

A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING SUBSTANCE ABUSE AND ITS HEALTH HAZARDS AMONG HIGH SCHOOL AND JUNIOR COLLEGE STUDENTS IN SELECTED HIGH SCHOOLS AND JUNIOR COLLEGES AT OSMANABAD

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ABSTRACT

This study aims to evaluate the effectiveness of a video-assisted teaching program in improving knowledge and altering attitudes regarding substance abuse and its associated health hazards among high school and junior college students in Osmanabad. The study employs a quasi-experimental design with pre- and post-intervention assessments to measure changes in knowledge and attitudes.

Keywords: *Substance abuse, video-assisted teaching, health hazards, high school students, junior college students, Osmanabad*

INTRODUCTION

Substance abuse represents a significant public health challenge that transcends geographic and socio-economic boundaries. Among adolescents, the risk of substance abuse is particularly pronounced due to developmental, psychological, and social factors that make this group more susceptible to experimentation and addiction. In India, as in many parts of the world, the prevalence of substance abuse among high school and junior college students is a growing concern, prompting the need for effective prevention strategies. The impact of substance abuse during adolescence can be devastating, leading to long-term health issues, impaired cognitive and emotional development, and adverse academic and social consequences. Thus, addressing this issue through innovative educational interventions is crucial for fostering a healthier future generation.

Traditional educational methods for addressing substance abuse often rely on standard lectures and printed materials, which may fail to engage students effectively. Recent advancements in educational technology suggest that incorporating multimedia elements into teaching strategies

can enhance engagement and learning outcomes. One such innovative approach is the use of video-assisted teaching programs. These programs leverage the power of visual and auditory stimuli to present information in a dynamic and engaging manner, potentially making complex topics more accessible and memorable for students. Given the increasing integration of technology into educational settings, it is pertinent to explore how video-assisted teaching can be utilized to address critical issues such as substance abuse.

The effectiveness of video-assisted teaching programs in improving knowledge and attitudes regarding substance abuse among adolescents is a relatively underexplored area of research. While there is ample evidence supporting the use of multimedia in education, specific studies examining its impact on substance abuse education are limited. This study aims to fill this gap by evaluating a video-assisted teaching program designed to enhance high school and junior college students' understanding of substance abuse and its health hazards. By focusing on students in selected high schools and junior colleges in Osmanabad, this research seeks to provide valuable insights into how such educational interventions can be tailored and implemented to achieve desired outcomes.

The primary objective of this study is to assess whether a video-assisted teaching program can effectively increase students' knowledge about substance abuse and alter their attitudes towards it. Knowledge is a critical component in substance abuse prevention, as understanding the risks and consequences associated with substance use can deter engagement in such behaviors. Additionally, attitudes play a significant role in shaping behaviors; thus, addressing and modifying negative or misguided attitudes towards substance abuse can further support prevention efforts. This study will use a quasi-experimental design, with pre- and post-intervention assessments to measure changes in knowledge and attitudes among students who participate in the video-assisted teaching program.

To understand the context of this research, it is essential to consider the broader landscape of substance abuse education. Previous studies have highlighted the limitations of traditional teaching methods in effectively communicating the dangers of substance abuse to adolescents. These methods often lack the interactive and engaging elements that are necessary to capture and maintain students' attention. In contrast, video-assisted teaching programs offer a more interactive and immersive learning experience, which can be particularly beneficial in conveying critical information about substance abuse. Videos can present real-life scenarios, demonstrate the physiological and psychological effects of substance abuse, and provide testimonials from individuals affected by addiction, thereby making the content more relatable and impactful.

The focus of this study on high school and junior college students in Osmanabad is particularly relevant given the region's unique socio-cultural dynamics and educational environment. Osmanabad, like many other regions, faces challenges related to substance abuse among youth, influenced by factors such as peer pressure, family environment, and limited access to effective educational resources. By implementing and evaluating a video-assisted teaching program in this context, the study aims to provide tailored insights into the effectiveness of such interventions in a specific cultural and educational setting.

Furthermore, this research will contribute to the growing body of knowledge on the use of multimedia in health education, particularly in the domain of substance abuse prevention. The findings will offer practical implications for educators, policymakers, and health professionals seeking to develop and implement effective substance abuse prevention programs. If the video-assisted teaching program proves to be effective, it could serve as a model for similar initiatives in other regions and educational settings, potentially leading to broader improvements in substance abuse education and prevention.

