

**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED
TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE
ILL EFFECTS OF ALCOHOLISM AMONG ADULTS IN LOW
SOCIO-ECONOMIC BACKGROUND,CHENNAI.”**



**A PROJECT WORK SUBMITTED TO
SATHYABAMA INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY) CHENNAI**

**IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE
DEGREE OF BACHELOR OF SCIENCE IN NURSING**

2019-2023



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**BY
RAM KUMAR R
SILAMBARASI C**

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CERTIFIED PROJECT WORK DONE

BY

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SILAMBARASI C

SATHYABAMA COLLEGE OF NURSING

SATHYABAMA INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

CHENNAI

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS

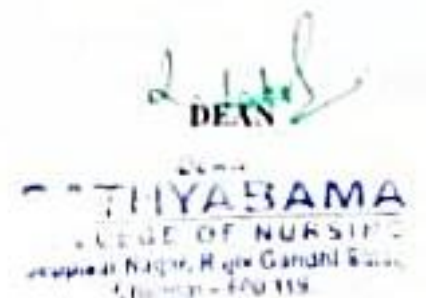
FOR THE DEGREE OF BACHELOR OF SCIENCE IN NURSING

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(DEEMED TO BE UNIVERSITY)

CHENNAI

2019 – 2023



BONAFIDE CERTIFICATE

This is a bonafide work done by Ram Kumar R and Silambarasi C B.Sc (N) III Year, Sathyabama College of Nursing, Sathyabama Institute of Science and Technology , Chennai, submitted in partial fulfilment for the Degree of Bachelor of Science in Nursing under the Sathyabama Institute of Science and Technology (Deemed to be University) , Chennai.

College seal



Signature of the Dean:


DEAN
SATHYABAMA
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Jeppiaar Nagar, Rajiv Gandhi Salai,
Chennai - 600 119.

ENDORSEMENT BY THE RESEARCH GUIDE

This is to certify the project work entitled “**A study to assess the effectiveness of structured teaching programme on ill effects of alcoholism among adults in low socio economic background Chennai**”, is a bonafide research work done by Silambarasi C and Ram Kumar R in partial fulfillment of the requirement for the degree of Bachelor of science in nursing.



SEAL AND SIGNATURE OF THE RESEARCH GUIDE

Head of the Department
Department of Mental Health Nursing
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DECLARATION

We hereby declare that the present project report entitled “**A study to assess the effectiveness of structured teaching programme on ill effects of alcoholism among adults in low socio economic background Chennai**”. Is the outcome of the original research work undertaken and carried out by us under the guidance of Mrs.Prathiba Msc (N), Sathyabama College of Nursing, Chennai. We also declare that the material of this project report as not formed in anywhere, the basis for the award of any degree in this university or any other university.

BY

(Sathyabama college of nursing)

C. Silambarasan
R. Ramakrishnan

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ABSTRACT

Alcoholism is an addiction to the consumption of alcoholic drink. It is very common type of substance abuse. Alcohol is a central nervous system depressant. It produces transient feeling of well-being. People who are referred to as alcoholics. Alcoholics compulsively use alcohol to cope with conflicts and tension. Worldwide there were about 3.3 million deaths from alcohol consumption according to the WHO (2020), which averages to about one death per 10 seconds. For the total population of India, about 28% consume liquor. About 7% of the alcohol consumed is in the form of beer, less than 1% is wine and 93% is in the form of spirits (WHO 2019). There has been a rapid change in patterns and trends of alcohol use in India.

A Study to assess the effectiveness of structured teaching programme on knowledge regarding the ill effects of alcoholism among adults in low socio-economic background, Chennai. The objectives are To assess the pre-test knowledge regarding ill effects of alcoholism among adults. To assess the post-test knowledge regarding ill effects of alcoholism among adults. To find out the effectiveness of structured teaching programme on knowledge regarding the ill effects of alcoholism among adults. To find out association of pre-test knowledge on ill effects of alcoholism among adults with selected socio demographic variables. To create awareness on ill effects of alcoholism among adults, the age group between 25-45 yrs sample of 30 adults by using Non probability Convenient sampling were selected for the study. An extensive review of literature and guidance by experts formed the foundation to the development of the study. The data collection tool was validated and reliability was established. The data collection for the study was done from the collected data was tabulated and analysed. Overall mean in knowledge regarding ill effects of alcoholism among adults 9.13 over all standard deviation as 17.49. The frequency distribution in the study shows that majority 7 (23.4%) were having inadequate knowledge regarding ill effects of alcoholism among adults, 18 (60%) of them having moderate knowledge and 5 (16.7) of them having adequate knowledge. There is a significant difference in pre test and post test regarding ill effects of alcoholism among adults, the t value (2.85) was greater than the table value at 0.05% significance.. There is significant difference in .effectiveness of structured teaching programme on knowledge regarding ill effects of alcoholism among adults.

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CHAPTER 1

INTRODUCTION

“When you quit drinking you stop waiting”

Alcoholism is an addiction to the consumption of alcoholic drink. It is very common type of substance abuse. Alcohol is a central nervous system depressant. It produces transient feeling of well-being. People who are referred to as alcoholics. Alcoholics compulsively use alcohol to cope with conflicts and tension. Worldwide there were about 3.3 million deaths from alcohol consumption according to the WHO (2020), which averages to about one death per 10 seconds. For the total population of India, about 28% consume liquor. About 7% of the alcohol consumed is in the form of beer, less than 1% is wine and 93% is in the form of spirits (WHO 2019). There has been a rapid change in patterns and trends of alcohol use in India.

An Adult is a period when lots of changes take place in body and mind. Adolescent students use harmful and illegal substance at younger age. Continuous use of such substance leads to physical and psychological harm and is difficult to stop. Substance abuse is growing at an explosive rate, and in just little over a decade, it has spread its malevolent tentacles to almost every part of the globe surmounting almost all barriers of race, caste, creed, religion, sex, educational status, economic strata, etc. Current statistics found that 29% of college students report that illegal drugs were made available to them on college. College students in upper grades report greater access to drugs than do teenagers in lower grades. Substance abuse is found in all age groups, but its prevalence is higher among adolescence and young adults, a large majority of whom are students.^[4] Use of tobacco, alcohol, and other substances is a worldwide problem and affects many children and adolescents.¹ Early initiation of substance use is usually associated with a poor prognosis and a lifelong pattern of deceit and irresponsible behaviour.

Mental Health and Psychiatric Nursing, enlisted the social complications of alcohol dependence as marital disharmony, occupational problems, financial problems, criminality and accidents. Psychosocial problems such as low self-esteem, poor stress management skills, escape from reality, lack of interest in conventional goals, intra-familial conflicts due to alcoholism. (Ahuja, Niraj (2006).

Alcohol produces a sedative effect by depressing the central nervous system. Depending on the amount of alcohol ingested, the effect can range from feelings of mild sedation and relaxation to serious impairment of motor functions, speech, confusion and severe intoxication that can result in coma, respiratory failure and death

Alcoholism is a significant problem all over the world. Chronic alcoholism causes severe health problem like liver disorder, gastrointestinal problem, diabetes, skin, muscle, bone disorder and reproductive problem. Prolonged heavy use of alcohol can lead to addiction.

Extensive alcohol intake is likely to produce withdrawal symptoms including severe anxiety, tremor, hallucination and convulsion. Drinking is considered harmful when alcohol consumption has actually caused physical or psychological harm. People with alcohol abuse have one or more of the alcohol-related problems over a period of one year like failure to fulfill work or personal obligations, recurrent use in potentially dangerous situations

Vaikashini, P., and Jayasudha, A. has done study of structured teaching programme on ill effectiveness of alcoholism (among Alcoholics). In this study they used pre-experiment research design was used. Convenient sample technique was used. Results revealed frequency and percentage distribution of pre-test Inadequate= 53.33% Moderate=46.66% Adequate 0% In post-test Inadequate = 0% Moderate 36.66% Adequate= 63.33%.

BACKGROUND OF THE STUDY:

Alcoholism is chronic progressive and often fatal disease. It is a primary disorder and not a symptom of other disease or emotional problems. The chemistry of alcohol allows it to effect nearly every type of cell in the body, including those in the central nervous system.

The term alcoholism was first used by the physician Magnus Huss (1849) to describe the systematic adverse effects of alcohol Alphone Jacob (2003) defined alcoholism as the use of alcoholism beverages to the point of causing damage to the individual society or both.

The world health organisation European charter on alcohol states that all children and adolescents have the right to grow up in an environment protected from the negative consequences of alcohol consumption and to the extent possible, from the promotion of alcoholic beverages.

Alcohol consumption has steadily increasing in developing countries like India and decrease in developed countries since the 1980's.

NEED FOR THE STUDY:

“It is easier to stay out than get out.”

-Mark Twain

Alcohol problems are associated with life style and socio-economic conditions of people. These are becoming more – prevalent in adolescents – both boys and girls mainly because of their risk taking behaviour and more over the emotional control of family; the moral control of school and the social control of community are declining. Information explosion and communication across cultural boundaries through mass media have lot of influence on behaviour pattern of adults all over the world.

