

# Alcoholism Among Students: Effectiveness of Selected Intervention

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**Abstract:** This paper presents a study on alcoholism among students, its effectiveness of selected intervention.

**Keywords:** alcoholism, students, intervention

## 1. Introduction

Drink has drained more blood, hung more crepe, sold more house, plunged more people bankruptcy, armed more villains, slain more children, snapped more wedding rings, defiled more innocence, blind more eyes, twisted more limbs, dethroned more reason, wrecked more manhood, dishonoured more womanhood, broken more hearts, blasted more lives, driven more to suicide and dug more graves than only other poisoned scourge that ever swept its death dealing waves across the world. The survey under ASSOCHAM'S Social Development Foundation indicated that alcohol intake in youth between the age group 19 to 26 in hostels has registered a 60 percent increase over the years. The vast majority of college students are under the legal drinking age of 21. Alcohol remains the clear drug of choice and the one that contributes to a wide range of problems. Indian alcohol policy alliance in their article, Alcohol Related Harm in India. A fact sheet states that sale of alcohol has been growing steadily at the rate of 6% and is estimated to grow at the rate of 8% per year. Also it state that people drink at an earlier age now than before. The mean age of initiation of alcohol use has decreased from 23.36 years in 1950 - 1960 to 19.45 years in 1980 - 1990. (ASSOCHAM, 2012).

## 2. Materials and methods

The present study was conducted to assess the effectiveness of sensitization programme on knowledge and attitude towards drinking and alcoholism among students at selected colleges in Kottayam. To improve the knowledge regarding the selected topic, literatures which are relevant to the statement were reviewed. The literatures were also used to prepare the information that need to be provided during the intervention, to know about the sampling technique that need to be used and also for selecting the conceptual framework and research plan. The literatures were divided into four different categories such as literatures on effectiveness of education modules in improving the knowledge regarding alcoholism among college students, literatures regarding use of alcohol among college students, literature regarding motivating factors for alcohol

consumption and literatures regarding ill effects of alcoholism. The research design used in this study was one group pre-test post-test design which was useful in finding the effectiveness of the intervention. The samples were selected in two stages. First using stratified sampling technique and then by simple random sampling on the strata's selected. The total samples selected were 100 from different fields.

Reliability of the tool was identified using split half method. Structured questionnaire was used to assess the knowledge and standardized tool was used to assess attitude regarding drinking and alcoholism. The data was analysed and interpreted using descriptive and inferential statistics. The data was compiled, organized, tabulated and analysed according to the objectives of the study.

## 3. Major findings of the study

1. Only (2.35%) samples out of 100 samples had got information regarding alcoholism from health professionals.
2. In the pre-test which was done before the sensitization programme majority of the samples (77.35%) had inadequate knowledge and none of them had adequate knowledge.
3. In the pre-test, most of the samples had unfavourable attitude towards drinking and alcoholism in the factors acceptance, rejection and avoidance except on social dimension which had majority of the samples in Neutral attitude.
4. In the post-test which was done 14 days after the sensitization programme, had 52 moderately adequate knowledge, 40 had adequate knowledge while only 8 had inadequate knowledge which showed that the programme was effective.
5. At post-test, there was no change in the attitude of the samples as majority had unfavorable attitude in acceptance, rejection and avoidance except on social dimension had samples with Neutral attitude at large.
6. The difference between the pre-test and the post-test level of knowledge regarding alcoholism was assessed by using paired "t" test. The calculated value in the "t" 17.8, clearly proves that the sensitization programme was effective.
7. There was no significant difference between the pre-test and post-test level of attitude because in all the factors such as acceptance, rejection, avoidance and social dimension.

8. There was a relationship between gender as well as the monthly income and the level of knowledge regarding drinking and alcoholism. The chi-square values were 7.63 and 12.66 respectively.

