



'PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ILL-EFFECTS OF TOBACCO CONSUMPTION AMONG THE FOURTH CLASS WORKERS'

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Abstract

Nicotine is a psychoactive stimulating, habit forming substance found in tobacco. WHO stated that more than 500 million people who are alive today will be killed by tobacco by 2030 and tobacco consumption will become the single leading cause of death. Therefore, an evaluative study was conducted to find out the effectiveness of planned teaching programme through booklet on knowledge regarding ill-effects of tobacco consumption among the fourth class workers. This study was carried out among the fourth class workers in Choithram Hospital and Research Centre, Indore. The objectives were to find out the level of knowledge regarding ill-effects of tobacco consumption, practice of tobacco consumption and to evaluate the effectiveness of planned teaching program on creating awareness about the ill effects of tobacco consumption. A sample of 100 fourth class workers was selected using convenient sampling technique. One group pretest and posttest research design was used in the study. The finding of mean post-test knowledge score (23.42) was higher than the mean pre-test knowledge score (15.89). The findings also revealed that 42 (60.86 %) participants, 33 (47.81%) male and 9 (13.04%) females wished to stop tobacco consumption, whereas 27 (39.13%) participants, 24 (34.78%) male and 3(4.34%) female, were not serious to stop tobacco consumption.

Key words: Effectiveness, Planned teaching program, Knowledge, Ill-effect of Tobacco consumption, fourth-class workers.

Background

The Spanish word "tobacco" is thought to have its origin in Arawakan Language, particularly in the Teino language of the Caribbean and it refers to a roll of these leaves (Burtolome de las casas, 1552) or to the "Tobago", a kind of 'Y' shaped pipe for sniffing tobacco smoke (Oviedo, 1567). The International Classification of Diseases (ICD-10) has recognized that "tobacco dependence" is a disease. (W.H.O., 1997).¹⁵

The leaves of mature tobacco plants are dried and used to produce cigarettes, cigars, and pipe and chewing tobacco (Bhatia,MS.2006).¹

Smoking is one of the biggest causes of premature death in the Western world. Not only does it cause over one third of cancers, but it also causes heart disease and major forms of lung disease, such as chronic bronchitis and emphysema. Smoking had already killed 60 million people worldwide since 1950 and more likely to kill half a billion of those alive today unless current habits are changed.

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In the United Kingdom over 102,000 people die every year from smoking. Fifty thousand of these deaths are from cancer, mostly of the lung; almost 35,000 people died of lung cancer in the United Kingdom in 1998. Out of 1,000 young adults (if they all smoke), on an average 1 will be murdered; 6 will be killed on the roads; and 250 will be killed by smoking in middle age alone. In the European Union, disease attributable to smoking accounts for approximately 15 per cent of all deaths. Tobacco smoking has consistently been referred to "as the single most important preventable cause of premature death". (Bulletin of World Health Organisation. 2004)²

Need of the Study

Today of the 1.1 billion who smoke world-wide, 182 million (16.6%) live in India. Tobacco consumption continues to grow in India at 2 to 3% per annum and by 2020 it is predicted that it will account for 13% of all deaths in India. Tobacco used in India is more varied than in most countries. It was estimated that among the 400 million individuals aged 15 years and over in India, 47% used tobacco in one form or other. 72% of tobacco users smoke beedi, 12% smoke cigarette and 16% use tobacco in the smokeless form. Of the 250 million-kg tobacco cleared for domestic consumption in India, 85% is used for smoking,