Alcoholism is a significant problem all over the world. Chronic alcoholism causes severe health problem like liver disorder, gastrointestinal problem, diabetes, skin, muscle, bone disorder and reproductive problem. Prolonged heavy use of alcohol can lead to addiction.\

In 1956 WHO and American psychiatric association declared that alcoholism is a disease and needed treatment . Alcohol has been one of the most commonly used chemical substances for in toxification by mean cause physical , psychology, and social problems

2011 Global Status Report on Alcohol & Health states that there has been a marked increase in alcohol consumption amongst young people in recent years. The 2008 Global report from 73 countries showed a five-year trend in under-age drinking with 71% of countries reporting an increase.

Extensive alcohol intake is likely to produce withdrawal symptoms including severe anxiety, tremor, hallucination and convulsion. Drinking is considered harmful when alcohol consumption has actually caused physical or psychological harm.

People with alcohol abuse have one or more of the alcohol-related problems over a period of one year like failure to fulfil work or personal obligations, recurrent use in potentially dangerous situations

The investigator felt that there is a compelling need to assess the knowledge of adolescent students regarding ill effects of alcohol and carry out an effective intervention to create awareness among the adolescents about alcoholism and its ill effects. Thus they will be prevented from alcohol consumption with timely and proper motivation. Prevention and education are the important aspects of nursing care in any setting. Therefore, planned health teaching is one of such effective intervention which can be carried out to bring the awareness among adolescent students in a school set up as nurses are recognized as authorities on health, they can educate individuals, groups and communities about alcoholism, its adverse effects.

STATEMENT OF THE PROBLEM:

“A Study to assess the effectiveness of structured teaching programme on knowledge regarding the ill effects of alcoholism among adults in low socio-economic background, Chennai.”

OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge regarding ill effect of alcoholism among adults.
- To assess the post-test knowledge regarding ill effect of alcoholism among adults.
- To find out the effectiveness of structured teaching programme on knowledge regarding the ill effects of alcoholism among adults.
- To find out association between pre-test knowledge on ill effects of alcoholism among adults with selected socio demographic variables.
- To create awareness on ill effects of alcoholism among adults.

HYPOTHESIS:

H1: There will be a significant difference on knowledge regarding the ill effects of alcoholism among adults before and after structured teaching programs

H2: There will be a significant association between the pre-test of knowledge regarding ill effects of alcoholism with their selected demographics variables.

OPERATIONAL DEFINITION

Assess:

It refers to the act of gathering data on the knowledge on ill effects of alcohol by using self-structured questionnaire prepared by the investigator and analysis of data using statistical methods.

Structured teaching program:

Refers to instructional methods such as lecture cum demonstration and teaching aids such as charts, posters, models designed for adults to provide information regarding the ill effects of alcoholism.

Knowledge:

To create awareness programme to adults have the ability to respond my questionnaire on ill effects of alcoholism by self-structured questionnaire

Ill effects:

Any effect of alcoholism or other that is in addition to other that is in addition to its intended effects, especially an effect that is harmful or unpleasant.

Alcoholism:

It means people inability to control drinking with and preoccupation of alcohol due to both a physical emotional dependence of alcohol of their age group 20 years to 45 above.

Adults

It refers to adults age between 20 years to 45 above.

Low socio economic background:

A way describing people based on their education, income and type of job. They are more likely to be in poor health and have chronic health condition and disabilities.

ASSUMPTIONS:

- The knowledge on alcoholism will vary from person to person.
- The adults will not have an optimal level of knowledge on alcoholism
- To creating awareness will improve the knowledge on alcoholism
- The study is limited to 30 samples

DELIMITATIONS:

- The study is limited to period of 1 week.
- The study is limited to middle adulthood.
- The study is limited to 30 samples.

CONCEPTUAL FRAMEWORK

A conceptual framework is a set of ideas and concepts that are used to guide research. It helps researchers to understand the relationship between different variables and to identify the factors that need to be studied in order to answer a research question.

The conceptual framework adopted for the study was based on ‘‘Pender’s Health Promotion Model (1987)’’ Health promotion model is directed towards increasing the level of wellbeing and self-actualization in a given individual group. The model focuses on the aspects of modified factors, cognitive perceptual factors, participating in health promotion behaviour

MODIFYING FACTORS

In this study, the modifying factors are demographic variables of Adulthood. This includes age, sex, Age, Religion, Marital status, Education, Occupation, Income type, Income per month, Socio economic status, Personal hobbies, How many dependence in your family members.

COGNITIVE PERCEPTUAL FACTOR

It refers to the knowledge regarding program on ill effects of alcoholism, it includes importance of health, in-ordered complications and signs and symptoms.

PARTICIPATING IN HEALTH PROMOTION BEHAVIOR:

According to this model, structure teaching programme should results in improvement of knowledge. It includes importance of health, in-ordered complications and signs and symptoms through a self-structured questionnaire.

DEMOGRAPHY

DEMOGRAPHIC VARIABLES:

- 1)Age in year
- 2)Religion
- 3)Marital status
- 4)Education
- 5)Occupation
- 6)Income type
- 7)Income per month
- 8)Socio economic status
- 9)How many dependence in your Family members
- 10)Personal Hobbies

FACTORS

It refers to the knowledge regarding ill effects of alcoholism by using power-point and pamphlets

It refers to the knowledge regarding program on ill effects of alcoholism, it includes importance of health, in-ordered complications and signs and symptoms

PROMOTION

Participation of people in this study and sharing of knowledge regarding the ill effects of alcoholism.

Eliciting knowledge regarding on ill effects of alcoholism it includes importance of health, in-ordered complications and signs and symptoms through a self-structured questionnaire.

Inadequate knowledge

Moderate knowledge

Adequate knowledge

CHAPTER 2

REVIEW OF LITERATURE

According to, BT. Bsavanthappa (1998) review of literature was a key step in the research process. Its refers to an extensive and systematic examination of publications relevant to research project. The extensive review was made to strengthen the present study in order to lay down the foundation which helps us to reveal the prevailing situation of the similar studies in different areas. The related literature of this study was presented in the following sections.

Studies related to alcoholism among adults.

Martin p davoren, et al conducted a cross-sectional study to heavier alcohol consumption among university students, especially women. The aim of this study is to investigate the prevalence and correlates of hazardous alcohol consumption (HAC) among university students with particular reference to gender and to compare different modes of data collection in this population. The data was collected a large Irish university. A total of 2275 undergraduates completed the classroom survey, 84% of those in class and 51% of those registered for the relevant module. The study using a classroom distributed paper questionnaire and the results in classroom sample, 66.4% (95% CI 64.4 to 68.3) reported HAC (65.2% men and 67.3% women). In women, 57.4% met HAC thresholds for men. Similar patterns of adverse consequences were observed among men and women. Students with a hazardous consumption pattern were more likely to report smoking, illicit drug use and being sexually active. Prevalence of HAC measured using the Alcohol Use Disorders Identification Test for Consumption (AUDIT-C) and the proportion of university students reporting 1 or more of 13 adverse consequences linked to HAC. HAC was defined as an AUDIT-C score of 6 or more among males and 5 or more among females. The findings highlight the high prevalence of HAC among university students relative to the general population. Public policy measures require review to tackle the short-term and long-term risks to physical, mental and social health and well-being

Jens christoberskogen, et al conducted a Cross-sectional study of alcohol and drugs are prevalence among adolescents. The aim of the study was to investigate the debut of any alcohol or drug use and alcohol-related and drug-related problems and mental health. The Data stem from the large population-based sample of Norwegian adolescents (N=9203), where all adolescents aged 17–19 years living in Hordaland county (Norway) were invited to participate. The main independent variables were debut of alcohol and drug use, alcohol consumption and the presence of alcohol and drug problems as measured by CRAFFT. Statistical analyses included logistic regression models. Results debut of alcohol and drug use were associated with symptoms of depression, inattention and hyperactivity (crude ORs 1.69–2.38, p

Flensburg, et alConducted a study on alcohol use disorders increase the risk of completed suicide irrespective of other psychiatric disorders. The aim of this study was to analyze the risk of completed suicide among individuals with alcohol use disorders and to assess the role of other psychiatric disorders in this association. A prospective cohort study was used, containing three updated sets of lifestyle covariate and 26 years follow up of 18, 146 individuals between 20 and 93 years of age from the Copenhagen city heart study in Denmark. The study population was linked to four different registers in order to detect completed suicide, Alcohol Use Disorder, Psychotic disorders, anxiety disorders, mood disorders, personality disorders, drug abuse and other psychiatric disorders. Individuals register with Alcohol Use Disorder were at significantly increased risk of committing suicide, with a crude hazard ratio of 7.98, confidence interval : 5.27-12 compared to individuals without Alcohol Use Disorder adjusting for all psychiatric disorders the risk fell to 3.23. The result revealed that individuals registered with Alcohol Use Disorder are at highly increased list of completed suicide.

