



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2017; 3(11): 157-158
www.allresearchjournal.com
Received: 25-09-2017
Accepted: 26-10-2017

K Ramya

Department of Child
Health Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Malathy

Staff Nurse, Narayana
Medical College and Hospital,
Nellore, Andhra Pradesh, India

Suganya V

Department of Child
Health Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Prasanna

Department of Obstetrics and
Gynaecology, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Indira S

Department of Child
Health Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Correspondence

K Ramya

Department of Child
Health Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Knowledge regarding eating disorder among adolescent girls

K Ramya, Malathy, Suganya V, Prasanna and Indira S

Abstract

Back ground: Anorexia Nervosa is a psychosomatic disorder primarily affecting adolescent girls. It frequently begins with a voluntary weight reduction diet that is initiated because the client feels over weight.

Aim: To assess the level of knowledge regarding selected eating disorders among adolescent girls.

Material and method: Study conducted by using the descriptive design, 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 and Conclusion: The study results reveals that level of knowledge of adolescent girls regarding eating disorder, out of 60 samples, 39(65%) adolescent girls have inadequate knowledge, 20(33.3%) adolescent girls have moderately adequate knowledge and 1(1.7%) have adequate knowledge regarding eating disorder.

Keywords: Eating disorder, anorexia nervosa, adolescent girls, psychosomatic disorder

Introduction

Eating disorder are psychiatric illnesses with substantial psychosocial and biological consequences. All though many affected individuals initially appear to function normally. These disorders can cause significant emotional and physical turmoil.

Adolescents affected by Anorexia exhibits the symptoms such as abnormal weight loss, ending periods or delayed development in puberty, self induced weight loss though methods like fasting, low food intake, excessive exercise. Dieting and diet pills or vomiting. A constant fear of gaining weight as well as feeling of being fat. As result, they are ending with complications such Anorexia Nervosa include malnutrition, dehydration, electrolyte imbalances, hypoalbuminemia, esophageal erosion, ulcers, tears, bleeding, gum erosion.

Complications of Bulimia Nervosa include gastric rupture during periods of binge eating, dental carries, dehydration or electrolyte Imbalances, Increase risk of suicide and psychoactive substance abuse, Anxiety, depression.

Objectives

- To assess the level of knowledge regarding selected eating disorders among adolescent girls.
- To find out the association between the level of knowledge regarding selected eating disorders among adolescent girls with their selected socio demographic variables.

Detailed Research Plan

- **Research Approach:** Quantitative Approach.
- **Research Design:** descriptive design.
- **Research Setting:** The study was conducted in selected schools at Nellore.
- **Sampling Technique:** Convenience sampling technique
- **Sample Size:** The sample size of the study 60 students from selected schools at Nellore.

Results and discussion

Table 1: level of knowledge of adolescent girls regarding eating disorder

(N=60)

Level of knowledge	Adolescent girls	
	F	%
Inadequate	39	65
Moderate	20	33
Adequate	1	1.7
	60	

Table: 1 shows that the level of knowledge of adolescent regarding eating disorder. out of 60 samples,39(65%) adolescent girls have inadequate knowledge, 20(33.3%) adolescent girls have moderately adequate knowledge and 1(1.7%) have adequate knowledge regarding eating disorder.

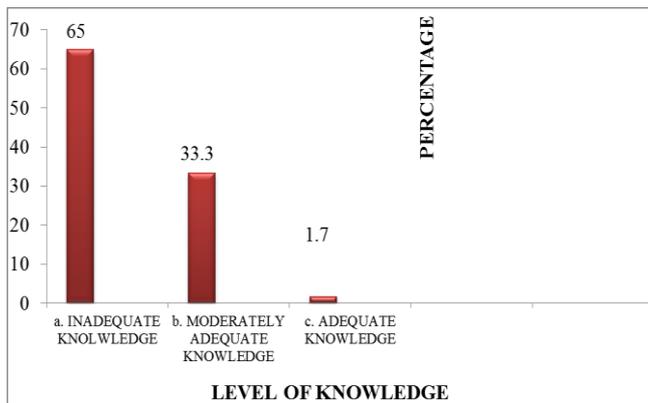


Fig 1: Percentage distribution of adolescent girls based on Level of knowledge regarding eating disorder.

