

Problem Solving: Alcoholism Prevention in Community

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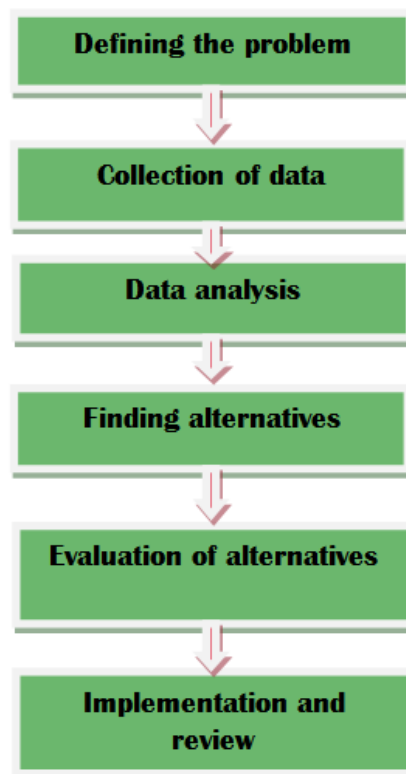
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Definition of Problem Solving

- It is a systematic process of solving simple or complex, short term or long term problem, by applying certain observational thoughts and action process in scientific way.
- It is a process of proceeding from a state of dissatisfaction to a state of satisfaction, which is the attainment of desired objectives or goals.
- It is a scientific process that provide a theoretical framework utilized in attaining the solution to complex problem.

PROBLEM SOLVING PROCESS



I. Introduction

Psychoactive substances have been used by people in almost all cultures since pre historic times. These substances have been seen as enhancers of individual and social functioning. People continue to use them for relief of negative emotional states, such as depression, fear and anxiety, relief from fatigue or boredom and as a break from daily routine through altered states of consciousness. Alcohol and drugs also continue to be used in various religious ceremonies. However, all cultures have recognized the negative effects of alcohol and drug use. Excessive use of these substances has contributed to profound individual and social problems.

Alcohol is the most commonly used recreational drug. Taken in moderation, it can be compatible with a healthy lifestyle. But alcohol has defined as ‘the nation’s number one health problem’ and a major cause of

disrupted family life, automobile and industrial accidents, poor job performance and increasing crime rates. Cirrhosis of liver almost invariably a result of alcohol abuse is the seventh leading cause of death among the productive youth of our country.



II. Identification Of Problem

Following measures were used for identification of problem:

- By formal and informal talks and discussion with nurses, doctors and people in the community.
- Observing the activities of people in the community.
- Interviewing and discussing with the people about their knowledge regarding alcoholism.
- Review of literature.

By adopting above measures, it was evident that in Nandnagri slum alcoholism was a burning health and social issue. Also, it was understood that community was not aware about prevention and control of alcoholism. So, it was taken up as a challenging problem to be solved by problem solving technique.

Statement of Problem

A study to evaluate the effectiveness of planned teaching programme regarding prevention of alcoholism in selected community in Delhi.

Specific Objectives

1. To assess the knowledge regarding prevention of alcoholism.
2. To plan and implement appropriate intervention to solve and reduce the problem.
3. To evaluate the effectiveness of Planned Teaching Programme.

III. Methodology

Approach

Evaluative approach was considered appropriate because the primary objective of the study was to determine the knowledge deficit in people and the effectiveness of planned teaching program.

Research Design

Single group with pre and post- test design $O_1 \times O_2$.

Method of Data Collection

Paper and pencil method.

Tool

The tool used was a structured questionnaire. It contained 20 items to assess the knowledge of individuals regarding prevention of alcoholism.

Validation of Tool

Tool was validated by experts in the field of Community Medicine and Nursing.

Sample

Sample consisted of 15 people drawn from population of a selected slum, Nandnagari, Delhi.

Setting

The study was conducted in family setting.

Sampling Criteria

- Purposive sampling method was used.
- Person living in Nandnagari.
- Availability of sample during the study
- Person willing to participate in the study.

Assessment of the Problem

A pre- test was conducted to assess the knowledge of individual regarding prevention of alcoholism. Data analysis revealed that there was knowledge deficit in the people regarding the above topic.