Studies related to knowledge regarding ill effects of alcoholism

Vaibhavjani, et al (2014) conducted a pre-experimental design, to describe the knowledge and attitudes towards alcohol among adolescents, nonprobability conveint sampling technique was used from 60 adolescents and the age group of 17-22years at Vadodara district. The data was analyzed using

descriptive and inferential statistics, The Results overall mean knowledge was found to be more (68.8%) about general information on alcohol than the 28 knowledge on the effects of alcohol (33.2%). The overall mean attitude was 77.7%. The highest attitude response identified in the aspect of keeping away from alcoholics (92%).A significant association is found between knowledge and type of family. They concluded that from the entire variable only one variable that is domicile significantly associated with pre-test knowledge score hence the hypotheses was partially accepted for these variable

Gitumonikonwar conducted a descriptive study on impact of structure teaching programme on alcoholism among adolescence in three schools . Totally 100 students were selected by lottery method. The type of sampling used was random sampling technique. The questionnaire was consist of 2 sets section-A and section-B. section-A are demographic variable and section-B have self structure questionnaire and it followed by conducting a structure teaching programme through audiovisual aids. The result of the study conducted that presence of majority is 78% students have no alcoholic in family members whereas 22%students have alcoholic in their families. Finally majority of higher secondary students 92%had moderately adequate knowledge in pre-test and knowledge score.

Prabhu, S., conducted a experimental research on 2016 the descriptive research design was used in this study. Substance abuse due to lack of knowledge regarding ill effects among age group of 19-22 yrs at selected nursing college. The type of sampling is random sampling technique. In this study to asses the knowledge level and attitude level towards alcohol use. Finally result of the study is students are aware about the ill effects of alcohol about 63% having adequate knowledge & 29% moderate adequate knowledge and having negative attitude towards alcohol 92% students have unfavourable attitude.

Joseph,O. I, conducted a study on "The effect of alcohol consumption on the academic performance of undergraduate students. In educational institution ,success is measured by academic performance. Most people know that academic performance generally refers to how well a student is accomplishing his or her task and studies. This study investigated the effect of

alcohol consumption on the academic performance of undergraduate students. A survey research design was used. A pilot study was carried out with 30 students to validate and determine the psychometric properties of the questionnaire used in this study. Total of 200 respondents, 114 male and 86 female with ages ranging between 13 and 25 yrs participated in this study. The structured questionnaire developed by the researcher and internal consistency was used to tap relevant information from the participants of the study. The questionnaire consists of different sections with each of the sections collecting information on the variable of interest. It comprised A, B, & C. Section A consists of demographic variables, section B consists of instruments measuring drinking behaviour and section C measures academic life and performance (CGPA) of the participants. Three hypotheses were tested using T-Test, Anova and simple regression analysis. The result revealed that there is a significant relationship between alcohol consumption and academic performance. The independent variable is alcohol consumption and the dependent variable is academic performance.

CHAPTER 3

RESEARCH METHODOLOGY

• Research approach	Quantitative approach
• Research Design	One group pre-test and post-test design
• Study Setting	Kannaginagar at Chennai
• Population	The accessible population of the pre-test study is adult from age of 25-45 at selected area at Chennai
• Sample technique	Non probability Convenient sampling
• Sample size	30
• Data collection	1) Pre-test 2) Structured teaching programme
• Day 7	post-test structured self-administered questionnaire to assess the level of knowledge regarding the ill effects of alcoholism

DESCRIPTION OF THE TOOL:

- Section –A: Socio-Demographic variables
- Section- B : Structured Self-administered Questionnaires

Section –A: Socio-Demographic variables

It consists age, religion, marital status, education, occupation, income type, income per month, socioeconomic status, how many dependence in your family and personal hobbies.

Section-B Structured self-administered Questionnaire

Structured self –administered questionnaire consists of 20 questions on ill effectsof alcoholism . Each questions has got 5 options and each options having marks based on scoring method.

SCORING IMPLEMENTATION

Score	Percentage	Knowledge level
<50	<50%	Inadequate
50-75	50%	Moderate
>75	>75%	Adequate

CHAPTER 4

ANALYSIS AND INTERPRETATION

The analysis and interpretation of data of this study were based on the data collected by structured questionnaire method. The results were computed using descriptive and inferential statistics. The data were entered into excel sheet and analysed. The probability value of $p < 0.05$ was considered to be significant.

THE OBJECTIVES OF THE STUDY WERE

- To assess the pre-test knowledge regarding ill effect of alcoholism among adults.
- To assess the post-test knowledge regarding ill effect of alcoholism among adults.
- To find out the effectiveness of structured teaching programme on knowledge regarding the ill effects of alcoholism among adults.
- To find out association pre-test knowledge on ill effects of alcoholism among adults with selected socio demographic variables.
- To create awareness on ill effects of alcoholism among adults.

HYPOTHESES

H1: There will be a significant difference on knowledge regarding the ill effects of alcoholism among adults before and after structured teaching programs

H2: There will be a significant association between the pre-test of knowledge regarding ill effects of alcoholism with their selected demographics variables.

PLAN FOR DATA ANALYSIS

The data collected were edited, tabulated, analyzed, and interpreted, a findings obtained were presented in the form of tables, and diagrams under the following sections.

SECTION-I

Frequency and distribution of samples based on their demographic variables.

SECTION-II

Frequency and percentage distribution of knowledge on ill effects of alcoholism among adults.

SECTION-III

Overall frequency and percentage distribution of the sample based on level of knowledge regarding ill effects of alcoholism among adults.

SECTION-IV

Comparison of pre and post level of knowledge regarding ill effects of alcoholism among adults.

SECTION-V

Association of overall level of knowlegde regarding ill effects of alcoholism among adults with their selected demographic variables.

SECTION-I

FREQUENCY AND DISTRIBUTION OF SAMPLES BASED ON THEIR DEMOGRAPHIC VARIABLES.

TABLE-1

FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE SAMPLES BASED ON THEIR DEMOGRAPHIC VARIABLE

n= 30

S.NO	DEMOGRAPIC VARIABLES	F	%
1	Age in years a)20-25 yrs b)26-30 yrS c)31-35 yrs d)36-45 e)46 and above	4 9 6 7 4	13% 30% 20% 23% 23%
2	Religion a) Hindu b) Muslim c)Christian	11 9 10	36% 30% 33%

3	Marital status		
	a) Married	19	63%
	b) Unmarried	11	36%
4	Education		
	a)SSLC	9	30%
	b) HSC	11	36%
	c) Graduation	10	33%
5	Occupation		
	a)Un employe	4	13%
	b)Employe	9	30%
	c)Government employe	7	20%
	d)Self employe	10	33%
6	Income type		
	a) Daily	3	10%
	b) Weekly	9	30%
	c) Monthly	13	43%
	d) Once in 15 days	5	16%
7	Income per month		
	a) Less than 10,000	12	46%
	b) 10,000-20,000	8	26%
	c) 21,000- 30,000	7	23%
	d) 31,000-40,000	3	10%

8	Socioeconomic status		
	a) Good	8	26%
	b) Average	14	46%
	c) Poor	8	26%
9	How many dependence in your family members		
	a)Less than 3 members	6	20%
	b)3-6 members	14	46%
	c)6-9 members	6	20%
	d)more than 9 months	4	13%
10	Personal Hobbies		
	a)Playing	7	26%
	b)Watching TV	13	43%
	c)Listening Songs	10	33%

Table1.1 shows majority 9(30%) were belongs to the age between 26-30yrs.

Table1.2 shows majority 11(36%) were belongs to the religion Hindu.

Table 1.3 shows majority 19(63%) were belongs to the marital status married.

Table 1.4 shows majority 11(36%) were belongs to the education HSC.

Table 1.5 shows majority 10(33%) belongs to the occupation Self employee.

Table 1.6 shows majority 13(43%) belongs to the income type monthly.

Table 1.7 shows majority 12(46%) belongs to the income per month less than 10,000.

Table 1.8 shows majority 14(46%) belongs to the socioeconomic status average.

Table 1.9 shows majority 14(46%) belongs to the how many dependence in your family members 3-6 members

Table 1.10 shows majority 13(43%) belongs to the personal hobbies Watching TV.

