

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS (16-18 YRS) IN SELECTED JUNIOR COLLEGES.”

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Abstract : Objective of this study to 1) To assess the level of pretest knowledge regarding eating disorder among adolescents. 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents. 3) To determine the association between pretest knowledge score with their selected demographic variables. The research approach adopted in this study is quantitative approach. Pre-experimental research design one group pre test post test design was chosen for the study. The sample were selected conveniently to suit the study. Sample size was 60. a self administered structured questionnaire to assess knowledge was used. The result of this study show that in pre-test 43(71%) adolescents had poor knowledge, 10(17%) adolescents had average knowledge and 7(12%) adolescents had good knowledge regarding eating disorder. In post-test 2(3%) adolescents had poor knowledge, 21(35%) adolescents had average knowledge and 37(62%) adolescents had good knowledge. Thus it was concluded that structured teaching programme on knowledge regarding eating disorder was found effective as a teaching strategy.

Key words : Assess, Effectiveness, Structured teaching programme, Knowledge, Eating disorder, Adolescents.

INTRODUCTION

Eating disorders (ED) are defined as “a disturbance in eating habits that result from either excessive or insufficient food intake”. Globally, the two most common eating disorders are anorexia nervosa and bulimia nervosa. Anorexia nervosa (AN) is defined as a disturbance in the way one’s body weight or shape is experienced, undue influence of body shape and weight on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight. Bulimia nervosa (BN) is characterized by recurrent inappropriate compensatory behaviour in order to prevent weight gain, such as self-induced vomiting, misuse of laxatives, diuretics, or other medications, fasting, or excessive exercise.

PROBLEM STATEMENT

“Effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents (16-18yrs) in selected junior colleges.”

OBJECTIVES OF THE STUDY

- 1) To assess the level of pretest knowledge regarding eating disorder among adolescents.
- 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents.
- 3) To determine the association between pretest knowledge score with their selected demographic variables.

REVIEW LITERATURE

The review of literature is organized under following headings.

1. Effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents.
2. Knowledge of adolescents regarding eating disorder.
3. Eating disorder among adolescents.

Muthulakshmi et al (2020). Study conducted , to assess the effectiveness structured teaching programme on knowledge regarding anorexia nervosa among the adolescent girls in selected community. A quantitative one group pretest posttest research design was conducted among 100 adolescent girls. Purposive sampling technique was used to select samples. Semi-structured interview was used to collect demographic data and knowledge of adolescent girls. After 2 days the knowledge was reassessed using the same questionnaire. The data were collected and analyzed. The study results show that the pretest mean difference is 13.81 and posttest mean difference is 26.03. The overall calculated value 44.54, et al. 0.05 in knowledge aspect was greater than table value 0.75 at 0.05 level of significance. Hence study concluded that there is very high significant gain in knowledge of anorexia nervosa. This reveals there is a need for the health education regarding the dietary pattern among adolescent girls to maintain good health.

Flarence Anitha (2015). Objectives of this study was to assess the pretest knowledge regarding anorexia nervosa among adolescent girls. To evaluate the effectiveness of structured teaching programme on knowledge regarding anorexia nervosa among adolescent girls. To find out the association between the pretest knowledge regarding anorexia nervosa with their selected demographic variables. Pre-experimental one group pre test & post test design was adopted for this study. The study was conducted in Madurai Sivakasi Nadar's Meenakshi Pioneer Women's College at Sivagangai district. The sample size was 100 adolescent girls. The purposive sampling technique was used. Data were collected by using structured questionnaire before and after structured teaching programme. The collected data were tabulated and analyzed by descriptive and inferential statistics. Results showed that Structured teaching programme is effective of adolescent girls according to level of knowledge before and after the manipulation in which (80%) of the samples had showed inadequate level of knowledge in the pretest. In contrast 96% of the samples experience adequate level of knowledge in the post test. The mean post-test knowledge score(26.03) was greater than the mean pretest level of knowledge score 12.22%. The obtained tvalue (44.54) was greater than table value at 0.05 level of significance. It shows the structured teaching programme was effective in improving knowledge. Study Concluded that Structured Teaching Programme had a significant effect in improving knowledge of adolescent girls.