To find out the association between the level of knowledge regarding selected eating disorders among adolescent girls with their selected socio demographic variables.

There is significant association between the level of knowledge of adolescent girls regarding eating disorder with age, occupation education, family income, mother education, father education, religion, type of school, medium of language. There is no any non significant.

Conclusion

The study concluded that, majority of adolescent girls having inadequate knowledge, some educational programme can organize the awareness regarding selected eating disorders.

References

1. Dr. Sreevani M. Sc. Psychiatric Nursing; A guide to mental health and psychiatric nursing; eating disorder; 11th edition; Jaypee Brothers Medical Publishers (P) Ltd, 2010, 215-217.
2. Dr. Lalitha K. Mental Health and Psychiatric nursing; An India Perspective, 1995, 480.
3. Dorothy Larlow R. Barbara A. Redding; Txt book of pediatric nursing; 6th edition; Publication, 1132,199
4. Ramya K, Dr. Indira S. A study to assess the knowledge regarding recording and interpretation of blood pressure among staff Nurses and Nursing students in Narayana Medical college and Hospital published by Nurses of India. 2016; 17(7):16-17.

5. Ramya K, Dr. Indira S. A study to assess the knowledge regarding recording and interpretation of respiration of staff nurses and nursing students in Narayana Medical College and Hospital, Nellore, published in Nightingale Nursing. 2016; Times 9(2):37-38.
6. Ramya K, Dr. Indira S. An exploratory study to assess the factors contributing to childhood obesity among school children at Narayana Medical college and Hospital, Nellore, published nurses of India. 2016; 16(7):21-22.
7. Ramya K, Dr. Indira S. A study to assess the knowledge of mothers regarding care of low birth weight babies in Narayana Medical college and Hospital, Nellore published in Narayana nursing Journal. 2016; 4(2):29-3
8. Ramya K, Dr. Indira S. A study to assess the effectiveness of video teaching programme on immunization regarding knowledge among the mothers of under five children admitted in paediatric wards of RMMCH at Nellore published in Narayana nursing Journal, 2014, 2(2).
9. Ramya K, Dadam Revathi, Rama Harika B, Athira Babu. A study to assess the knowledge regarding catherterization among staff nurses and nursing students in Narayana medical college hospital, Nellore, published in International Journal of Applied Research. 2016; 2(10):322-324.
10. Ramya K, Athira babu, Indira S, Suganya, Dadam Revathi, Samhita jyothi. Astudy to assess the knowledge regarding oral hygiene among staff Nurses and nursing students in Narayana medical college hospital, Nellore, published in International Journal of Applied Research. 2017; 3(10):153-155.
11. Ramya K.
12. Suganya V. Phebe Thomas, Education on prevention of nosocomial infection among staff nurses at neonatal intensive care unit in Sri Ramakrishna hospital, Coimbatore.
13. Suganya V, Suganthi M, Sella Kumar. Effectiveness of oil massage therapy on weight and neurobehavioral response among LBW infants, published in international journal of science and research. 2015; 4(5):2999-3002.
14. Suganya V. Case report on status asthmaticus. Narayana nursing journal, 2016, 5(2).
15. Suganya V, Bincy Jacob, Revathi D, Ramya K. Nutritional status of under five children International Journal of Applied Research. 3(5):594-598.
16. Suganya V, Bibitha Baby, Revathi D, Ramya K. Knowledge on home management of diarrhoea among mothers of under five children International Journal of Applied Research. 3(5):376-380.
17. Ramya K. female infanticide in India Narayana Nursing Journal. 2013; 2(2):2.
18. Ramya K. shaken Baby syndrome. Narayana Nursing Journal. 2014; 5(4):2.