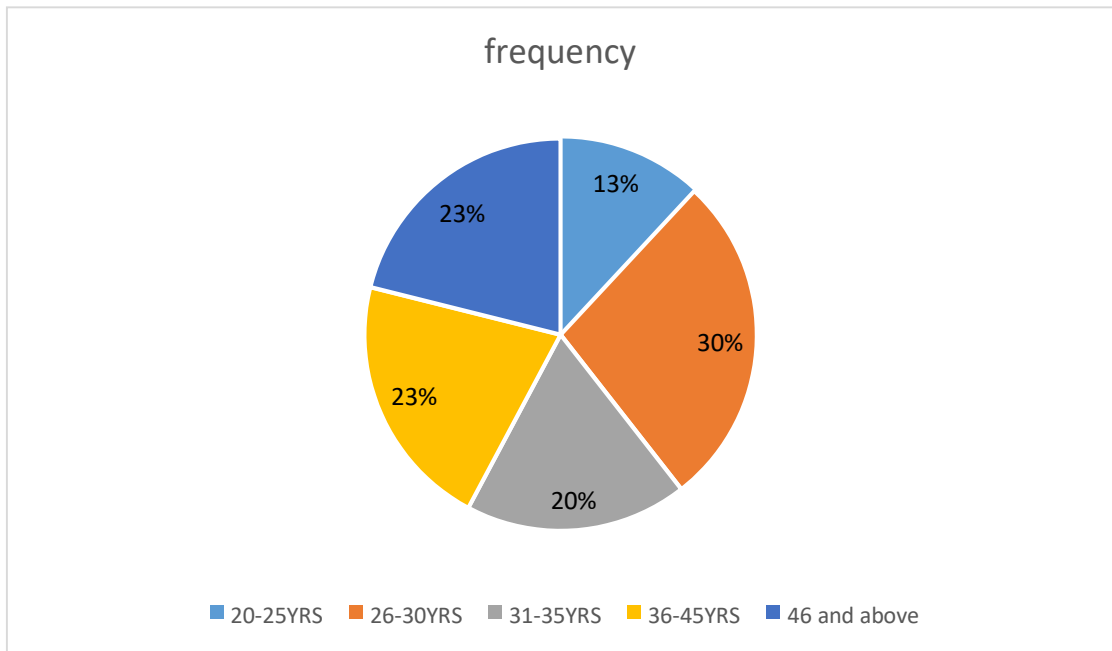


figure1 shows majority 9(30%) were belongs to the age between 26-30yrs.

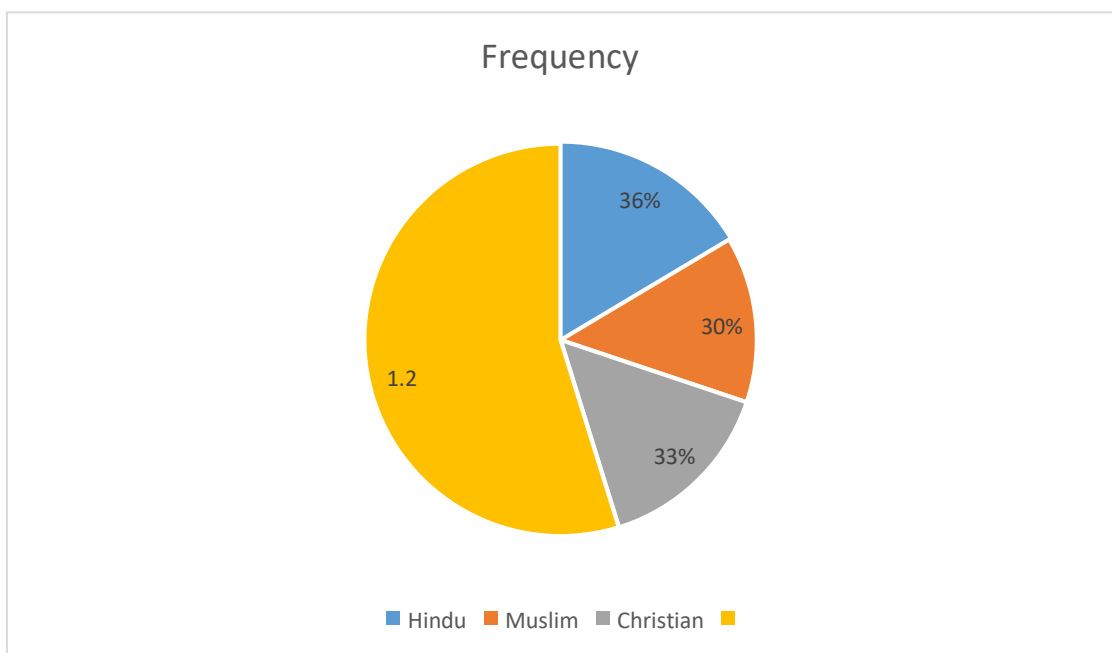


Figure1.2 shows majority 11(36%) were belongs to the religion Hindu.

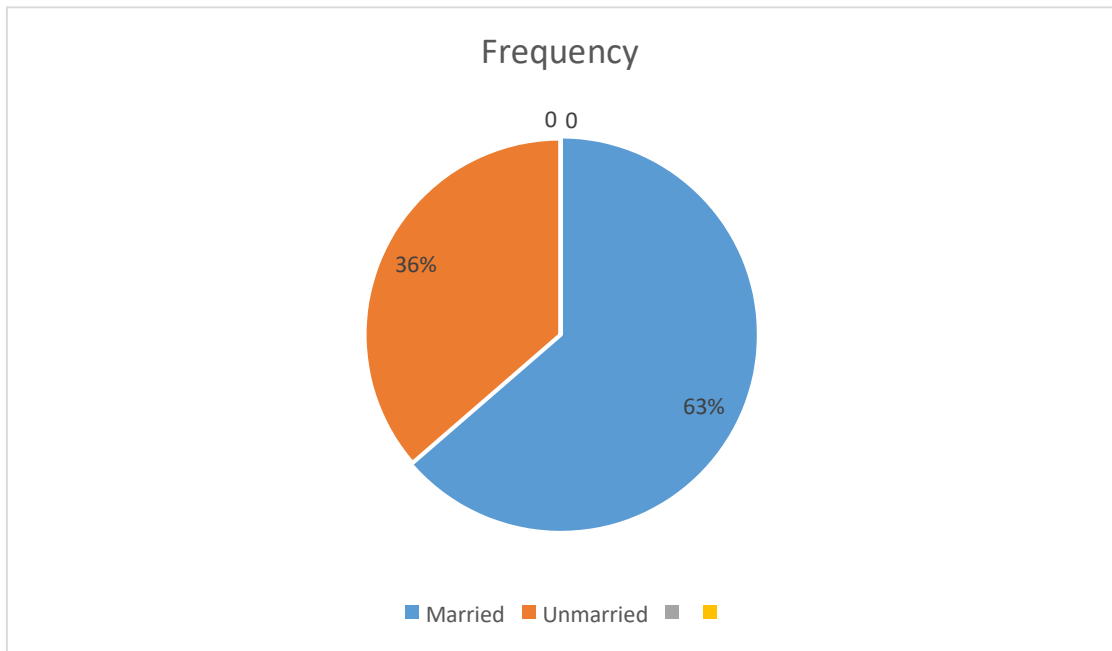


Figure 1.3 shows majority 19(63%) were belongs to the marital status married

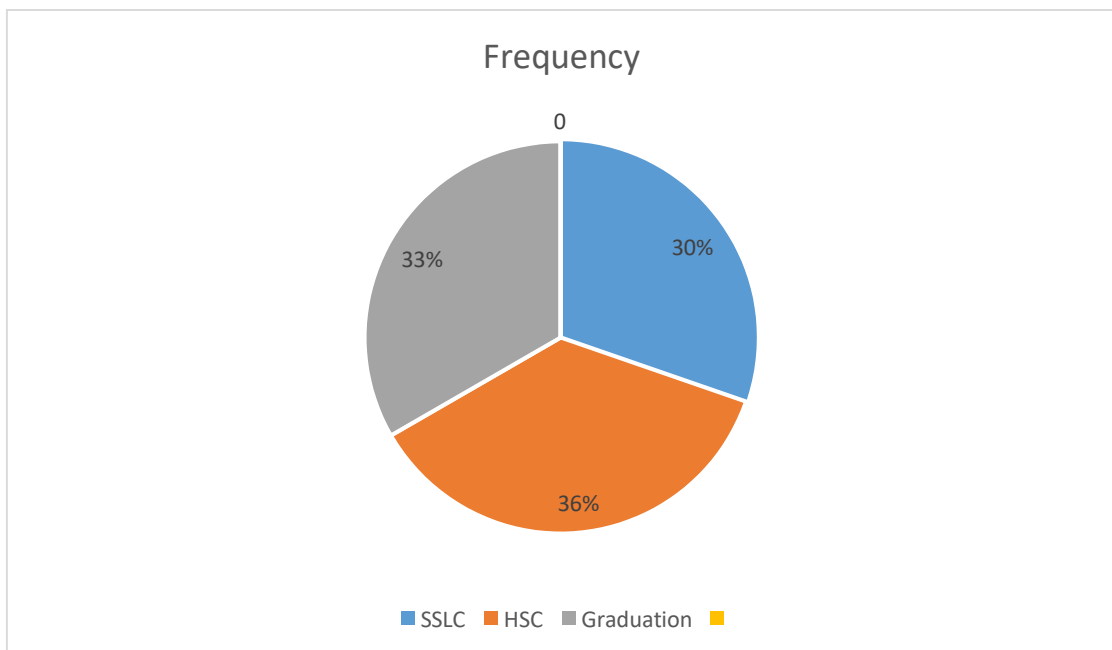


Figure1.4 shows majority 11(36%) were belongs to the education HSC.

