

A Study to Assess the Knowledge and Attitude Regarding Life Style Modification in Prevention of Obesity among Adolescents with a View to Develop Self-Instructional Module in Selected Schools at Jaipur, Rajasthan

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ABSTRACT

Present study attempts to assess the knowledge and attitude regarding life style modification in prevention of obesity among adolescents with a view to develop self-instructional module in selected schools at Jaipur, Rajasthan. In this study the assessment shows the level of knowledge of adolescents regarding obesity with regard to scores, 45 (45%) Poor knowledge (1-10) and 31 (31%) adolescents regarding obesity Average knowledge (11-18) and 24 (24%) regarding obesity good knowledge (19-25) of adolescents. The level of attitude of adolescents regarding obesity with regard to scores, 45 (45%) Favorable attitude and 33 (33%) adolescents regarding obesity Neutral attitude and 22 (22%) regarding obesity Unfavorable attitude of adolescents. In this study the calculated chi square value for different age group of adolescent students were 31.09(tabulated= 0.599) which means gender create significant difference on level of knowledge score regarding prevention of obesity. The study findings reveal that the students knowledge had enhanced regarding obesity.

Keywords: Knowledge, Attitude, Life Style Modification, Adolescent, Obesity.

Introduction

You cannot solve a problem until you acknowledge that you have one and accept responsibility for solving it."

Background of Study

Obesity is a serious health problem and its prevalence has increased dramatically over the past 20 years. Obesity is defined as the condition of abnormal excessive fat accumulation in adipose tissue to that extent the health may be impaired (WHO). Life style is considered to be an important determinant of health and sickness. Some of the health problems are rooted in childhood habits, among them obesity is a major problem.

Objectives of the Study

- To assess the knowledge of adolescents students regarding obesity.
- To assess the prevention of obesity.

Hypotheses of the Study

- H0₁:** There will be no significant relationship between knowledge score adolescent students and selected socio demographic variables.
- H₁:** There will be significant relationship between knowledge score adolescent students and selected socio demographic variables.
- H0₂:** There will be no significant relationship between attitude scores of adolescent students and selected socio demographic variables.

H₂: There will be a significant relationship between attitude scores of adolescent students and selected demographic variables.

Operational Definitions

- **Assess:** It refers to process of measuring the knowledge regarding life style modification in prevention of obesity among adolescents.
- **Knowledge:** It refers to the awareness of the adolescents of life style modification which helps to obtain an efficient score related to obesity from the self-instructional module
- **Attitude:** It refers to the beliefs, interests, ideas and behavior of life style modification in prevention of obesity among adolescents in related school.
- **Adolescents** age group: - 12 – 18 year of age
- **Obesity:** A disorder involving excessive body fat that increases the risk of health problems.
- **Self-Instructional Module:** Self-instructional module is designed to help others understand important point about a particular topic.
- **Prevention:** The act of stopping something from happening or of stopping someone from doing something.

Research Approach

Quantitative research approach was considered to accomplish the objective.

Research Design

A descriptive study design was chosen for the present study.

Setting of the Study

The study was conducted at selected schools at Jaipur, Rajasthan.

Exclusion Criteria

The study exclude the adolescent who are:

- On the leave during the time of data collection.
- Who were available at the time of data collection.

Tools and Techniques

Individual who fulfilled the inclusion criteria were involved in the study with there consent. The tool used for the study comprised of a structure questionnaire and rating scale to assess the lifestyle which consists of two section:

• Pilot Study

The Pilot study was conducted in 10 adolescent Boss consisting of demographic data and structure interview questionnaire regarding obesity. The adolescent responded well for the questions and their able to understand the questions. The result of the palette study represented the knowledge of students regarding obesity was unsatisfactory and need for improvement to reduce the risk related to obesity among adults and full stop the result of the study were found to be feasible and further study can be done.

• Method of Data Collection

The study was conducted at DPS in Jaipur. The investigator meet the adolescent and obtained consent to assess the knowledge level and the purpose of the study was explained to them. The sample of the study was selected by lottery method. The investigator gave a brief introduction about the tools and SIM.

Results

Section A: Description of the Demographic Variables.

