

## **EFFICACY OF MOTIVATIONAL PROGRAMME FOR PREVENTION OF ALCOHOLISM AMONG COLLEGE STUDENTS AT SELECTED COLLEGES IN JHANSI.**

Mrs Renu Tripathi, Vice Principal In charge, MLB govt paramedical and training college, Jhansi.

### Introduction

Drinking has resulted in more blood being spilt, the hanging of individuals, the sale of homes, the propulsion of people into bankruptcy, the murder of children, and the breaking of wedding bands. It has dishonoured more masculinity and femininity, shattered more hearts, caused more people to kill themselves, distorted more shapes, hampered more eyesight, disabled more mobility, distorted more forms, and deformed more shapes. It has also caused more individuals to commit suicide and dug more graves. According to findings from a study conducted by the ALC foundation during the last ten years, there has been a rise of sixty percent in the amount of alcohol consumed by young adults in hostels who are between the ages of nineteen and twenty-six. The vast majority of students enrolled in colleges and universities are under the age of 21, and as a result, they are categorised as minors under the law. Alcohol is without a doubt the drug of choice for a broad variety of problems; yet, it also contributes to the development of additional issues. According to a sheet of information, sales of alcoholic beverages have been progressively increasing at the rate of 6% each year, and it is expected that this will continue to happen at the same pace. In addition to this, it is said that individuals start drinking at a younger age than they did in the past. The average age at which individuals begin drinking alcohol declined from 23.36 years down to 13.45 years between the years 2010 and 2019.

## Techniques and procedures

In the colleges located in Jhansi, India, this research was carried out to determine whether or not a Motivational programme would result in an increase in students' understanding and attitude concerning alcohol and alcoholism. In order to get a deeper comprehension of the subject at hand, study on pertinent works was carried out. The literatures were used not only to carry out the intervention, but also to generate the information required to carry out the sampling techniques, to determine the conceptual framework, and to devise a study plan. This was done in addition to the use of the literatures to carry out the intervention. There were four distinct categories that were used for the purpose of classifying the literature: the literature on the consumption of alcohol among college students, the literature on the reasons why people drink alcohol, the literature on the negative effects of drinking, and the literature on education about alcoholism and treatment for alcoholism. This research used a group pre-test and post-test technique, which was an excellent method for determining the effectiveness of the intervention. At the beginning of the process, the samples were selected. Following the completion of stratified sampling via the use of the stratification methods, the subsequent stage was to carry out simple random sampling on the strata that had been stratified. We came to the conclusion that we needed to collect a total of 200 samples from a variety of fields.

A split-half test was carried out in order to determine the instrument's level of dependability. Both a standardised test and a structured questionnaire were used to evaluate the participants' levels of knowledge and attitudes with relation to alcohol use and alcoholism, respectively. In order to analyse the data, both descriptive and inferential statistics were used. A particular objective served as the focal point of the research, which was then utilised to organise, compile, tabulate, and evaluate the data.

## Results

The study reveals a wide range of student demographics, including the following: out of the 200 samples, forty percent of students have moderate knowledge about alcohol use or alcoholism, ten percent have adequate knowledge, and fifty percent have poor knowledge. These findings come from the pre-test results. Only three of these samples had adequate information on the post-test, which was carried out thirty days following the Motivational session. This finding suggests that giving the Motivational programme resulted in an increase in knowledge about alcoholism. Sharing information on alcoholism may help improve people's understanding of the disease.

There is a negative correlation between the cumulative academic knowledge of college students and the attitudes that they report having.

A value for pre-test knowledge and attitude was found to be  $t=-1.27$  and  $1.36$  before and after the intervention was carried out, while a value for post-test knowledge and attitude was found to be  $t-13.11$  and  $18.44$ , which indicates that the intervention was a successful one.

The findings indicate that there is no correlation between demographic factors such as age, gender, religion, the education level of parents, and profession, and alcoholism knowledge. These factors include age, gender, and education level of parents. There was discovered to be a connection between the family dynamic and both knowledge and attitude.

## Conclusion

It is vital that the pupils be supplied with information connected to alcohol, even if they do not have a thorough grasp of alcoholism. Not only are nurses need to have extensive information about alcoholism, but they also need to have a solid

comprehension of the disorder. Before the intervention, over two-thirds of the students lacked an acceptable comprehension of the material; however, following the intervention, there were only three students who continued to struggle with this knowledge. This definitely demonstrates that the kids have received information about drinking and alcoholism as a consequence of the Motivational programme.

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