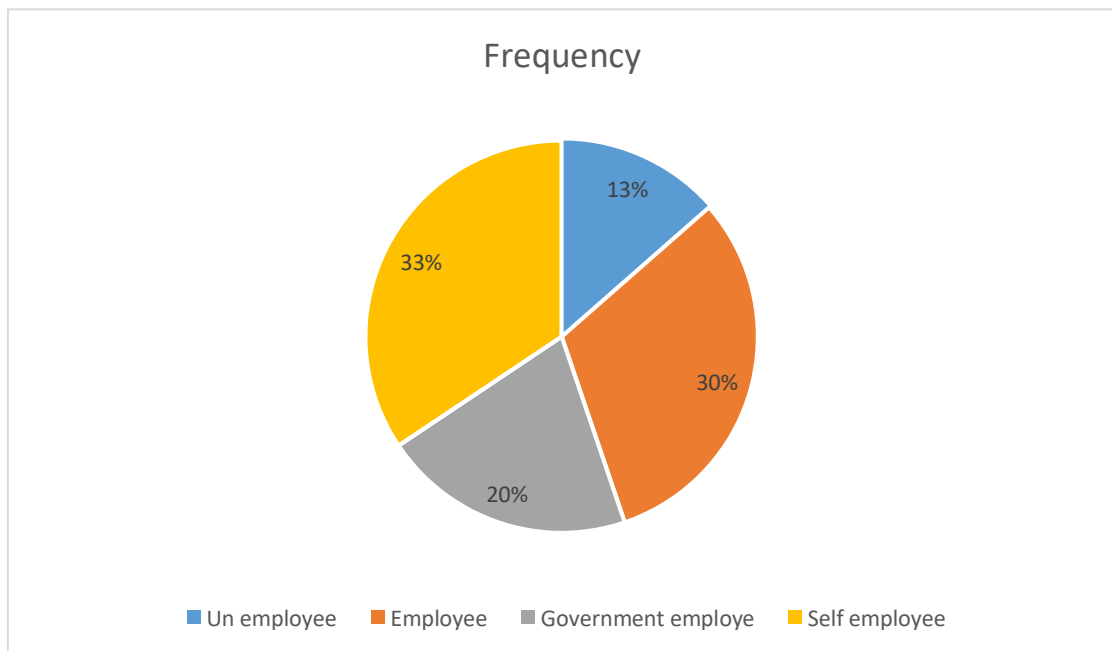


Figure 1.5 shows majority 10(33%) belongs to the occupation Self employee.

SECTION-II

FREQUENCY AND PERCENTAGE DISTRIBUTION OF KNOWLEDGE
ON ILL EFFECTS OF ALCOHOLISM AMONG ADULTS .

TABLE 2

**FREQUENCY AND PERCENTAGE DISTRIBUTION OF
KNOWLEDGE ON ILL EFFECTS OF ALCOHOLISM AMONG
ADULTS .**

S.NO	KNOWLEDGE BASED QUESTION ON EFFECTS OF ALCOHOLISM	F	%
1	I consume alcohol to try a new experience a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 5 7 6 5	24% 17% 24% 20% 17%
2	Iconsume alcohol due to family problems a) Strongly agree	6	20%

	b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 6 4 7	24% 20% 13% 24%
3	I consume 120-250 ml alcohol per day a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 6 7 4 6	24% 20% 24% 13% 20%
4	I drink up to 2 drinks to make me feel tipsy a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	6 4 5 8 7	20% 13% 17% 26% 24%
5	Did your friend offered alcoholic beverage for the first time a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	8 6 5 6 5	26% 20% 17% 20% 17%
6	I will spend minimum 500rs to consume alcohol per day a) Strongly agree	7	24%

	b) Agree	6	20%
	c) Neutral	5	17%
	d) Dis agree	6	20%
	e) Strongly disagree	6	20%
7	I started having alcohol at age of 20		
	a) Strongly agree	10	33%
	b) Agree	6	20%
	c) Neutral	6	20%
	d) Dis agree	6	20%
	e) Strongly disagree	2	6%
8	Do you beat your children or wife after consuming alcohol		
	a) Strongly agree	8	26%
	b) Agree	8	26%
	c) Neutral	5	17%
	d) Dis agree	5	17%
	e) Strongly disagree	4	13%
9	If you stop drinking, do you experience stomach upset		
	a) Strongly agree	4	13%
	b) Agree	7	24%
	c) Neutral	7	24%
	d) Dis agree	8	26%
	e) Strongly disagree	4	13%
10	During alcohol consumption I had hearing unknown voice		
	a) Strongly agree	9	30%
	b) Agree	6	20%
	c) Neutral	4	13%
	d) Dis agree	5	17%
	e) Strongly disagree	6	20%
11	When you consume alcohol have		

	you experienced symptoms like nervousness and shaking a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	9 5 7 2 7	30% 17% 24% 6% 24%
12	Do you consume alcohol 3 days in a week a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	8 6 7 5 4	26% 20% 24% 17% 13%
13	Do you unable to remember what happened the night before because you had been drinking a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 8 5 4 8	24% 26% 17% 13% 26%
14	If you stop drinking, do you experience inability to focus a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 4 5 9 4	24% 13% 17% 30% 13%
15	During alcohol consumption have you speak with object a) Strongly agree b) Agree	4 7	13% 24%

	c) Neutral	8	26%
	d) Dis agree	6	20%
	e) Strongly disagree	5	17%
16	Because of work tension I consume more alcohol a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	7 4 7 6 7	24% 13% 24% 20% 24%
17	Because of alcohol consumption I have miss lot of happiness a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	5 10 5 5 5	17% 34% 17% 17% 17%
18	Because of alcohol consumption I have miss lot of happiness a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	5 5 7 5 8	17% 17% 24% 17% 26%
19	Because of alcohol consumption I have miss lot of happiness a) Strongly agree b) Agree c) Neutral d) Dis agree e) Strongly disagree	6 7 4 8 4	20% 24% 13% 26% 13%

20	Because of alcohol consumption		
	I have miss lot of happiness		
	a) Strongly agree	8	26%
	b) Agree	5	17%
	c) Neutral	5	17%
	d) Dis agree	2	6%
	e) Strongly disagree	10	34%

SECTION-III

OVERALL AND PERCENTAGE DISTRIBUTION OF THE SAMPLE
BASED ON LEVEL OF KNOWLEDGE REGARDING ILL EFFECTS OF
ALCOHOLISM AMONG ADULTS.

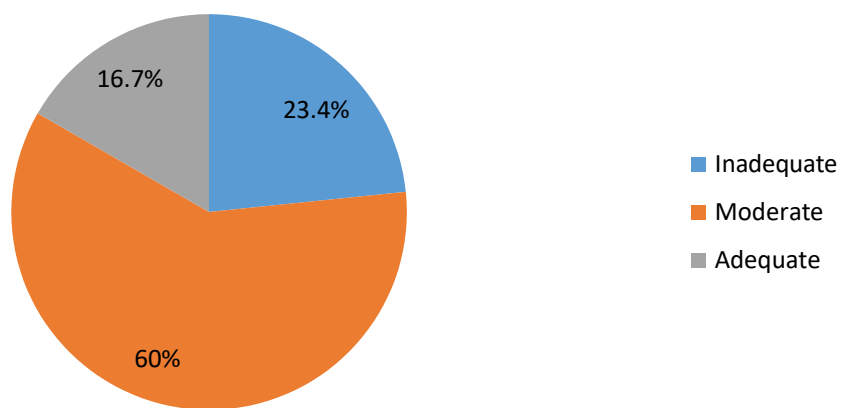
TABLE-3

**FREQUENCY AND DISTRIBUTION OVERALL KNOWLEDGE
REGARDING ILL EFFECTS OF ALCOHOLISM AMONG ADULT**

<i>S. No.</i>	<i>Level of knowledge</i>	<i>Frequency (F)</i>	<i>Percentage(%)</i>
1.	Inadequate	7	23.4%
2	Moderate	18	60%
3	Adequate	5	16.7%

Table-3 shows that 60% of the sample had moderate knowledge 23.4% of the sample had inadequate knowledge and only 16.77% had adequate knowledge on the level of knowledge regarding ill effects of alcoholism among adults

**FREQUENCY AND DISTRIBUTION OVERALL
KNOWLEDGE REGARDING ILL EFFECTS OF
ALCOHOLISM AMONG ADULT**



SECTION-IV

COMPARISON OF PRE AND POST LEVEL OF KNOWLEDGE REGARDING ILL EFFECTS OF ALCOHOLISM AMONG ADULTS.

TABLE-4

<i>Level of knowledge</i>	<i>Mean(%)</i>	<i>Mean difference</i>	<i>Standard Deviation</i>	<i>'t' value</i>
Pre-test	57.73	9.13	17.49	2.85
Post-test	36.5			p = 1.699

(* = Significant at 0.05 level)

The above table shows the comparison of pre and post level of knowledge regarding ill effects of alcoholism among adults. The post test mean score (36.5) was high when compared to the pre test mean score (57.73) of effects of alcoholism. The obtained t value (2.85) was higher than the table value at 0.05 level significance which shows that there was a significant difference in knowledge regarding ill effects of alcoholism among adults before and after structured teaching program. Hence the formulated research Hypothesis (H1) was accepted.

