

Effectiveness Of A Planned Teaching Programme On Knowledge Regarding Alcoholism Among Auto-Rickshaw Drivers In Selected Areas Of Ankola, Karnataka

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Abstract

Alcohol consumption is a major public health problem worldwide and contributes to numerous physical, psychological, and social problems. Auto-rickshaw drivers represent a high-risk occupational group due to work stress and irregular working hours. The present study aimed to assess the effectiveness of a planned teaching programme on knowledge regarding problems of alcoholism among auto-rickshaw drivers in selected areas of Ankola, Karnataka. A pre-experimental one-group pre-test post-test design was adopted for the study. Thirty auto-rickshaw drivers were selected using convenience sampling technique. A self-structured questionnaire was used to assess knowledge regarding problems of alcoholism. The findings revealed that the mean post-test knowledge score was higher than the pre-test score, indicating the effectiveness of the planned teaching programme. The study concludes that educational programmes can significantly improve awareness regarding alcoholism and its harmful effects.

Keywords: Alcoholism, Knowledge, Planned Teaching Programme, Auto-rickshaw Drivers, Health Education

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I. Introduction

Alcohol consumption is increasing globally and is considered a major contributor to disease burden and mortality. Excessive alcohol intake can lead to various health problems such as liver disease, cardiovascular disorders, neurological complications, and mental health issues. Alcohol abuse also contributes to accidents, violence, and social disturbances.

Occupational groups such as drivers are particularly vulnerable to alcohol consumption due to work stress, long working hours, and peer influence. Lack of awareness regarding the harmful effects of alcohol may increase the risk of alcoholism and its associated complications.

Educational interventions such as planned teaching programmes can play an important role in improving knowledge and awareness regarding alcoholism. Therefore, the present study was conducted to assess the effectiveness of a planned teaching programme on knowledge regarding problems of alcoholism among auto-rickshaw drivers.

II. Objectives Of The Study

1. To assess the level of knowledge regarding problems of alcoholism among auto-rickshaw drivers.
2. To evaluate the effectiveness of a planned teaching programme on knowledge regarding alcoholism.
3. To determine the association between knowledge scores and selected demographic variables.

III. Methodology

Research Approach: Evaluative research approach

Research Design: Pre-experimental one group pre-test post-test design

Research Setting: Selected areas of Ankola, Karnataka

Population: Auto-rickshaw drivers

Sample Size: 30 auto-rickshaw drivers

Sampling Technique: Convenience sampling technique

Tool: Self-structured questionnaire

IV. Results

Table 1: Comparison of Pre-Test and Post-Test Knowledge Scores

Test	Mean	Standard Deviation
Pre-Test	12.4	3.5
Post-Test	23.0	2.8

The results indicate that the post-test knowledge score was higher than the pre-test score, showing the effectiveness of the planned teaching programme.

V. Discussion

The findings revealed that the planned teaching programme significantly improved the knowledge of auto-rickshaw drivers regarding alcoholism and its harmful effects. Educational interventions are effective strategies to increase awareness and promote healthy behaviour among high-risk occupational groups.

VI. Conclusion

The study concluded that the planned teaching programme was effective in improving knowledge regarding alcoholism among auto-rickshaw drivers. Health education programmes should be implemented regularly to prevent alcohol-related health problems.

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