

# To Develop and Evaluate the Effectiveness of Educational Package on Life-Skilltraining on the Life-Skill Practices among Substanceabusers of a Selected Drug- Rehabilitation Centre, New Delhi

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## Abstract

**Background:** Substance Abuse is a phenomenon in the world and has invaded the human society as the most important social damage. Substance abuse is a nonadaptive model of drug use which results in advance problem and consequences , and includes a set of cognitive , behavioural , and psychological symptoms<sup>1</sup>.

**Methods:** It was a Quasi Experimental study, total 60 substance abusers were selected ( 30 samples each for experimental and control group) by using convenient sampling technique. Structured questionnaire was used to collect the demographic characteristics & to assess the level of life skill practices of substance abusers residing in rehabilitation centre for both experimental and control group, followed by administration of Life skill training program for experimental group only.

**Results:** The findings of the study revealed that difference between pre-test and post-test life skill score 't' value was 14.57 for degree of (39) at 0.05 level of significance. This shows that there was significant increase in life skill practices of substance abusers after administration of Life skill training programme. The post-test mean life skill practice score of experimental group and post-test mean life skill practice score of control group shows 't' value of 11.316 for the degree of freedom (78) at 0.05 level of significance.

**Conclusion:** Human society has been challenged with Substance abuse and sustained notable financial and spiritual losses. The problem of abuse is one of the topfour world crises and the main social crisis in India. The findings of study reveals that there was significant increase in life skill practices of experimental group than the control group after administration of Life skill training programme<sup>1</sup>.

**Keywords:** *Life skill, Life skill training programme, Substance abusers*

## Introduction

For years, human society has been challenged with Substance abuse and sustained notable financial and spiritual losses. The problem of abuse is one of the

topfour world crises and the main social crisis in India . Drugaddiction has to do with economic and cultural aspects. Given the cultural factors, wrong beliefs,and unique geographical position, Iranian youth are at ahigh risk of drug addiction . Unfortunately, about 60%of prisons are filled by drug addicts and those convicted for drug related crimes. This means that notable re-sources of the country in different fields are wasted to dealwith the crisis. Drug addiction is the root of insecuritiesin the society and poses threats

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to health and hygiene of the patient and the society as the whole<sup>2</sup>.

### Materials and Methods

It was an experimental study. The research design used is Quasi experimental research design. Inclusion criteria for the study were (a) Substance abusers who are within the age group of 18-60 years and above, (b) who can read and write Hindi or English, (c) who were willing to participate and available during the time of data collection.

**Data collection procedure:** It was conducted from the month of December 2019 to January 2020 after seeking formal permission from the concerned authority, that is, the Ethical committee of Holy Family Hospital and the concerned Rehabilitative Centre. The informed written consent was obtained from substance abusers.

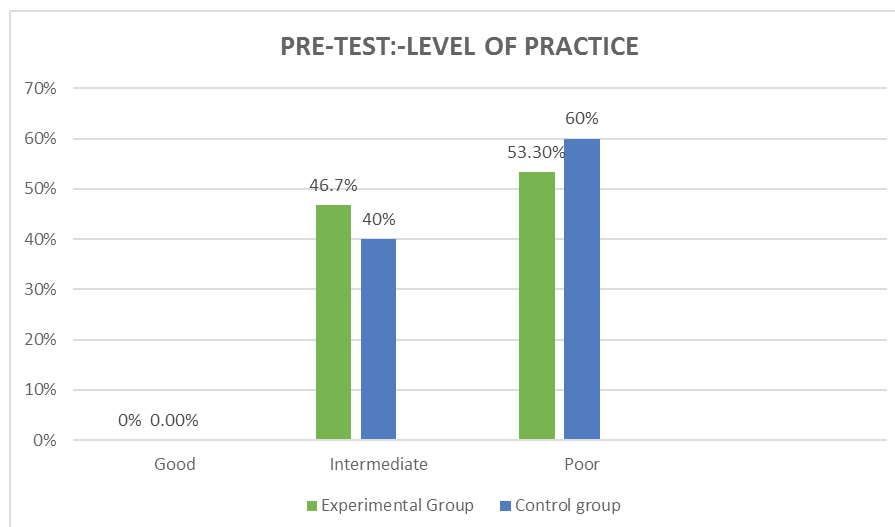
To assess the life skill practices, total 60 samples (30 samples each for experimental and control group) were selected using convenient sampling technique and informed consent was taken from the samples after informing them of the objectives and purpose of the study. Confidentiality of the samples was assured. A structured questionnaire consisting of closed ended

questions was given to all the samples to assess life skill practices among them, in the month of December 2019 to January 2020.