Mr. Ashok Kamat et al (2017). A study was conducted to assess the level of knowledge regarding Anorexia Nervosa, to find out association between pre-test scores with selected demographical variables. Sixty adolescent girls Students who were selected by convenient sampling technique from Bachelor of Physiotherapy. They were assessed for the level of knowledge regarding Anorexia Nervosa by self structured questionnaires. Results showed that, In a majority of subjects 34(56.67%) had average knowledge, subjects 23(38.33%) had poor knowledge and 3(5%) had good knowledge among students. There was significant

association between knowledge score with religion, family income and diet pattern. Study Concluded that were adolescents with average knowledge and there were statistical significant association between knowledge scores and selected demographic variables.

Katari Kantha et al (2016). The study conducted to assess the knowledge regarding eating disorders among adolescent girls in Narayana Medical College Hospital, by using a descriptive design. The sample size were 500 adolescents. Among this, 250 samples belongs to coastal area and 250 samples belongs to non coastal area by using convenience sampling technique. Statistical Analysis Used. The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. Results shows that with regard to level of knowledge out of 100 samples, 87(87%) have inadequate knowledge and 13(13%) have moderately adequate knowledge regarding eating disorders. mean score was 10.30 with the standard deviation of 1.3 for the knowledge regarding eating disorders among adolescent girls. Study Concluded that the majority of adolescent girls had inadequate knowledge regarding eating disorders. There is need to conduct structured teaching programmes for improving knowledge of adolescent girls regarding eating disorders.

MATERIAL AND METHODS

The research approach adopted in this study is quantitative approach. Pre- experimental research design one group pre test post test design was chosen for the study. The sample were selected conveniently to suit the study. Sample size was 60.

The data was analyzed by using inferential and descriptive statistics on the basis of objectives.

SECTION –I DEMOGRAPHIC VARIABLE

- The adolescents with respect to age 21(35%) were of age 16 years, 16(27%) were of age 17 years and 23(38%) were of age 18 years.
- Gender 31(52%) were male and 29(48%) were females.
- Class/ standard 28(47%) were in 11th and 32(53%) were in 12th standard.
- Religion 26(43%) were Hindu, 12(20%) were Muslims, 8(13%) were Christians and 14(23%) were from other religion.
- Family 27(45%) were from joint family and 33(55%) were from nuclear family.
- With respect to monthly income of family 14(23%) had income below Rs.10000, 24(40%) had income between Rs.10001 to Rs, 15000, and 22(37%) had income above Rs.20001.
- Dietary patten 22(37%) were vegetarian and 38(63%) were non vegetarian.
- Food habits 21(35%) had junk food and 39(65%) had home made food.
- Family history of eating disorder 11(18%) had family history of eating disorder and 49(82%) had no family history of eating disorder.

The first objective was to assess the level of pretest knowledge regarding eating disorder among adolescents.

- The study reveals that in pre-test 43(71%) had poor knowledge, 10(17%) had average knowledge and 7(12%) had good knowledge.

The second objective was to evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorder among adolescents.

• The study reveals that in post-test 2(3%) had poor knowledge, 21(35%) had average knowledge and 37(62%) had good knowledge.

• Table 8: showed that mean pretest and post-test knowledge scores of adolescents regarding eating disorder were 6.83 (SD + 1.91) and 9.82 (SD + 2.12) respectively. The table 't' value is 1.98 and the calculated 't' value is 6.44, which was significant at 0.05 level . From the findings, it was clear that the adolescents gained knowledge after implementing structured teaching programme. **Therefore H1 was accepted.**

The third objective was to determine the association between pretest knowledge score with their selected demographic variables.

Table (9) Chi – square values were calculated to find out the association between knowledge of adolescents none of demographic variables had association with knowledge regarding eating disorders. **Therefore H2 was rejected.**

SECTION –I

DISTRIBUTION OF PARTICIPANT WITH REGARDS TO DEMOGRAPHIC VARIABLES.

TABLE 4- FREQUENCY AND PERCENTAGE DISTRIBUTION OF ADOLESCENT'S WITH REGARDS TO DEMOGRAPHIC VARIABLES

N=60

Demographic variables	Category	No of subjects (N)	Percentage %
Age in year	16 years	21	35
	17 years	16	27
	18 years	23	38
Gender	Male	31	52
	Female	29	48
Class/Standard	11th	28	47
	12th	32	53
Religion	Hindu	26	43
	Muslim	12	20
	Christian	8	13
	Others	14	23
Type of family	Joint	27	45
	Nuclear	33	55
Monthly Income of Family	Below Rs. 10000	14	23
	Rs.10001 to Rs.20000	24	40
	Above Rs.20001	22	37
	Vegetarian	22	37

Dietary Pattern	Non Vegetarian	38	63
Food Habits	Junk food	21	35
	Home Made food	39	65
Family History of eating disorder	Yes	11	18
	No	49	82

