

Effectiveness of an Alcohol Sensitization Program among Students at Selected Colleges in Lucknow

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Introduction

The consumption of alcohol has led to an increase in the number of violent deaths, cases of crepe hanging, bankruptcies, armed criminals, and shattered wedding bands. It has been responsible for the breaking of more hearts, the impairment of more people's eyesight and mobility, the deformation of more forms, the dishonouring of more masculinity and femininity, and the excavation of more graves. Over the course of the previous decade, the Social Development Foundation of ASSOCHAM found that alcohol consumption among young people aged 19 to 26 living in hostels increased by 60%. The vast majority of students enrolled in colleges and universities are under the age of 21, and are therefore considered to be minors. Alcohol is without a doubt the drug of choice for a great number of problems, but it also makes other problems much worse. A fact sheet reveals that annual sales of alcoholic beverages have been rising at a rate of 6% and that this trend is anticipated to continue. In addition to that, it says that people start drinking much earlier these days than they did in the past. The average age at which people had their first drink dropped from 23.36 to 15.45 years between the years 1990 and 2000.

Techniques and techniques

This study investigated whether or not college students in Lucknow would benefit from participating in a sensitization programme in terms of their knowledge and attitudes regarding alcohol and alcoholism. The study of the relevant books

allowed for a deeper comprehension of the matter. The literatures were combed through to glean information that was used to formulate the research strategy, conceptual framework, and sample methodology. The research was analysed and divided into four categories: alcohol use among college students; the reasons for drinking alcohol; the negative effects of drinking alcohol; alcoholism education and treatment; and alcoholism education and treatment. For the purpose of determining the efficacy of the intervention, this study utilised a group pre-test and post-test design. First, the samples were selected at random. Following the completion of the stratified sampling, a simple random sampling was carried out on the strata that had previously been stratified. We selected one hundred examples from a variety of fields.

The dependability of the tool was demonstrated by a test that was split in half. In order to assess people's levels of knowledge and attitudes regarding alcoholism and drinking, a comprehensive questionnaire was filled out. Statistics, both descriptive and inferential, were utilised by them. The research was geared toward achieving a specific goal, which was to collect, tabulate, and analyse data.

The findings of the research were: Only 2.35 percent of the hundred samples that were examined contained information on alcoholism. The pre-test determined whether or not the respondents had sufficient knowledge to proceed. As a direct result of this, over 77.35% of the samples had inadequate knowledge, whereas none of the samples had inadequate knowledge. Only on social issues did the majority of the samples have no opinion. In the post-test that took place 14 days after the sensitization session, it was found that over half of the participants (52 total) had the appropriate knowledge, while 40 had acceptable knowledge, and only 8 participants thought the programme was successful.

At the time of the post-test, the vast majority of the samples could not be classified as positive or negative on the social dimension. The levels of knowledge

regarding alcoholism were evaluated using paired t-tests both before and after the test was given. The computation unequivocally demonstrates that the education programme was successful, as demonstrated by the value of $t_{17.8}$. Before and after the test, the levels of acceptance, rejection, and avoidance, as well as social acceptability, were all consistent with one another. There was no correlation between gender and monthly income; however, there was a correlation between gender and knowledge about drinking and alcoholism. Both factors were related to monthly income. Chi-squared values range from 7.63 to 12.66.

DISCUSSION

2.15 percent of the 174 students who participated in the study had previously received information about alcohol from a medical specialist, which is one of the findings of the study. A survey of one hundred students revealed that only nine of them had been informed by health professionals. The findings of this study were also confirmed by other research. Suvita et al. Knowledge of drinking and alcoholism among students was evaluated in advance. The findings of the pre-test suggest that of the 152 samples (87.56%), the majority (137, or 81.55%) have no awareness of alcohol use or alcoholism. On the other hand, 13% (9.53%) have acceptable knowledge, and 0% (0%) have excellent knowledge. An investigation involving sixty college students found that 37 of them had some knowledge about alcoholism, 19 of them had no knowledge, and only four of them were qualified. The findings of the most recent research were consistent with those of the most recent study. The results of a survey conducted in Karnataka with late-adolescent students revealed that 61 percent of the pupils had "moderately sufficient" knowledge, 31 percent had "inadequate" knowledge, and 6.7 percent had "adequate" knowledge. The creative process is messy and difficult.

Before beginning the sensitization programme, it is important to conduct a before-and-after comparison of levels of awareness regarding alcohol and alcoholism.

At the time of the pre-test, 152 out of the 174 samples had insufficient knowledge about drinking and alcoholism, 22 out of the 170 samples had acceptable knowledge, and none of the samples had excellent knowledge. However, only three out of forty-eight samples showed insufficient knowledge seven days after the sensitization session, which demonstrates that participating in the programme increased participants' knowledge about alcoholism. The more information that is shared about alcoholism, the better. Schools in Pondicherry were visited to conduct research on 50 students aged 16 to 19 years old. To determine whether or not informing adolescents about alcoholism and ways to prevent it leads to an increase in their level of knowledge, samples were selected using a straightforward method of sampling. Only two of the 32 samples had any prior knowledge, and both of those samples were unsuccessful. Even if only two of the samples had insufficient knowledge, 28 of the samples had acceptable knowledge, and 20 of the samples had fairly adequate knowledge, this still demonstrates that educating teenagers about alcoholism would improve their knowledge. The findings of the most recent study were comparable to those of the earlier one. They have written: (Suvita et.al, 2015)

The cumulative academic knowledge of college students has a negative connection to the attitudes of these students.

According to the findings of this study, there is a positive correlation between knowledge and attitude.

It was found that the correlation between pre-test knowledge and attitude was -0.27, and the correlation between post-test knowledge and attitude was -0.11,

indicating that pre-test knowledge and attitude are negatively correlated among students who deal with alcohol and alcoholism. An earlier study found that there is a negative relationship between knowledge and attitude, as indicated by the value of r , which was -0.26 . (Tomeshwari)

It is reasonable to assume that pre-test knowledge levels and demographics are associated with one another. This study found that gender and monthly income were associated with a person's level of knowledge. This demonstrates how gender and financial status impact one's understanding of alcoholism. There was no connection found between demographic factors like age, education level, or family structure and alcohol knowledge. Awareness about drinking and alcoholism is relatively unaffected by demographic factors such as age, gender, ethnicity, social level, etc. A group of sixty adolescents participated in a study that investigated how enhancing knowledge of drinking and alcoholism can improve understanding of the disease of alcoholism. According to the findings, there is no connection between alcoholism knowledge and factors such as age, gender, religion, family circumstances, parents' education level, or profession. It was discovered that there is a connection between knowledge and the weekly day of the year. Deep trust emerges.

Conclusion

Students who don't have a solid understanding of alcoholism should still be exposed to topics dealing with alcohol. Not only are nurses expected to be aware of alcoholism, but they also need to have a solid understanding of the disease. Before the intervention, more than two-thirds of the students exhibited poor comprehension; after the intervention, however, only three students continued to do so. It is evident from this that the students gained knowledge about alcohol consumption and alcoholism through participation in the sensitization workshop.

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