



A STUDY TO ASSESS THE EFFECTIVE OF STRUCTURED TEACHING PROGRAM REGARDING EATING DISORDER IN TEENAGE GIRLS IN SELECTED SCHOOL IN INDORE, (MP)

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Conflicts of Interest: Nil

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Abstract:

A study was conducted to assess the effectiveness of structure teaching programme on knowledge regarding eating disorder among teenage girls in selected schools of Indore. (M.P.) In this study pre-experimental approach is used, a subtype of Quantitative approach was adopted for the present study, purposive sampling technique was used, with one group pre test post test. A total of 30 teenage girls was the sample used for the study. The data was analyzed by descriptive and inferential statistics. The obtained t-test value was 12.28 i.e. highly significant at level of $p \leq 0.001$. The result of the study showed that the mean post test score is more than mean pre test score of level of knowledge of teenage girls regarding eating disorders after the structured teaching program.

Keywords: Teaching, Eating Disorder, Teenage, Girls & School.

Introduction

Most people in India struggle to get enough to eat one estimate is that 60% of India's women are clinically malnourished. But psychiatrists in urban areas are reporting cases of anorexia nervosa, the so-called slimming disease that can cause sufferers to starve themselves to death. Most people in India have still not heard of the condition but Delhi psychiatrist says he has seen an explosion in anorexia cases over the past few years. He says a typical case could be a 17-year old girl of around five feet six (1.68m) weighting just 4st 10lbs (30kg) who is convinced she is overweight.

OBJECTIVE

1. To assess the pre-test knowledge score among teenage girls regarding eating disorders
2. To assess the post-test knowledge score among teenage girls regarding eating disorders
3. To evaluate the effectiveness of structured teaching program regarding eating disorders among teenage girls
4. To find the association between post-test knowledge scores with their selected demographic variables

RESEARCH HYPOTHESIS

H1-There will be a significant difference between pre and post-test knowledge scores of among teenage girls regarding eating disorders at the level of $P < 0.05$

H2-- There will be a significant association between post-test knowledge scores of teenage girls regarding eating disorders with selected demographic variables.

METHODS AND MATERIALS:

The research design used for the study was pre experimental approach. One group pre-test post-test research design was used. The study was conducted among teenage girls in government school in Indore (mp).

Conceptual framework selected for this study was based on general system theory as postulated by Ludwig von Bertalanffy, in this theory main focus is on creates parts and their interrelationship.

A sample size of 30 girls was selected through purposive sampling technique. Formal written permission was obtained from the authorities to conduct the study prior to the data collection process. Data was collected by administering a structured knowledge questionnaire before and after the administration of STP. The data was analyzed by using inferential statistics.

The study was conducted in selected school government school of MHOW, Indore (M.P.). The Data collection was scheduled from 20/7/12-27/1/17

.the pretest was conducted on 20/7/17.post test was performed on 8th day i.e. on 28/7/17

Mean, and Standard deviation Paired t test was used to test the significance difference in the pre test and post test knowledge scores and chi square was used to find the association of knowledge level with selected demographic characteristics.

RESULTS

The result of the study showed that the mean post test score is more than mean pre test score of level of knowledge of teenage girls regarding eating disorders

after the structured teaching programe. The data was analyzed by descriptive and inferential statistics .The obtained t-test value was12.28 i.e. highly significant at level of $p \leq 0.001$. The knowledge of most of the subjects 25 (83.33%) obtained good score ranging between 21-30 (16.67%) had average knowledge score ranging between 11-20.It indicates good knowledge possession by the subject after STP. The demographic variables such as type of family, family income were significant with pre test level of knowledge at 5% level i.e., $p \leq 0.05$ level.

Table 1 represents the mean of pretest and post test level of knowledge of teenage girls regarding eating disorder.