SECTION B

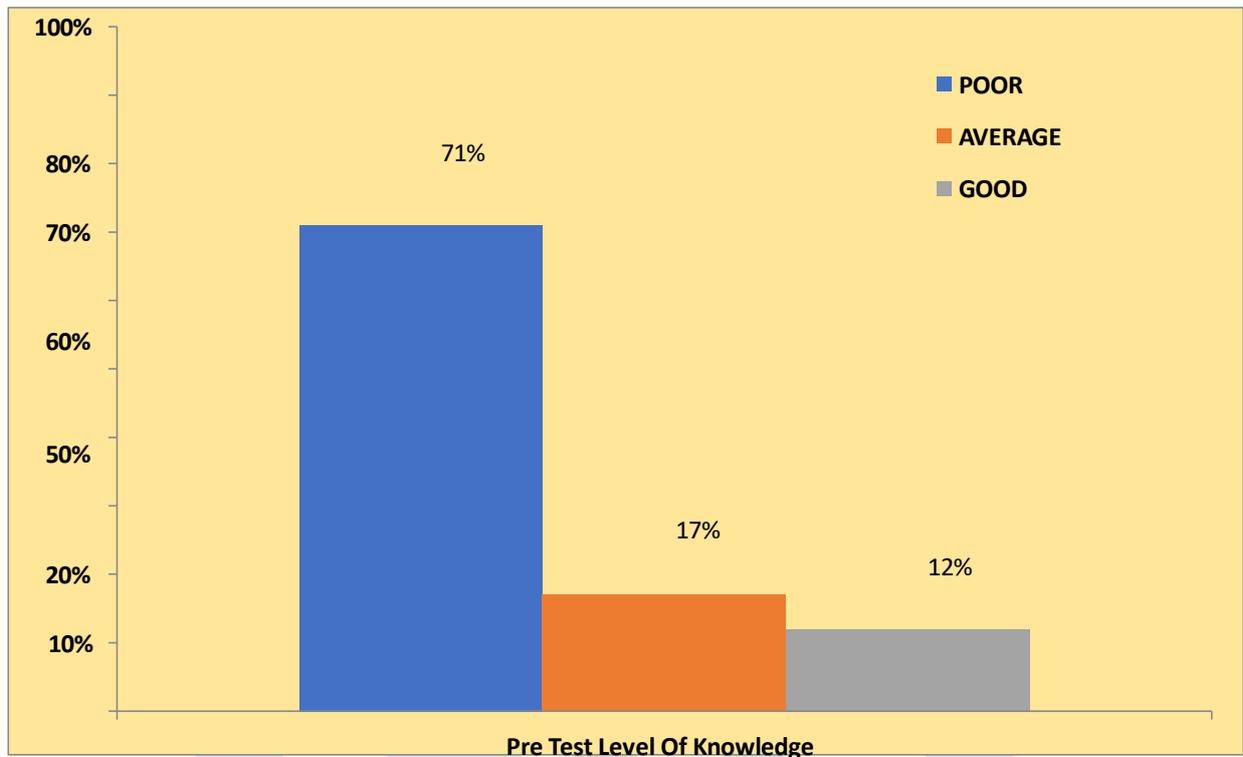
ASSESSMENT OF THE PRETEST KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS.

TABLE- 5 PRE-TEST LEVEL REGARDING EATING DISORDER AMONG ADOLESCENTS.

N=60

LEVEL OF KNOWLEDGE	PRETEST	
	FREQUENCY	PERCENTAGE
Poor	43	71
Average	10	17
Good	7	12

FIGURE 12- PRE-TEST LEVEL REGARDING EATING DISORDER AMONG ADOLESCENTS.



SECTION C

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS.

TABLE- 6: POST-TEST LEVEL REGARDING EATING DISORDER AMONG ADOLESCENTS.

N=60

LEVEL OF KNOWLEDGE	POSTTEST	
	FREQUENCY	PERCENTAGE
Poor	2	3
Average	21	35
Good	37	62

FIGURE 13- POST-TEST LEVEL REGARDING EATING DISORDER AMONG ADOLESCENTS.