Table: Frequency % of knowledge Scores of Adolescents Regarding Life Style Modification in Prevention of Obesity

N = 100

S. No.	Demographic variables		Frequency (F)	Percentage (%)
1.	Age	10-12	06	06%
		13-15	56	55%
		16-18	34	34%
		19-less than 19 years	04	04%

2.	Sex	Male	63	63%
		Female	37	37%
3.	Father Education status	Secondary education	0	0
		Graduate	25	25%
		Post graduate	53	53%
		Above post-Graduation	22	22%
4.	Type of Family	Nuclear	66	66%
		Joint	09	09%
		Single parent	25	25%
		Extended family	0	0
5.	leisure time activity	Outdoor games	26	26%
		Watching TV	10	10%
		Indoor games	51	51%
		Exercise	13	13%
6.	Type of food intake	Veg	49	49%
		Non Veg	51	51%

Section B: To Assess the Knowledge of Adolescent's Students Regarding Life Style Modification in Prevention of Obesity

Table

N=100

S. No	level of knowledge	Frequency	Percentage %
1	Poor knowledge (1-10)	45	24%
2	Average knowledge (11-18)	31	31%
3	Good knowledge (19-25)	24	45%

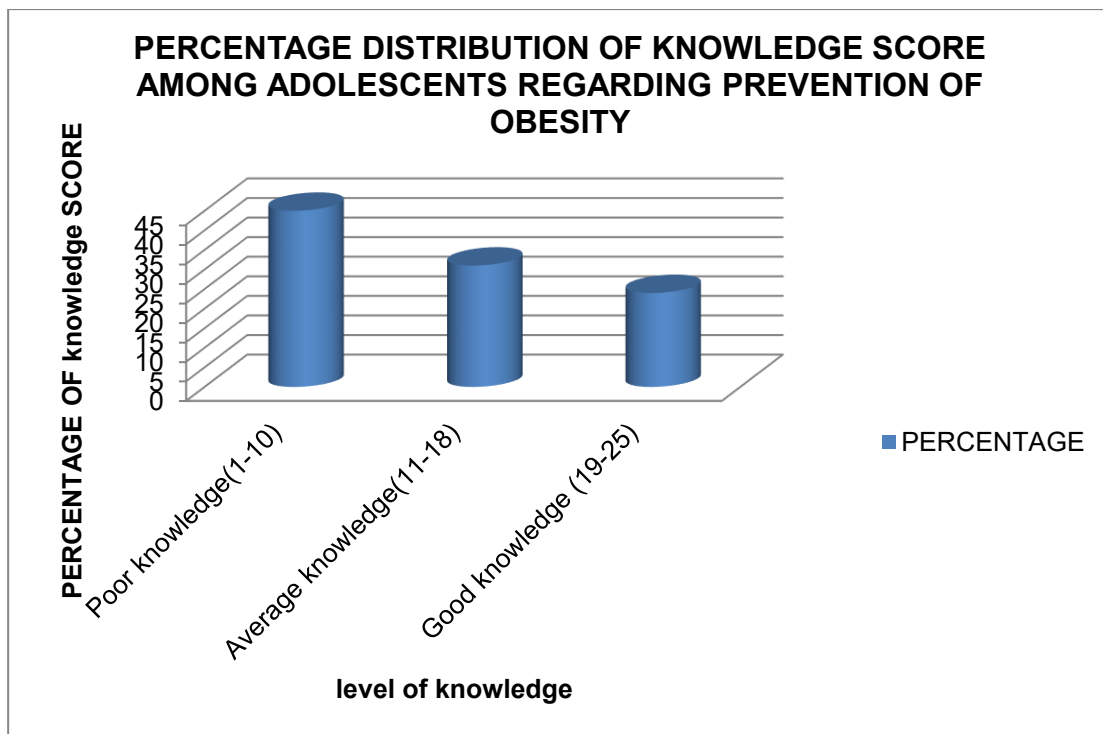


Figure: Clustered cylinder diagram depicting percentage distribution of the sample according to their level of knowledge of adolescents

The table and figure no. showed the level of knowledge of adolescents regarding obesity with regard to scores, 45 (45%) Poor knowledge (1-10) and 31 (31%) adolescents regarding obesity Average knowledge (11-18) and 24 (24%) regarding obesity Good knowledge (19-25) of adolescents.

Section C: To find out the association of attitude score of adolescent students with selected socio demographic variables.

Table: Association Level of Attitude With Selected Demographic Variables

N=100

S. No	Variables	Level of Attitude			Df	X ² value	tabulated value	Remark
		Unfavorable attitude	Neutral attitude	Favorable attitude				
1	Age				6	2.53427	12.59	NS
	10-12	01	02	03				
	13-15	15	19	22				
	16-18	05	11	18				
	19<19 years	01	01	02				
2	Sex				2	3.14124	5.99	NS
	male	14	17	32				
	female	08	16	13				
3	Education				4	2.15814	9.49	NS
	secondary	0	0	0				
	education	5	07	13				
	post- graduation	11	17	25				
	above post-graduation	06	09	07				
4	Type of Family				4	13.4639	9.49	sig
	nuclear	12	16	38				
	joint	2	4	3				
	single parents	8	13	4				
	extended family	0	0	0				
5	Leisure Time Activity				6	22.8117	15..03	sig
	outdoor games	9	10	7				
	watching TV	3	5	2				
	indoor games	9	09	33				
	exercise	1	9	3				
6	Type of Intake Food				2	27.5347	5.99	sig
	Veg	16	24	09				
	Non-Veg	06	09	36				