SECTION-V

ASSOCIATION OF OVERALL LEVEL OF KNOWLEDGE REGARDING
ILL EFFECTS OF ALCOHOLISM AMONG ADULTS WITH
DEMOGRAPHIC VARIABLES

TABLE-5

**ASSOCIATION OF OVERALL LEVEL OF KNOWLEDGE
REGARDING ILL EFFECTS OF ALCOHOLISM AMONG
ADULTS WITH DEMOGRAPHIC VARIABLES**

S No.	Demographic variables	Level of knowledge						Chi square value & p value
		Adequate		Moderate		Inadequate		
		F	%	F	%	F	%	
1	Age in years							X ² =4.22 Df=8 p=15.51 NS
	a)20-25 yrs	1	6%	3	20%	0	0%	
	b)25-30 yrs	2	13%	5	33%	2	13%	
	c)30-35 yrs	1	6%	3	20%	2	13%	
	d)35-45	1	6%	5	33%	1	6%	
	e)45 and above	0	0%	2	13%	2	13%	
2	Religion							X ² =3.89
	a) Hindu	2	13%	5	33%	2	13%	Df=4
	b) Muslim	3	20%	5	33%	2	13%	P=9.49
	c) Christian	0	0%	8	53%	3	20%	NS
3	Marital status							
	a) Married	1	6%	13	86%	5	33%	X ² =4.82
	b) Unmarried	4	26%	5	33%	2	13%	Df=2 P=5.99

								NS
4	Education							
	a)SSLC	1	6%	4	26%	3	20%	
	b) HSC	1	6%	8	53%	2	13%	$X^2=1.79$
	c) Graduation	3	20%	6	40%	2	13%	Df=4
								P=9.49
								NS
5	Occupation							
	a) Unemploye	1	6%	1	6%	2	13%	
	b) Employe	2	13%	6	40%	1	6%	$X^2=13.23$
	c)Government employee	6	6%	4	26%	2	13%	Df=6
	d) Self employe	1	6%	7	46%	2	13%	P=12.59

Table 4.5 shows Calculate value is less than table value. There is association is significant difference in level of knowledge regarding ill effects of alcoholism among adults.

6	Income type							
	a)Daily	1	6%	2	13%	0	0%	
	b)weekly	2	13%	5	33%	2	13%	$X^2=2.83$
	c)Monthly	2	13%	8	53%	3	20%	Df=6
	d)Once in 15 days	0	0%	3	20%	2	13%	P=12.59
								NS
7	Income per month							
	a)Less than 10,000	3	20%	6	40%	3	20%	
	b)10,000-20,000	2	13%	6	40%	0	0%	$X^2=15.718$
	c)20,000-30,000	0	0%	4	26%	3	20%	Df=6
	d)30,000-40,000	0	0%	2	13%	1	6%	P=9.49

Table 4.7 shows Calculate value is less than table value. There is association is significant difference in level of knowledge regarding ill effects of alcoholism among adults.

8	Socio economic ststus							
	a)Good	1	6%	6	40%	1	6%	$X^2=21.77$ Df=4 P=9.49
	b)Average	2	13%	7	46%	5	33%	
	c)Poor	2	13%	5	33%	1	6%	

Table 4.8 shows Calculate value is less than table value. There is association is significant difference in level of knowledge regarding ill effects of alcoholism among adults.

9	How many dependence in your family members				26%	1	6%	$X^2=13.39$ Df=6 P=12.59
	a)Less than 3 members	1	6%	4	53%	3	20%	
					33%	1	6%	
	b)3-6 members	3	20%	8	6%	2	13%	
	c)6-9 members	0	0%	5				
	d)more than 9 members	1	6%	1				

Table 4.9 shows Calculate value is less than table value. There is association is significant difference in level of knowledge regarding ill effects of alcoholism among adults.

10	Personal Hobbies							$X^2= -$ 4.326 Df=4 P=9.49 NS
	a)Playing	2	13%	4	26%	1	6%	
	b)Watching T	1	6%	8	53%	4	26%	
	c)Listening Songs	2	13%	6	40%	2	13%	

CHAPTER -5

DISCUSSION

This chapter discusses the findings of the study derived from statistical analysis and its pertinence to the objectives set for the study and related literature of the study

OBJECTIVES OF THE STUDY:

- ❖ To assess the pre-test knowledge level regarding ill effects of alcoholism among adults.
- ❖ To assess the post- test knowledge level regarding ill effects of alcoholism among adults.

DISTRIBUTION OF DEMOGRAPHIC VARIABLES REGARDING ILL EFFECTS OF ALCOHOLISM AMONG ADULTS

The finding related to

- Age of adult(years) in which majority 30% were in age group of 26-30 years.
- Religion in which majority 33% were in Hindu .
- Marital status in which majority 63% were in married.
- Education in which majority 36% were in higher secondary (HSC) and graduation.
- Occupation in which majority 33% were in self employee.
- Income type in which majority 43% were in monthly .
- Income per month in which majority 46% were in less than 10,000.
- Economic status in which majority 46% were in average people.
- Family dependence in which majority 46% were in 3-6 members.
- Personal hobbies in which 43% were in watching tv .

DISTRIBUTION OF MEAN AND STANDARD DEVIATION(SD) AND PAIRED T-TEST:

Regarding ill effects of alcoholism it was observed that the mean, standard deviation and t-test aspect regarding effects of alcoholism. Overall mean aspect is found to be 9.13 and standard deviation as 17.49 and t value as 2.85.

DISTRIBUTION OF ASSOCIATION REGARDING ILL EFFECTS OF ALCOHOLISM.

The frequency distribution in the study shows that majority 18 (60%) were belongs to moderate knowledge, 7(23.4%) of them inadequate knowledge and 5(16.7%) of them adequate knowledge effects of alcoholism. It shows that there is significant association regarding ill effects of alcoholism among adults with demographic variables like type of Occupation, income per month, socioeconomic status, family dependence .but there is no significant association between ill effects of alcoholism among adults with demographic variables like age, religion, marital status, education, income type, personal hobbies to adults.

CHAPTER-6

SUMMARY, CONCLUSION, IMPLEMENTATION, AND RECOMMENDATIONS

OBJECTIVES OF THE STUDY WERE TO

- ❖ To assess the pre-test knowledge regarding ill effects of alcoholism among adults.
- ❖ To assess the post- test knowledge regarding ill effects of alcoholism among adults.
- ❖

RESEARCH DESIGN

The research project was done to assess the knowledge regarding ill effects of alcoholism among adults in selected settings in Chennai. The objective of the study was to assess the level of knowledge on ill effects of alcoholism , and samples were selected by using a non- probability sampling technique. The tool used was a self-structured questionnaire. The time duration for the period of collection was from 20/08/2022 to 27/08/2022. The collected data was analysed and interpretation was done using statistical tabulation with appropriate percentages. By taking this project, the investigator was able to do the data collection analysis and interpretation for the study and assess the overall level of knowledge on effects of alcoholism among adults in selected settings in Chennai.

To assess the pre-test knowledge regarding ill effects of alcoholism among adults.

We have conducted a research topic on a study to assess knowledge level regarding ill effects of alcoholism among adults in socioeconomic background ,Chennai.30 samples were collected.

The study finding revealed that the:

- **Age of adult(years) in which majority 30% were in age group of 26-30 years.**
 - **Religion in which majority 33% were in Hindu .**
 - **Marital status in which majority 63% were in married.**
 - **Education in which majority 36% were in higher secondary (HSC) and graduation.**
 - **Occupation in which majority 33% were in self employee.**
 - **Income type in which majority 43% were in monthly .**
 - **Income per month in which majority 46% were in less than 10,000.**
 - **Economic status in which majority 46% were in average people.**
 - **Family dependence in which majority 46% were in 3-6 members.**
 - **Personal hobbies in which 43% were in watching tv .**
-
- **Socioeconomic status in which majority (46%) were belongs to average**
 - **Personal hobbies in which majority (43%) were belongs to watching tv.**

PRE - TEST:

- ❖ **ADEQUATE - 5**
- ❖ **MODERATE - 18**
- ❖ **INADEQUATE - 7**

TO ASSES THE POST- TEST KNOWLEDGE REGARDING ILL

EFFECTS ALCOHOLISM AMONG ADULTS.

- ❖ **ADEQUATE - 20**
- ❖ **MODERATE - 6**
- ❖ **INADEQUATE - 4**

CONCLUSION:

The study was conducted to assess the knowledge level regarding ill effects of alcoholism among the teenagers at selected settings in Chennai. The findings of the research project revealed that 16.7% had adequate knowledge, 60% had moderate knowledge and 23.4% had inadequate knowledge. Thus, the investigation was done to assess the overall level of knowledge of each sample and appropriate measures were taken to ensure that the adults receive adequate information and education regarding ill effects of alcoholism.