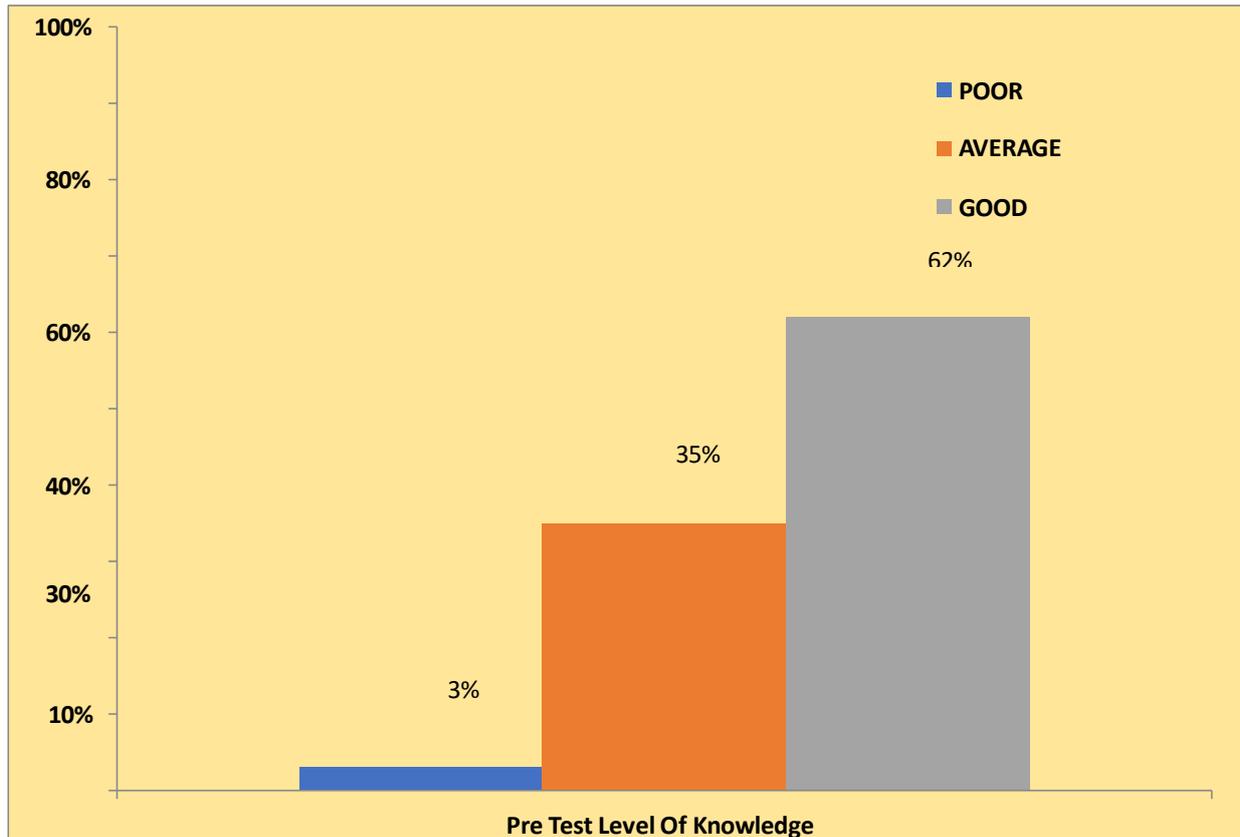
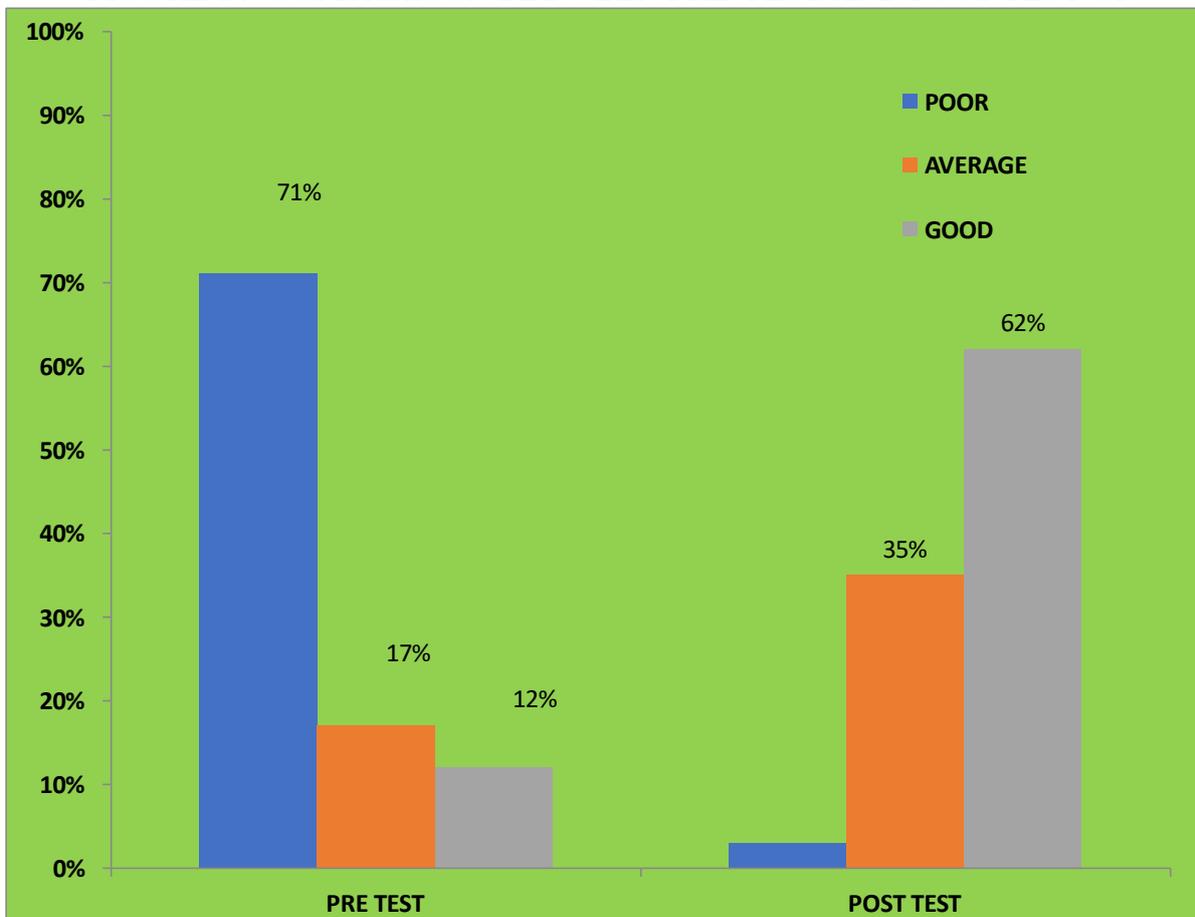


