

# **EFFECTIVENESS OF A HEALTH PROMOTION INTERVENTION IN IMPROVING KNOWLEDGE, ATTITUDES AND PRACTICES OF SCHOOLING ADOLESCENTS WHICH EMPOWERED THEM TO ADDRESS ALCOHOL CONSUMPTION AND RELATED BEHAVIORS OF THEIR FATHERS LIVE IN A RURAL COMMUNITY IN SRI LANKA**

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School children are more vulnerable to influence for alcohol use. Alcohol uses of their fathers play an important role in influencing children for alcohol use. School is an ideal setting to conduct interventions with adolescents to make them aware on alcohol consumption. This study aimed to assess the level of knowledge, attitude and practices of schooling adolescents aged 13-16 on alcohol, identify the determinants that affect alcohol use and related behaviors, design and implement a health promotion intervention to address alcohol related behavior, and evaluate the effectiveness of the intervention in changing alcohol use and related behaviors of the fathers.

A quasi experimental design was used among schooling adolescents aged 13-16 in selected secondary schools. 176 adolescents participated as experimental group. I. Interventions were mainly focused on addressing determinants which contributed alcohol use identified with the adolescents. They used various tools and strategies to address identified determinants.

SPSS and thematic analysis were used to analyze the data. According to analysis, in the intervention group, 4% of fathers stopped alcohol use, 11% changed the frequent alcohol use and 23% changed the harmful alcoholic behaviors. About 98% of the children in intervention group changed their KAP on alcohol use. Qualitative analysis showed that community actions begun among students to challenge the hiding real harm of alcohol and avoiding use of alcohol.

The adolescents acted as change agents of study. Health promotion approach is effective in empowering the students towards take actions for reducing alcohol use and related behavior of fathers.

**Key Words** - quasi experimental design, determinants, interventions, innovative tools

**Abbreviations** – KAP - knowledge, attitude and practices

SPSS - Statistical Package for Social Science