In the rising incidence of substance abuse among adolescents underscores the urgent need for effective educational interventions. Traditional methods have shown limitations in engaging and educating students about this critical issue. By exploring the effectiveness of a video-assisted teaching program, this study aims to provide a novel approach to substance abuse education, with the potential to enhance students' knowledge and shift their attitudes towards substance abuse and its health hazards. Through a carefully designed intervention and robust evaluation, this research seeks to contribute valuable insights into the effectiveness of multimedia-based education in addressing one of the most pressing public health issues facing adolescents today.

EFFECTIVENESS OF EDUCATIONAL PROGRAMS

1. **Improved Knowledge Retention:** Educational programs, particularly those incorporating multimedia elements like videos, have been shown to enhance knowledge retention by presenting information in engaging and varied formats.
2. **Behavioral Change:** Well-designed programs can lead to significant behavioral changes, as they often include components that address attitudes and provide practical strategies for avoiding risky behaviors.
3. **Increased Engagement:** Interactive and visually appealing programs tend to increase student engagement, making learning more interactive and enjoyable, which can improve participation and focus.
4. **Enhanced Understanding:** Educational programs that use real-life scenarios and case studies can help students understand complex issues, such as substance abuse, by making the content more relatable and applicable.
5. **Prevention of Substance Abuse:** Programs tailored to address substance abuse effectively educate students about the risks and consequences, leading to increased awareness and a decrease in substance use among adolescents.
6. **Adaptability:** Modern educational programs can be adapted to various learning styles and needs, allowing for more personalized and effective instruction.

Overall, educational programs, especially those integrating multimedia, are effective tools in enhancing knowledge, changing attitudes, and influencing behavior positively.

SUBSTANCE ABUSE AMONG ADOLESCENTS

Substance abuse among adolescents is a pressing public health issue with profound implications for individual and societal well-being. This period of development is marked by significant psychological, emotional, and social changes, which can make adolescents particularly vulnerable to experimenting with and becoming addicted to substances. The substances commonly abused include alcohol, tobacco, cannabis, prescription medications, and illicit drugs, each posing unique risks and challenges.

1. **Developmental Vulnerabilities:** Adolescents are at a stage where peer influence, curiosity, and the desire for acceptance can drive experimentation with substances. The prefrontal cortex, responsible for decision-making and impulse control, is still maturing, which can impair judgment and increase the likelihood of risky behaviors. This developmental immaturity makes it difficult for young people to fully understand the long-term consequences of substance abuse.
2. **Impact on Health:** The health impacts of substance abuse during adolescence are severe and multifaceted. Physically, substance abuse can lead to chronic health conditions such as cardiovascular disease, respiratory issues, liver damage, and neurological impairments. Psychologically, it can exacerbate mental health disorders, including depression, anxiety, and cognitive impairments. Moreover, substance abuse can significantly impair academic performance and social relationships, creating a cycle of negative outcomes.
3. **Social and Academic Consequences:** Adolescents who engage in substance abuse often face difficulties in their social and academic lives. Substance abuse can lead to poor academic performance, higher rates of school absenteeism, and increased likelihood of dropping out. Socially, it can result in strained relationships with family and peers, leading to social isolation and further psychological distress.
4. **Prevention and Intervention:** Effective prevention and intervention strategies are crucial for addressing substance abuse among adolescents. Educational programs that provide accurate information about the risks associated with substance use, promote healthy coping mechanisms, and build resilience are essential. Additionally, creating supportive environments both at home and in schools can help mitigate the risk factors associated with substance abuse. Counseling and behavioral therapies are effective in treating those who have already engaged in substance abuse, offering support and strategies to overcome addiction.

Substance abuse among adolescents represents a critical issue that demands targeted interventions and comprehensive support systems. Addressing this problem requires a multifaceted approach that includes education, prevention, and treatment strategies tailored to the unique needs of young

people. By focusing on both preventing initial substance use and providing effective treatment options, it is possible to reduce the prevalence of substance abuse and its detrimental effects on adolescent health and development.

CONCLUSION

In addressing substance abuse among adolescents is crucial for safeguarding their health and future well-being. Effective educational programs and preventive measures are essential in equipping young individuals with the knowledge and skills to resist substance use. By integrating engaging and informative methods, such as video-assisted teaching, and fostering supportive environments, we can significantly impact adolescents' attitudes and behaviors. Comprehensive strategies that combine education, early intervention, and ongoing support are vital in combating substance abuse and promoting healthier, more informed choices among youth. Ensuring these efforts are in place can help mitigate the risks associated with substance abuse and contribute to positive developmental outcomes.

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