#### 4. Discussion

##### *Demographic variables of students*

The data obtained in the study shows that out of the 174 samples, lesser number of samples 2 (1.15%) had received information about alcohol from a health professional prior to the intervention. In a study that was carried out in 100 students, only 9 samples had received information from the health personnel. These findings of the present study were consistent with the findings of this study. (Suvita et.al, 2015)

##### *Assessment of pre-test knowledge level regarding drinking and alcoholism*

In the present study, at pre-test majority of the samples 152 (87.56%) had inadequate knowledge regarding drinking and alcoholism, 22 (13%) samples had moderately adequate knowledge and none (0%) in the 174 samples had adequate knowledge. In another study which was done for 60 students regarding their knowledge towards alcoholism gave a result as 37 samples falling under moderate knowledge, 19 had inadequate knowledge and only 4 of them had adequate knowledge. This result of the present study was also consistent with the result of this study. In another study conducted on 60 late adolescents in Karnataka. The findings were, 61 % had moderately adequate knowledge, 31.7% had inadequate knowledge and only 6.7% had adequate knowledge which is also similar to the findings of the present study. (N. Arasumani, 2013)

##### *Assessment of effectiveness of sensitization programme by comparing the pre-test and post-test level of knowledge regarding drinking and alcoholism*

In the present study, in pre-test out of the 174 samples majority 152 had inadequate knowledge regarding drinking and alcoholism, 22 had moderately adequate knowledge and none fell under the category of adequate knowledge. But after the post-test which was done 7 days after the sensitization programme, 48 samples had adequate knowledge, 123 samples had moderately adequate knowledge and only 3 had inadequate knowledge which indicates that providing the sensitization programme had increased the knowledge regarding drinking and alcoholism. Hence providing information regarding alcoholism gives them a deeper understanding towards alcoholism. A study was conducted among 50 adolescents aged 16-19 years in schools in Pondicherry. The samples were selected using convenient sampling technique to find the effectiveness of educating the adolescents about alcoholism and prevention in increasing the knowledge. In that study, at the pre-test majority of the samples 32 had inadequate knowledge, 18 had moderately adequate knowledge and only 2 of them had adequate knowledge. After the post-test the results were as 28 of the samples had adequate knowledge, 20 of them had

moderately adequate knowledge and only 2 had inadequate knowledge which also proves that providing information regarding alcoholism will increase the knowledge of the adolescents. The results of the study were consistent with the results of the present study. (Suvita et.al, 2015).

##### *Correlation between knowledge and attitude among college students*

The correlation between the knowledge and the attitude in the present study was, the r value of pre-test knowledge and attitude was found to be  $r = -0.27$  and post-test value was  $r = -0.11$ , it shows that there is negative correlation between pre and post-test knowledge and attitude among students regarding drinking and alcoholism. This result was supported by another study in which the r value between the knowledge and attitude was  $r = -0.26$ , which shows a negative correlation. (Tomeshwari, 2014)

*Association between pre-test levels of knowledge with selected demographic:* Variables in the present study, there was an association between the demographic variables such as gender, monthly income with knowledge level of the samples. This shows that the gender and monthly income of the family have an influence on the knowledge of alcoholism. There was no association between the demographic variables such as age, course, type of family, alcohol and knowledge about alcohol. This indicates that the above mentioned demographic variables do not have any influence on the knowledge about drinking and alcoholism. A study was done on 60 adolescents to know the improvement in knowledge regarding alcoholism by providing information about drinking and alcoholism and the results show that there was no association between the demographic variables such as age, gender, religion, type of family, educational status of father, educational status of mother, occupation of father, occupation of mother, family income, family history of alcoholism and the knowledge about alcoholism. There was association between dominical demographic variable and the knowledge. (Vaibhav Jani et.al, 2014)

#### 5. Conclusion

The lack of knowledge regarding alcoholism among the students clearly emphasizes the importance of educating alcohol related information to them. The nurses must also have a good knowledge regarding alcoholism to teach those in need. In this study before the intervention most of the students had inadequate knowledge while it was reversed after the intervention as only 3 students had inadequate knowledge. This clearly indicates the sensitization programme had helped the students to gain knowledge regarding drinking and alcoholism.

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