NURSING IMPLICATIONS:

Implications was done and drawn for nursing practice, nursing administration, nursing education and nursing research.

NURSING SERVICE

Nurse as an educator, leader, counsellor, motivator, supervisor and team member in various situation of work.

IMPLICATION FOR NURSING PRACTICE:

- ☐ Nurses should take the responsibility to teach parents and wives about the providing ill effects of alcoholism, encourage to physical activity, to read books.
- ☐ Nurses should provide psychological support as well as encourage adults.
- ☐ Additional counselling session was arranged to the parents, about ill effects of alcoholism during the data collection period.

IMPLICATION FOR NURSING ADMINISTRATION:

Nursing administrator may use the study findings to improve the quality of caring the community. The concept of the extended role of nurse offers many

opportunities for a nurse administrator to improve the quality of life of the public and health care professionals.

- The nurse administrator in the higher level of authority must hold discussion and meetings on the prevailing health status of the health care professionals. Based on that, the knowledge of community nurses can be assessed and related program can be planned and implemented.
- Administrator should organise in service education programs, refers a courses and workshops for health care professionals and encourage them to participate in this activity.

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ANNEXURE

ANNEXURE – II

Letter seeking expert's opinion and suggestion for the content Validity of the tool used for the study.

From

Reg No:39904022 (Ram Kumar R)
39904024 (Silambarasi C)
III-year BSc. Nursing,
Sathyabama College of nursing,
Chennai.

To

The Medical Officer
Kannagi Nagar
Chennai .

Sub: Expert opinion for content validation of research tool.

Respected Sir / Madam,

We Ram Kumar R (39904022), Silambarasi C(39904024) a nursing student in Sathyabama college of nursing, anticipate Your valuable self; if you would accept to validate my research tool on the topic "A study to assess the effectiveness of structured teaching programme knowledge regarding ill effects of alcoholism among adults at low socio economic background Chennai It would be highly appreciable if you would kindly affirm your acceptance to endorse your Valuable suggestions on this topic. I had attached the details of the study along with the research tool.

Thanking you

Date:

yours faithfully

Place:

Ram Kumar R
Silambarasi C

**Consent form (for participants 25 to 45 years of age) Parent/
Legally accepted representative (LAR)**

Participant's name : Address :

Parent/LAR's name :

Title of the project :

A study to assess the effectiveness of structure teaching programme on illeffects of alcoholism among adults at low socio economic background, Chennai

The details of the study have been provided to me in writing and explained to me it my own language. I confirm that I have understood the above study and had the opportunity to ask questions. I understand that my child's participation in the study is voluntary and that I am free to withdraw my child at any time, without giving any reason, without the medical care that will normally be provided by the hospital being affected. I agree not to restrict the use of any data or results that arise from this study provided such a use is only for scientific purpose. I have been given an information sheet giving details of the study. I fully consent for the participation of my child in the above study.

Assent of child/ward obtained (for participants 25 to 45 years of age)

Signature of parent/

LAR

Date:

Signature of the witness

Date: _____

Signature of the investigator:_____Date: _____

STRUCTURE TEACHING PROGRAMME ON ILL EFFECTS OF ALCOHOLISM:

Name of the presenter	Ram Kumar.R, Silambarasi.C
Topic	Ill effects of alcoholism
Duration	20 minutes
Venue	Kannaginagar, semmenchery
Medium of instruction	Power point and flash card
General objectives	The adults will gain knowledge
Attitude and practice skill regarding	ill effects of alcoholism

SPECIFIC OBJECTIVES

The adults will be able to

- Introduction to the topic
- Define the term of alcohol dependence
- Describe the properties of alcohol
- List out the causes of alcohol dependence
- Enumerate the psychiatric disorders due to alcohol dependence
- List out the sign and symptoms of alcohol dependence
- Illustrate the diagnostic evaluation
- Explain the medical management of alcohol dependence
- Point out the complications of alcohol dependence
- Explain the nursing management of alcohol dependence.

<i>Specific Objectives</i>	<i>Content</i>	<i>Teaching Learning</i>	<i>Av Aids</i>	<i>Evaluation</i>
Adults will be able to introduce the topic	INTRODUCTION Alcohol is a natural substance formed by the reaction of fermenting sugar with yeast spores. Although there are many alcohols, the kind in alcoholic beverages is known scientifically as ethyl alcohol. Different alcoholic beverages are produced by using different sources of sugar for the fermentation process. For example, beer is made from malted barley, wine from grapes or barriers, whiskey from malted grains, and rum from molasses. Distilled beverages (e.g, whiskey, scotch, gin, vodka, and other “hard” liquors) derive their name from further concentration of the alcohol through a process called distillation. Alcohol exerts a depressant effect on the CNS, resulting in behavioral mood changes.	explaining		
Adults will be able to define the term of alcohol dependence	DEFINITION: alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual ,society or both.	explaining	showing powerpoint presentation	What is alcohol dependence?

Adults will be able to describe the properties of alcohol	PROPERTIES OF ALCOHOL: Alcohol is a clear colored liquid with a strong burning taste. The rate of absorption of alcohol into the bloodstream is more rapid than its elimination. Absorption of alcohol into the bloodstream is slower when food is present in the stomach. A small amount is excreted through urine and small amount is exhaled.	Explaining	showing power point presentation	What are the properties of alcohol?
Adults will be able to list out the causes of alcohol dependence	Causes of alcohol dependence: • Genetic factors • cultural factors • availability • economical barrier • emotional pleasure • physical dependence	explaining ,listening	showing powerpoint presentation	list out the causes of alcohol dependence
Adults will be able to enumerate the psychiatric disorders due to alcohol dependence	PSYCHIATRIC DISORDERS DUE TO ALCOHOL DEPENDENCE: • Acute intoxication		showing powerpoint presentation	

adults will be able to explain medical management	3. Carbohydrate deficient transferrin(CDT) 4. gamma glutamyltransferase 5. liver function study 6. ECG MEDICAL MANAGEMENT 1. detoxification, DRUG CHOICES Tab. Benzodiazepine Tab. Diazepam Tab. Naltrexone Tab. acamprosate Tab. disulfiram PSYCHOLOGICAL MANAGEMENT 1. Group therapy 2. Cognitive therapy 3. Aversive conditioning 4. Behavior therapy 5. Individual therapy 6. Family therapy	explaining	showing powerpoint presentation	explain the medical management
adults will be able to point			showing	

out the complications of alcohol dependence	COMPLICATIONS 1. Pancreatitis 2. Pneumonia 3. Alcoholic hepatitis 4. Korsakoff's syndrome 5. Wernicke's syndrome 6. Suicide 7. Depression	explaining	powerpoint presentation	point out the complications of alcohol dependence
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SUMMARY AND CONCLUSION

Show for we have seen about the definition, causes, properties of alcohol, sign and symptoms and nursing management of alcohol dependence. It is very much benefited to adults.

SECTION – A

DEMOGRAPHIC VARIABLES

1. Age

- a) 20-25 yrs
- b) 26-30 yrs
- c) 31-35 yrs
- d) 36-40 yrs
- e) 45 and above

2. Religion

- a) Hindu
- b) Muslim
- c) Christian

3. Marital status

- a) Married
- b) Unmarried

4. Education

- a) SSLC
- b) HSC
- c) Graduation

5. Occupation

- a) Unemploy
- b) Employ
- c) Government employ
- d) Self-employ

6. Income type

- a) Daily
- b) Weekly
- c) Monthly
- d) Once in 15 days

7. Income per month

- a) Less than 10,000
- b) 10,000-20,000
- c) 20,000-30,000
- d) 30,000-40,000

8. Socio economic status

- a) Good
- b) Average
- c) Poor

9. How many dependence in your family members?

- a) Less than 3 members
- b) 3-6 members
- c) 6-9 members
- d) More than 9 members

10. Personal hobbies

- a) Playing
- b) Watching TV
- c) Listening songs

SECTION – B

Knowledge questions regarding ill effects of alcoholism

1. I consume alcohol to try a new experience

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

2. I consume alcohol due to family members

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

3. I consume 120-250 alcohol per day

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

4. I drink up to 2 drinks to make me feel tipsy

- a) Strongly agree
- b) Agree

- c) Neutral
- d) Disagree
- e) Strongly Disagree

5. Did your friend offered alcoholic beverage for first time

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

6. I will spend minimum 500 RS to consume alcohol per day

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

7. I started having alcohol at age of 20

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

8. Do you beat your children or wife after consuming alcohol

- a) Strongly agree
- b) Agree
- c) Neutral

- d) Disagree
- e) Strongly Disagree

9. If you stop drinking, do you experience stomach upset

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

10. During alcohol consumption I had hearing unknown voice

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

11. When you consume alcohol have you experienced symptoms like nervousness and shaking

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

12. Do you consume alcohol three days in a week

- a) Strongly agree
- b) Agree

- c) Neutral
- d) Disagree
- e) Strongly Disagree

13. Do you unable to remember what happened the night before because you had been drinking

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

14. If you stop drinking, do you experience inability to focus

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

15. During alcohol consumption have you speak with object

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

16. Because of work tension I consume more alcohol

- a) Strongly agree
- b) Agree

- c) Neutral
- d) Disagree
- e) Strongly Disagree

17. Because of alcohol consumption I have miss lot of happiness

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

18. Did you scar at your first drink

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

19. Do you agree that consumption of alcohol leads to health issues

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

20. Do you believe you would have a better life, if you didn't drink?

- a) Strongly agree
- b) Agree
- c) Neutral
- d) Disagree
- e) Strongly Disagree

பிரிவு -ஏ

1) வய F

- a) 20-25 ஆண் டுகள்
- b) 26-30 ஆண் டுகள்
- c) 31-35 ஆண் டுகள்
- d) 36-40 ஆண் டுகள்
- ஈ) 45 மற்றும் அதற்குமமல்