Criteria for Selection of Solution of Problem

The above mentioned solutions were implemented depending upon:

- Ability of the sample group
- Practicability
- Utility
- Resources available
- Availability of time
- Economy

Alternative Solution Planned

- Arrange a group discussion
- Plan for incidental teaching
- Give hand- outs, pamphlets
- Planned teaching programme
- Preparation of posters and charts on selected topic

Selection of Best Alternatives

Considering the feasibility, time, resources, economy and availability of people, planned teaching program was chosen from the alternatives.

Implementation of the Programme

- The program was conducted in St. Stephan's Community Health Centre, Nandnagari.
- Information regarding program was given to the Medical Officer and Sister in charge well in advance.
- A pre- test was done to check the knowledge regarding prevention of alcoholism.
- The teaching was conducted for 1 hour with the help of PPT.
- The participants were able to clear their doubts by asking questions.

Evaluation

A post- test was done with same question as pre- test after planned teaching program. Evaluation of planned teaching program was done by statistically analysing pre- test and post test scores. Result showed marked improvement in knowledge regarding prevention of alcoholism.

IV. Result

The mean post- test knowledge score (18.6) more than mean pre- test knowledge score (7.9). There was mean difference of (10.7) between mean pre- test and post test score. Hence the teaching program was found to be effective in improving the knowledge of participants regarding prevention of alcoholism.

TABLE - 1

Pre-teaching & Post-teaching Knowledge Scores of Sample regarding prevention of alcoholism

Total Items: 20

Range of score: 0- 20

Code No Of Sample	Pre Teaching Score	Post teaching score
1	7	18
2	6	19
3	13	19
4	6	18
5	9	20
6	7	18
7	11	19
8	10	19
9	9	18
10	11	19
11	1	18
12	4	19
13	11	18
14	3	20
15	11	18
Total Score	119	280

Data presented in table 1 shows that lowest score in pre teaching is 1 while lowest score in post teaching is 18.

TABLE: 2

Mean Difference of Pre-Teaching Knowledge & Post-Teaching Knowledge Score of the Samples Regarding Prevention of alcoholism.

Knowledge Score	Mean	Mean Difference
Pre Teaching	7.9	10.7
Post Teaching	18.6	

Data presented in Table-2 shows that mean Post-Teaching Score is higher than mean Pre- Teaching Score by a mean difference of 10.7 indicating that the Planned Teaching Programme was effective to increase knowledge of persons regarding Prevention of alcoholism.

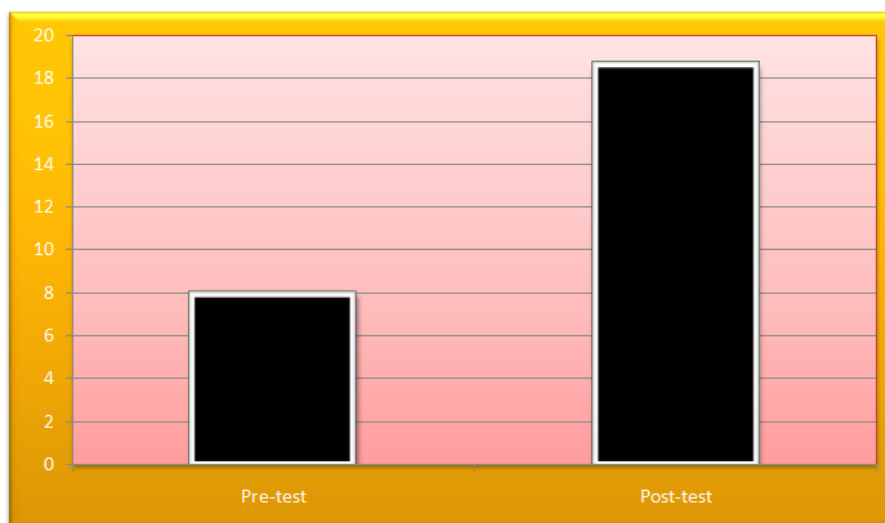


Figure 1: Bar Diagram Depicting Comparison Between Pre-Test and Post-Test Knowledge Scores of Samples Regarding Prevention of alcoholism.

V. Conclusion

On the basis of the findings of study the following conclusion were drawn:

- Participants had less knowledge regarding prevention of alcoholism.
- The Planned Teaching Program was found to be effective in increasing the knowledge of the participants regarding Prevention of alcoholism.

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