### Results and Discussion

The data collected was analysed by using descriptive and inferential statistics. The demographic data from the study samples revealed that in experimental group majority 13 (43.3%) of the substance abusers were in age group of 18-30 years whereas in control group 13 (43.4%) were in age group of 41-50 years. Majority of the samples in the experimental group i.e., 12 (40%) were married and in control group 19 (63.3%) were single. 13( 43.3%) in experimental group were reported illiterate education whereas in control group 11 (36.7%) were completed secondary education. More than half 16(53.3%) were self-employed in experimental group and in control group 13 (43.3%) were self-employed. Majority of subjects in the experimental group i.e., 13(43.3%) were having income below-10,000/ month whereas half 15 (50%) were having below-10,000/month in control group.

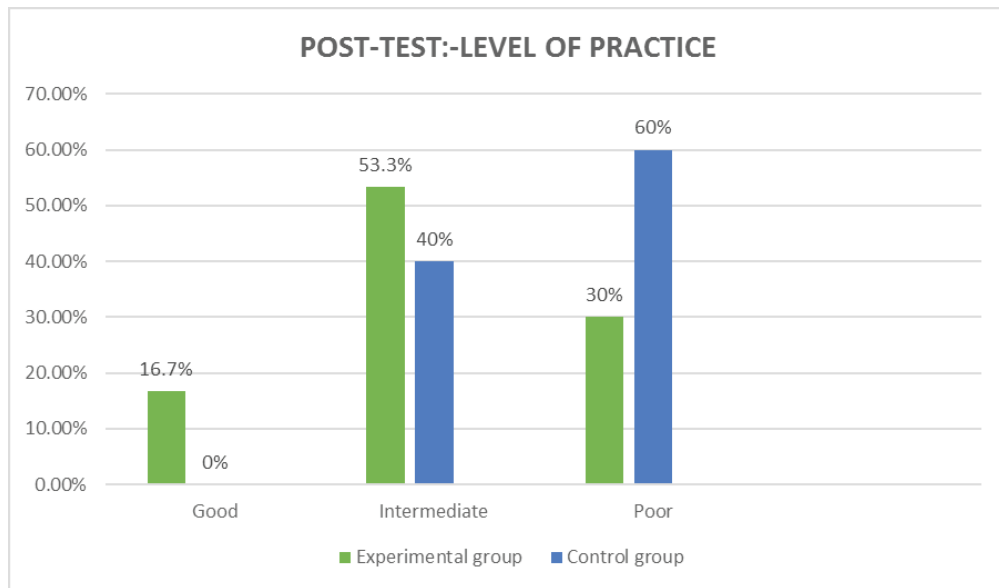
#### 1. Life- Skill practice level of substance abusers of drug rehabilitation centre before and after administration of Life skills training program.



**Figure 1. Percentage distribution of level of Pre-test life skill practice score of Substance abusers.**

The data presented in figure1 shows that in both experimental and control group the majority 53.3% & 60% respectively were having poor level of practice

while 46.7% in experimental & 40% in control group were having intermediate level of practice . None of the substance abusers in both the group had good level of life skill practices.



**Figure 2. Percentage distribution of level of Post-test life skill practice score of Substance abusers.**

The data presented in figure 2 shows that after the administration of life skill training program in the experimental group majority of the substance abusers had intermediate practice (53.3%) whereas in control group majority (60%) continued to have poor practice.

there was improvement in the life-skill practice score of substance users in Experimental group where as there was no improvement in the life-skill practices score of substance users in the Control group.