2) மதம்

- அ) இந் F
- b) முஸ் லிம்
- c) கிறிஸ் தவர்

3) திருமணநிலை

- அ) திருமணமானவர்
- ஆ)
- திருமணமாகாதவர்

4) கல்வி

- அ) எஸ் .எஸ் .எல்.சி
- b) HSC
- c) பட்டப்படிப்பு

5) ததாழில்

- அ) மவலலயின் லம
- b) பணியமரத்தவும்
- c) அரசுஊழியர்
- ஈ) சுயததாழில்

6) வருமானவலக

- அ) தினசரி
- b) வாராந்திர
- c) மாதாந்திர
- ஈ) 15 நாட்களுக்குஒர஁முலற

7) மாதவருமானம்

- a) 10,000க்கும்குலறவானF
- b) 10,000-20,000
- c) 20,000-30,000
- ஈ) 30,000-40,000

8) சமூகதபாருளாதாரநிலல

- ஒருநல்ல
- b) சராசரி
- c) ஏலை

9) உங்கள் குடும்ப உறுப்பினரின் எந்த அளவுக்கு உடனடி உதவி தேவை?

- அ) 3 உறுப்பினரின் அளவுக்கு உதவி தேவை
- ஆ) 3-6 உறுப்பினரின் அளவுக்கு உதவி தேவை
- இ) 6-9 உறுப்பினரின் அளவுக்கு உதவி தேவை
- ஈ) 9 க்கு மேல் உறுப்பினரின் அளவுக்கு உதவி தேவை

10) தனிப்பட்ட தபால் மூலமாக உங்கள்

- அ) விலையாடுதல்
- ஆ) டிவி பார்ப்பு
- இ) பாடல் கலக்கல்

பிரிவு - பி

குடிப்பைக்கத்தின் தீய விலைகள் பற்றிய அறிவு மகளவிகள்

1) புதிய அபிவிருத்தி முயற்சிப்பதற்காக நான் மீ அருள் கிமறன்

- அ) உறுதியாக ஒப்புக்கொள்கிறேன்
- ஆ) ஒப்புக்கொள்கிறேன்
- இ) நடுநிலை
- ஈ) உடன் படவில்லை
- இ) கடுமையாக உடன் படவில்லை

2. குடும்ப உறுப்பினரின் காரணமாக நான் மீ அருள் கிமறன்

- அ) உறுதியாக ஒப்புக் க்ந்த க்ள்கிமறன்
b) ஒப்புக் க்ந்த க்ள்கிமறன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

3. நான் ஒரு நாளைக்கு 120-250 மீ அருந்தி மிதன்

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

4. நான் டிப்ஸியாக உணர் 2 பானங்கள் வரை குடிப்பேன்

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

5. உங்கள் நண்பர் பரமாதல் முறையாக மீட்பானம்
தொடுத்தாரா?

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

6.

ஒரு நாளைக்கு மீ அருந்தி வதற்கு காலந்தபட்சம் 500

ரூபாய் தசலவிடுமவன்

அ) உறுதியாக ஒப்புக் கட்டக் கூடிய கிமறன்

- b) ஒப்புத்தகாள் கிமறன்
- c) நடுநிலல
- ஈ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில் லல

7.நான் 20 வயதில் மF அருந்த ஆரம்பித்ததன்

- அ) உறுதியாகஒப்புத்தகாள் கிமறன்
- b) ஒப்புத்தகாள் கிமறன்
- c) நடுநிலல
- ஈ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில் லல

8. மF அருந்திவிட்டு உங்
கள் குணைந்தகலளமயாஅல் லF

மலனவிலயமயா அடிப்பீரக் ளா?

- அ) உறுதியாகஒப்புத்தகாள் கிமறன்
- b) ஒப்புத்தகாள் கிமறன்
- c) நடுநிலல
- ஈ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில் லல

9. குடிப்பலதநிறுத்தினால் , வயிற்றறரிசசல் ஏற்படுமா?

- அ) உறுதியாகஒப்புத்தகாள் கிமறன்
- b) ஒப்புத்தகாள் கிமறன்
- c) நடுநிலல
- ஈ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில் லல

10. மஈஅருந் ஈம்மபாஈ எனக் குததரியாதகுரல் மகட்டஈ

- அ) உறுதியாகஒப்புக்குதகாஸ்கிமறன்
- ஐ) ஒப்புக்குதகாஸ்கிமறன்
- ஈ) நடுநிலல
- ஊ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில்லல

11)நீ ங்கள் மஈஅருந் ஈம்மபாஈபதட்டம் மற் றும் நடுக்கம் மபான்

றஅறிகுறிகலளநீ ங்கள் அஈபவித்திருக்கிறீர்க ள்

- அ) உறுதியாகஒப்புக்குதகாஸ்கிமறன்
- ஐ) ஒப்புக்குதகாஸ்கிமறன்
- ஈ) நடுநிலல
- ஊ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில்லல

12)வாரத்தில் மூண் றுநாடக் ள் மஈஅருந் ஈகிறீர்க ளா?

- அ) உறுதியாகஒப்புக்குதகாஸ்கிமறன்
- ஐ) ஒப்புக்குதகாஸ்கிமறன்
- ஈ) நடுநிலல
- ஊ) உடன் படவில்லல
- இ) கடுலமயாகஉடன் படவில்லல

13)நீ ங்கள் மஈஅருந்தியதால் முந்தையநாள் இரவுஎன் னநடந்த

ஈ எனப் பலதஉ ங்களால்நிலனவில்தகாஸ் ளமுடியவில்லலயா?

அ) உறுதியாக ஒப்புக் கட்டக்கூடிய கிமறன்

ஐ) ஒப்புக் கட்டக்கூடிய கிமறன்

ஈ) நடுநிலை

ஊ) உடன் பட்டவில்லை

இ) கடுலமயாகஉடன் படவில்லல

- 14)நீ ங் கள் குடிப்பலதநிறுத்தினால்,
நீ ங் கள் கவனம் தசலுத்தமுடியாமல்
மபாகிறீரக் ளா? அ)
உறுதியாகஒப்புக்தகாள் கிமறன்
b) ஒப்புக்தகாள் கிமறன்
c) நடுநிலல
ஈ) உடன் படவில்லல
இ) கடுலமயாகஉடன் படவில்லல

- 15)மFஅருந் Fம் மபாFநீ ங்
கள் ஒருதபாருளுடன் மபசமவண் டும்
அ) உறுதியாகஒப்புக்தகாள் கிமறன்
b) ஒப்புக்தகாள் கிமறன்
c) நடுநிலல
ஈ) உடன் படவில்லல
இ) கடுலமயாகஉடன் படவில்லல

- 16)மவலலதடன் ஷன்
காரணமாகஅதிகமFஅருந் Fகிமறன்
அ) உறுதியாகஒப்புக்தகாள் கிமறன்
b) ஒப்புக்தகாள் கிமறன்
c) நடுநிலல
ஈ) உடன் படவில்லல
இ) கடுலமயாகஉடன் படவில்லல

- 17)மFஅருந் Fவதால் நான் நிலறயமகிண் சசி லய
இந்ந் Fவிட்டமன்
அ) உறுதியாகஒப்புக்தகாள் கிமறன்
b) ஒப்புக்தகாள் கிமறன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

18) உங்கள் முதல் பானத்தில் பயம் உண்டா?

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

19) மஃஅருந் ஃவஃஉடல் நலப்பிரச்சி

லனகளாகக் குவழிவ

குக்கு

மஎன் பலதநீங்கள் ஒப்புக்கொள்கிறீர்கள்?

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை

20) நீங்கள் குடிக்கவில்லை என்றால், உங்களுக்கு சிறந்த

வாணிக்லக இரகுகும் என்னுந்ம் புகிறீர்கள்?

அ) உறுதியாக ஒப்புக்கொள்கிறேன்

b) ஒப்புக்கொள்கிறேன்

c) நடுநிலை

ஈ) உடன் படவில்லை

இ) கடுமையாக உடன் படவில்லை



