of the knowledge scores showed that the mean pre-test score was 14.05, whereas the mean post-test score increased to 18, with a mean difference of 3.95. The calculated paired “t” value was 11.330, which was found to be statistically significant at  $p < 0.001$ . This clearly indicates that the Structured Teaching Programme had a positive impact on enhancing the knowledge level of adolescent boys regarding substance abuse and its consequences.

Further analysis revealed significant associations between post-test knowledge scores and selected demographic variables such as age, place of residence, father’s occupation, and mother’s occupation. These findings suggest that demographic characteristics may influence the level of knowledge among adolescents regarding substance abuse.

### Effectiveness Of Structured Teaching Programme

Test	Mean	Mean Difference	Standard Deviation	SD Difference	t Value
Pre-test	14.05	3.95	5.139	1.852	11.330
Post-test	18.00	-	4.887	-	-

The findings indicate that the Structured Teaching Programme was effective in improving knowledge regarding substance abuse and its consequences among adolescent boys.

## DISCUSSION

The present study was conducted to assess the effectiveness of a Structured Teaching Programme regarding substance abuse and its consequences among adolescent boys at Arcot Sri Mahalakshmi Matriculation Higher Secondary School, Villapakkam, Vellore District, Tamil Nadu. The findings of the study revealed that the Structured Teaching Programme was effective in improving the knowledge level of adolescent boys regarding substance abuse and its harmful consequences.

The results of the study showed that the majority of adolescent boys demonstrated adequate knowledge after the intervention. In the post-test assessment, 71.67% of the participants attained adequate knowledge scores regarding substance abuse and its consequences. The pre-test mean score was 14.05, which increased to 18 in the post-test, with a mean difference of 3.95. The

calculated paired “t” value was 11.330, which was statistically significant at  $p < 0.001$ . These findings clearly indicate that the Structured Teaching Programme significantly enhanced the knowledge of adolescent boys regarding substance abuse.

The findings of the present study are consistent with the study conducted by Yogeshwari Puri Geswami et al. (2015), who reported that educational interventions significantly improved adolescents’ knowledge regarding substance abuse. Their study demonstrated that adolescents had inadequate knowledge during the pre-test, but after the administration of the Structured Teaching Programme, there was a marked improvement in post-test knowledge scores. Similarly, the present study also found a considerable increase in knowledge following the educational intervention.

The study findings are also supported by Vaibhav Jani et al. (2014), who conducted a pre-experimental study among adolescents to assess knowledge and attitudes regarding alcohol use. Their study concluded that adolescents had moderate knowledge before intervention and that educational programmes effectively improved awareness regarding substance abuse and its effects. This emphasizes the importance of health education programmes in schools to prevent substance abuse among adolescents.

The present study further revealed significant associations between post-test knowledge scores and selected demographic variables such as age, place of residence, father’s occupation, and mother’s occupation. These findings suggest that socio-demographic factors may influence adolescents’ awareness and understanding of substance abuse. Adolescents from different social and family backgrounds may have varying levels of exposure to information regarding substance abuse and its harmful effects.

Adolescence is a vulnerable period in which peer pressure, curiosity, emotional instability, and environmental influences may lead to experimentation with harmful substances. Therefore, school-based educational programmes play a vital role in creating awareness and promoting healthy behaviours among adolescents. Structured Teaching Programmes can serve as an effective preventive strategy to reduce the risk of substance abuse and encourage adolescents to make informed decisions regarding their health and well-being.

Overall, the findings of the study indicate that Structured Teaching Programmes are effective educational interventions for improving knowledge regarding substance abuse and its consequences among adolescent boys.

#### Conflict of Interest

The author declares that there was no conflict of interest related to this study.



### Source of Funding

The study was self-funded by the investigator, and no external financial support was received for conducting this research.

### Ethical Clearance

Formal permission was obtained from the concerned school authorities prior to data collection. Informed consent was obtained from the participants, and confidentiality of the information was maintained throughout the study.

### Conclusion

The study concluded that the Structured Teaching Programme significantly improved the knowledge of adolescent boys regarding substance abuse and its consequences. Educational interventions can play an important role in preventing substance abuse and promoting healthy behaviours among adolescents.

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