The findings described in this section indicate that

**2. Effectiveness of Life skill training program in term of gain in practice**

**Table 1- Mean, Mean Difference, Standard Deviation, Standard Error of mean difference and ‘ t value’ of pre and post test score of experimental group and control group during life – skill training program. n1+n2=n=60**

Group	Mean		Mean difference	Standard deviation		Standard error of mean difference		‘t’ value
	Pre-test Scores	Post-test Scores		Pre-test Scores	Post – test Scores	Pre-test Scores	Post-test Scores	
Experimental group (n1=30)	35.40	42.20	6.8	5.167	7.436	2.311	3.326	14.57*
Control group (n2=30)	33.80	33.20	0.60	8.468	7.727	3.787	3.455	6.5*

Table 1 shows a significant difference between the mean pre-test and the post-test life skill practice score of experimental group . This indicates that the post-test life skill practice score was higher than the pre-test life skill practice score of experimental group. This shows that there was statistical difference between the mean post-test life skill practice score

of substance abusers in experimental group and control group after administration of life skill training program . Hence Null hypothesis  $H_{02}$  was rejected and research hypothesis  $H_2$  was accepted.

$H_{02}$ - There will be no significant difference in the post test life skill practices between experimental and control group at 0.05 level of significance.

**Table-2 ‘t-value’ showing the effectiveness of life skill training program between the substance abusers in experimental and control group.**

$$n_1+n_2= n=60$$

Group	Test	t-value
Experimental group (n1=30)	Post test practice score	11.316*
Control group (n2=30)	Post test practice score	

\*Significant at 0.05 level of significance

Table 2 depicts that after administration of life skill training program to experimental group only. The post test t-value of experimental and control group is 11.316 which was higher than the table value(1.98) at 0.05 level of significance. This indicates that the Life skill training programme provided by the researcher was effective in increasing the life skill practice of substance abusers.

The findings described in above section indicates that life- skill training program provided by the researcher helped in increasing the life skill practices of substance abusers.

### 3. Association between pre life skills practice of substance abusers with selected demographic variables of substance abusers

Significant association between level of life skill practices of substance abusers with age, education and income. Whereas there was no significant association

between level of life skill practices of substance abusers with their marital status and occupation. Hence Null hypothesis  $H_{03}$  is rejected and research hypothesis  $H_3$  is accepted.

$H_{03}$ - There will be no significant association between pre- test practice level life skill in substance abusers with selected demographic variables at 0.05 level of significance.

### Discussion

The present study assessed the effectiveness of educational package on life-skill training on the life-skill practices among substance abusers of a selected Drug Rehabilitation Centre, New Delhi. Major findings of the present study have been discussed with the reference of results obtained by the researcher in the same aspect and it is seen that life skill training program is effective in increasing life skill practice of substance abusers.

The findings of the present study were consistent with the findings of the studies conducted by Botvin et al.<sup>3</sup> short-term effectiveness of the Life skill training approach for preventing cigarette smoking among 281 students the finding revealed that 75% reduction in the number of new cigarette smokers after administration of Life skill training program. In another study conducted by Seal N.<sup>4</sup> for 170 students, findings revealed that Life skill training program was effective for preventing tobacco and drug use in high school students and a study done by Bitar, Nasatran. A et al.<sup>5</sup> aimed at evaluating the effectiveness of training life skills on children's social adjustment in 4<sup>th</sup> grade elementary school, findings revealed that training life skills to children promote their social adjustment.

### **Limitations**

The present study was confined to small number of subjects within the limited settings which limits the generalization of findings.

### **Conclusion**

The study was done by the investigator to develop and evaluate the effectiveness of educational package on life skill training on the life-skill practices among substance abusers of a selected drug-rehabilitation centre of New Delhi. The study results revealed that the life skill training program was effective in increasing the knowledge of substance abusers.

### **Implications**

The findings of the present study have several implications for nursing practice, nursing education, nursing administration and nursing research.

In nursing education, students should be enlightened with adequate knowledge and training regarding life skill training.

Nurses should explain to other nursing staff about the importance of nurse-patient relationship while caring for the substance abusers so that their life skills practices and confidence can be improved.

The nurse administrators must take initiative to make awareness programme for nurses in Drug Rehabilitation Centre to take interest to set standard and to enhance implementation of life skill training program.

As a nurse researcher, promote more researches on effectiveness of life skill practices among substance abusers.

**Ethical Clearance:** Ethical clearance was obtained from the ethical committee of Holy Family Hospital, New Delhi.

**Conflict in the study:** None

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