"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE REGARDING HAZARDNESS OF SMOKING AND TOBACCO CHEWING AMONG ADOLESCENTS AT SMT. NAGARATHNAMMA COLLEGE OF NURSING, BENGALURU."

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Research project work submitted to

Smt. Nagarathnamma College of Nursing , Bengaluru

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CERTIFICATE

This is to certify that the project entitled has been successfully carried out by,

(Ms. Kankana Das, Ms. Koyena Saha, Ms. Kiran, Mr. Junaid Ahmed Reshie, Mr. Koushik Barman, Mr. Kamal Hossain Molla)

Submitted in partial fulfilment of the requirement for the degree of Bachelor of nursing from Rajiv Gandhi University of health sciences, Bengaluru

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SMT. NAGARATHNAMMA COLLEGE OF NURSING

DECLARATION BY THE CANDIDATE

I hereby declare that this project work entitled **"A study to assess the effectiveness of structure teaching programme on knowledge regarding hazardness of smoking and tobacco chewing among adolescents at Smt. Nagarathnamma College of Nursing, Bengaluru."** is a bonafide and genuine research work carried out by **Ms. Kankana Das, Ms. Koyena Saha, Ms. Kiran, Mr. Junaid Ahmed Reshie, Mr. Koushik Barman, Mr. Kamal Hossain Molla** under the guidance of **Mrs. Lavanya B** ,lecturer, Department of Mental health nursing ,Smt. Nagarathnamma college of nursing, 69/80, Acharya Dr. Sarvepalli Radhakrishnan Road, Soldevanahalli, Bangalore 560 107.

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Place: Bengaluru.   **Signature of the group**

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CERTIFICATE BY THE GUIDE

This is to certify that this project work entitled **"A study to assess the effectiveness of structure teaching programme on knowledge regarding hazardness of smoking and tobacco chewing among adolescents at Smt. Nagarathnamma College of Nursing, Bengaluru"** is a bonafide research work done by **Ms. Kankana Das, Ms. Koyena Saha, Ms. Kiran, Mr. Junaid Ahmed Reshie, Mr. Koushik Barman, Mr. Kamal Hossain Molla** in partial fulfilment of the requirement for the Basic BSc Nursing.

Date:

Place: Bengaluru   **Signature of the Guide**

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ENDORSEMENT BY THE HOD, PRINCIPAL/HEAD OF THE INSTITUTION

This is to certify that this project work entitled **"A study to assess the effectiveness of structure teaching programme on knowledge regarding hazardness of smoking and tobacco chewing among adolescents at Smt. Nagarathnamma College of Nursing, Bengaluru."** is a bonafide research work done by **Ms. Kankana Das, Ms. Koyena Saha, Ms. Kiran, Mr. Junaid Ahmed Reshie, Mr. Koushik Barman, Mr. Kamal Hossain Molla** under the guidance of **Mrs. Lavanya B , Lecturer,** Department of Mental health nursing ,Smt. Nagarathnamma college of nursing, Bengaluru.

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ABSTRACT

BACKGROUND

Smoking is a practice in which a substance, most commonly tobacco, is burned and the smoke is tasted or inhaled. This is primarily practical as a route of administration for recreational drug use, as combustion releases the active substances in drugs such as nicotine and makes them available for absorption through the lungs. It can also be done as a part of rituals, to induce trances and spiritual enlightenment.

The most common method of smoking today is through cigarettes, primarily industrially manufactured but also hand-rolled from loose tobacco and rolling paper. Other smoking implements include pipes, cigars, bidis, hookahs, vaporizers, and bongs. It has been suggested that smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers. A 2007 report states that about 4.9 million people worldwide each year die as a result of smoking.

OBJECTIVES OF THE STUDY

1.To assess the existing knowledge of smoking and tobacco chewing among adolescent.

2.To find the association between knowledge scores with selected demographic variables.

3.To evaluate the effectiveness of STP (structured teaching programme) on knowledge regarding smoking and tobaccos chewing among adolescent.

ASSUMPTION

1.The students age group of 17 to 22 years will have inadequate knowledge regarding the effect of smoking.

2.Level of knowledge regarding the effect of smoking can be measured by structured questionnaire.

RESULTS

The analyzed data from the demographic information of the adolescents reveals that majority of subjects 76.7 % (23) belong to the age group of 19-20years, majority 53.3% 16) of them were male, minority 46.7% (14) Were female, maximum 86.7% (26) used belong to nuclear family maximum of subjects96.7% (29) belong to middle class family, majority 53.3% (16) are Hindus, maximum 53.3% (16) gets information from media .

CONCLUSION

The present study attempted to assess knowledge regarding hazardness of smoking and tobacco chewing among adolescents in Smt. Nagarathnamma college of nursing of Bengaluru. There is a clear need for more education, advice and support for addicted adolescents.

LIST OF ABBREVIATION USED

SL NO.	ABBREVIATIONS	FULL FORM
1.	Ns	Not significant
2.	N	Number of samples
3.	F	Frequency
4.	WHO	World health organization

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