N=30

Parameter	Mean score	Paired difference			t	df
		Mean	SD	SE		
Pre-test	13.24	7.86	4.49	0.64	12.28***	29
Post- test	21.1					

Table 2 represents Association pre test level of knowledge of teenage girls with Demographic Variables

S. No.	Demographic Variable	Poor 0-10	Average 11-20	Good 21-30	F	%	Df	P value
1.	Age						2	1.36 NS
	<=17	0	0	0	0	0		
	17-18	4	3	0	7	23.3		
	19-20	13	9	0	22	73.3		
	>20	0	1	0	1	3.33		
2	Religion						2	.814 NS
	Hindu	15	12	0	27	90		
	Muslim	0	0	0	0	0		
	Sikh	0	0	0	0	0		
	Christian	1	1	0	2	6.66		
	Other	1	0	0	1	3.33		
3	Type of family						1	4* S
	Nuclear	8	4	0	12	40		
	Joint	17	1	0	18	60		
4.	Occupation of father						2	1.36 NS
	Govt.	1	0	0	1	3.33		
	Private	16	6	0	22	73.34		
	Other	5	2	0	7	23.34		
5	Family Income						2	1.92 NS
	<5000	2	1	0	3	10		
	5000-10000	16	8	0	24	80		
	>10000	2	1	0	3	10		

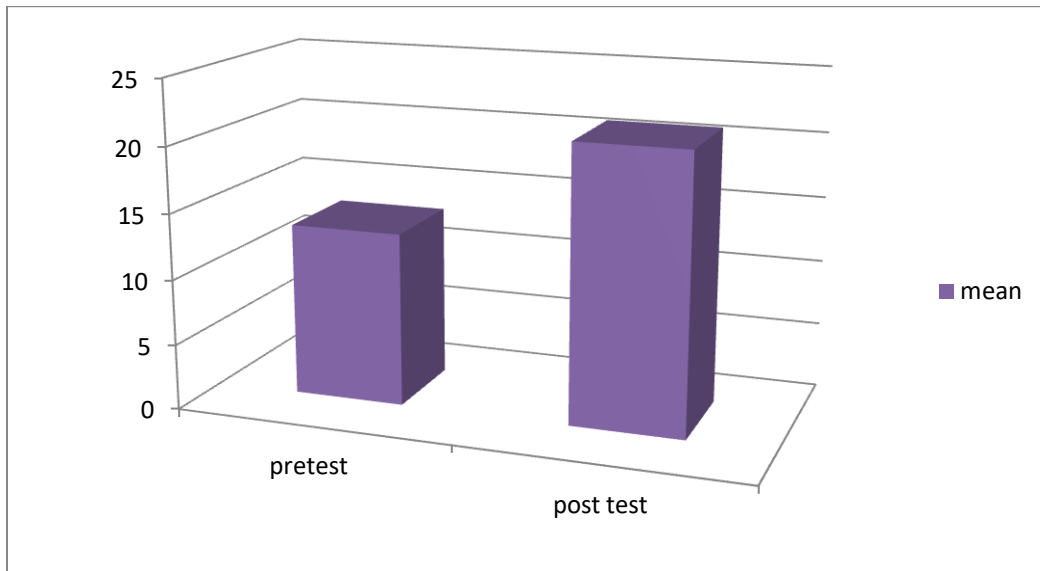


Figure 1: The graph represent mean of pretest and post test level of knowledge of teenage girls regarding eating disorder.

DISCUSSION

The above result is supported by the study conducted by Katari Kantha, M Usha Rani, Alfia Parameswaran, Arumugam Indira, the study was conducted To assess the knowledge regarding eating disorders among adolescent girls in Narayana Medical College Hospital, by using descriptive design, 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. The history of abnormal eating had significant association with of knowledge on eating disorders and age, educational status, type of family, family history of eating disorders, source of information, chief features of eating disorders, body build of adolescent girls, parental support regarding eating disorders had no significant association with level of knowledge regarding eating disorders .

The result of the present study showed that the mean post test score is more than mean pre test score of level of knowledge of teenage girls regarding eating disorders after the structured teaching programme.

INTERPRETATION & CONCLUSION

The teenage girls weren't having any knowledge regarding eating disorders. In the pre test knowledge

of eating this order was less. In after intervention of structure teaching program regarding eating disorder, the knowledge has increased. The study showed that there is a significant increase the knowledge of girls.

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