The above table shows that

NS- Non-significance

Sig- significance

Section D: To Determine the relationship between knowledge and attitude of adolescent's students regarding obesity

Correlation between knowledge and attitude life style modification in prevention of obesity among adolescents

Karl Pearson's coefficient of correlation was used to test relationship between knowledge and attitude of adolescents regarding prevention of obesity. Research hypothesis for this "There is positive correlation between the knowledge and attitude score which determine relationship between these two so research hypotheses (H₀₂) rejected and hypotheses (H₁) accepted.

Table: Correlation between knowledge score and attitude score

N = 100

Aspect Score	Mean	Mode	Median	S.D.	"r"
Knowledge scores	20.2	25	20.5	4.07	0.15*
Attitude score	63.56	73	69	13.82	

* Positive

Data presented in above table showed that Mean, Mode, Median and standard deviation of knowledge score were Mean- 20.2, Mode-25 Median-20.5 and standard deviation 4.07 respectively, Attitude score were mean, median and standard deviation of attitude score were Mean 63.56, Mode -73, Median-69.and standard deviation-13.82. Karl Pearson's coefficient of correlation between knowledge and attitude score was 0.50 which significant. So H_3 accepted and H_{03} was rejected.

N=100

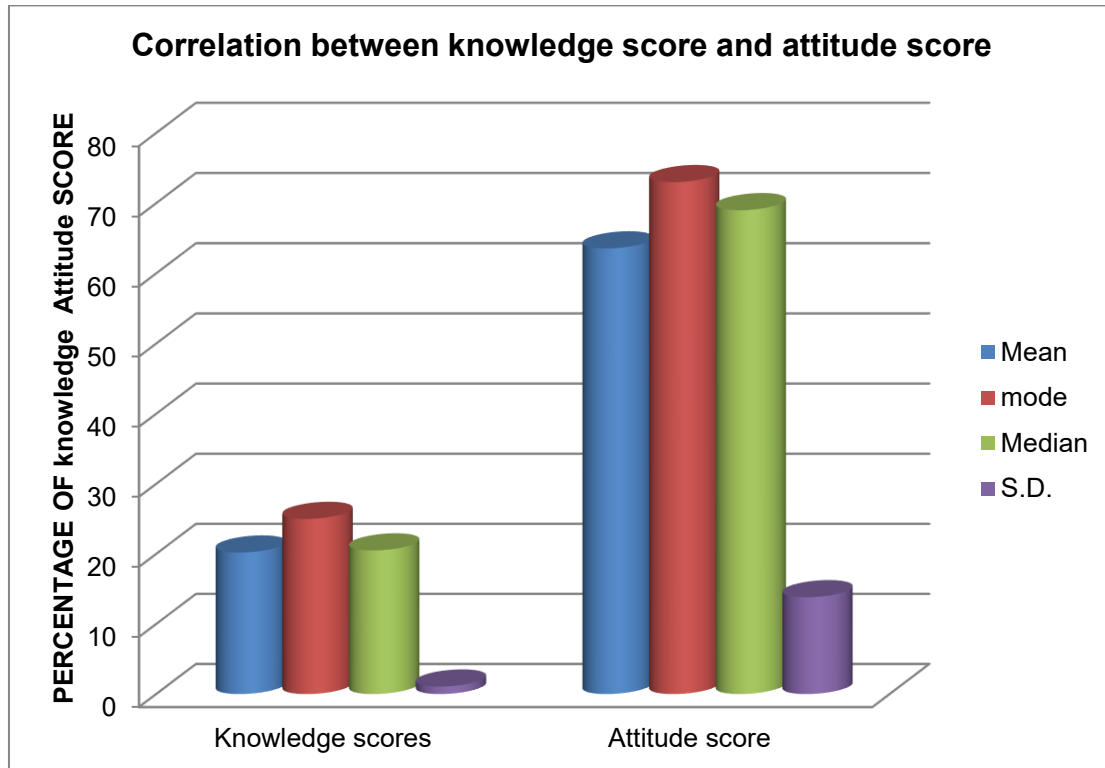


Figure: Clustered cylinder diagram depicting percentage distribution of the sample according to their level of Correlation between knowledge score and attitude score.

Conclusion

The following conclusions can be drawn from the study findings which are supported by evidence from the literature above:

The majority of the samples either had in educate or moderate knowledge levels about the subject and there was a significant increase in their knowledge level. Hans it is concluded that sim effectively improve the level of knowledge among the samples in selected schools in Bangalore.

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