TABLE- 7: COMPARISON BETWEEN PRE-TEST AND POST TEST ON KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS.

N=60

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
Poor	43	71	2	3
Average	10	17	21	35
Good	7	12	37	62

FIGURE 14- COMPARISON BETWEEN PRE-TEST AND POST TEST ON



KNOWLEDGE REGARDING EATING DISORDER AMONG ADOLESCENTS

TABLE 8: COMPARISON OF MEAN, STANDARD DEVIATION AND PAIRED ‘T’ VALUE OF PRE AND POST TEST KNOWLEDGE SCORES AMONG ADOLESCENTS.

N = 60

Sr	Variable	Mean	SD	‘t’Value	Table
1.	Pretest	7.34	1.76	6.44	1.98
2.	Post test	10.3	3.24		

df=49

(P < 0.05)

Table 8: showed that mean pretest and posttest knowledge scores of adolescents regarding eating disorder were 6.83 (SD + 1.91) and 9.82 (SD + 2.12) respectively. The table ‘t’ value is 1.98 and the calculated ‘t’ value is 6.44, which was significant at 0.05 level . From the findings, it

was clear that the adolescents gained knowledge after implementing structured teaching programme.

SECTION -D

TABLE- 9 THE ASSOCIATION BETWEEN PRETEST KNOWLEDGE SCORE WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

N=60

Demographic variables	Category	χ^2	Table value	Inference
Age in year	16 years	2.68	3.01	NS
	17 years			
	18 years			
Gender	Male	1.11	2.98	NS
	Female			
Class/Standard	11th	0.96	2.98	NS
	12th			
Religion	Hindu	1.21	3.98	NS
	Muslim			
	Christian			
	Others			
Type of family	Joint	0.89	2.98	NS
	Nuclear			
Monthly Income of Family	Below Rs. 10000	1.66	3.01	NS
	Rs.10001 to Rs.20000			
	Above Rs.20000			
Dietary Pattern	Vegetarian	0.11	2.98	NS
	Non Vegetarian			
Food Habits	Junk food	1.17	2.98	NS
	Home Made food			
Family History of eating disorder	Yes	2.03	2.98	NS
	No			

NS- Not Significant

S- Significant

Table (9) Chi – square values were calculated to find out the association between pre test knowledge scores and selected demographic variables none of demographic variables had association with knowledge regarding eating disorders.

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