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The knowledge regarding eating disorders among adolescent girls

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Abstract

Background: More than 1.2 million people in world affect with anorexia nervosa and incidence rate seem to be increasing over past 25 years. The eating disorders had spread globally and include developing Asian Countries.

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

Setting and Design: The study was conducted in Narayana Medical College Hospital, by using a descriptive design.

Materials and Methods: A total of 500 samples were included in this study. 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. The history of abnormal eating had significant association with level 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.

Conclusion: The findings of the study revealed that majority of adolescent girls had inadequate knowledge regarding eating disorders. The above results concluded that there is need to conduct structured teaching programmes for improving knowledge of adolescent girls regarding eating disorders.

Keywords: hypertension, noncoastal area, coastal area, heart attack, stroke.

1. Introduction

Epidemiological studies have suggested that the incidence of eating disorders among adolescent girls has increased over the last 50 years. The reported prevalence rate for anorexia nervosa is 0.48% among girls 15 to 19 years old. Approximately 1% to 5% of adolescent girls meet the criteria for bulimia nervosa [1]. Today, more than ever, adolescents are prone to concerns about their weight, shape, size and body image, and as a result, diet to lose weight [2-5]. Little is known about how these body image- and weight-related concerns arise. These behaviors have been suggested as possible risk factors for the development of eating disorders. Many researchers have hypothesized that the media may play a central role in creating and intensifying the phenomenon of body dissatisfaction and consequently, may be partly responsible for the increase in the prevalence of eating disorders.

Anorexia Prevalence

It is estimated that 1.0% to 4.2% of women have suffered from anorexia in their lifetime [6].

Anorexia Mortality Rates

- Anorexia has the highest fatality rate of any mental illness [7].
- It is estimated that 4% of anorexic individuals die from complications of the disease [8].

Access to Anorexia Treatment

Only one third of individuals struggling with anorexia nervosa in the United States obtain treatment [9].

Bulimia Prevalence

It is estimated that up to 4% of females in the United States will have bulimia during their lifetime [10].

Bulimia Mortality Rates

3.9% of these bulimic individuals will die [11].

Access to Bulimia Treatment

Of those practicing bulimia, only 6% obtain treatment [12].

Binge Eating Disorder Statistics

Binge Eating Prevalence

- 2.8 % of American adults will struggle with BED during their lifetime. Close to 43% of individuals suffering from Binge Eating Disorder will obtain treatment [13]. Binge Eating Disorder Mortality Rates
- 5.2% of individuals suffering from eating disorders not otherwise specified [14]. The former diagnosis that BED, among other forms of disordered eating) was included in under the DSM-IV) die from health complications.

Access to Binge Eating Treatment

Close to 43% of individuals suffering from Binge Eating Disorder will obtain treatment [15].

General Statistics on Eating Disorders

- Eating disorders are a daily struggle for 10 million females and 1 million males in the United States [16].
- Four out of ten individuals have either personally experienced an eating disorder or know someone who has [17].

Adolescent girls are the future mothers many studies illustrated that adolescent girls are having eating disorders. A study conducted by Arumugam Indira and Katari Kantha shows that 8(15.38%) mothers were underweight [18]. The investigators felt that eating disorders will affect the women health in every aspect. So the investigators interested to conduct a study on level of knowledge regarding eating disorders among adolescent girls.

2. Objectives of the Study

- To assess the knowledge regarding eating disorders among adolescent girls.
- To associate the level of knowledge regarding eating disorders with selected socio demographic variables

3. Detailed Research Plan

Research Approach : Quantitative Approach.

Research Design: Descriptive design.

Research Setting: The study was conducted in Narayana Medical College Hospital, Nellore.

Sampling Technique: Simple random sampling technique was used to select the subjects.

Sampling Technique: Convenience sampling technique

Sample Size: The sample size for the study was 100 adolescent girls between the age group of 15-20 years.

4. Results and discussion

The data was collected from 100 adolescent girls between the age group of 15-20 years.

Table 1: Frequency and percentage distribution of socio demographic variables of adolescent girls.

N=100

AGE	Frequency(f)	Percentage (%)
a) 10-12years	1	1
b) 13-15years	17	17
c) 16-20years	75	75
d) 21-22years	7	7
Education	Frequency(f)	Percentage (%)
a) High school	4	4
b) Higher secondary	23	23
c) Intermediate	16	16
d) Degree	57	57
Type Of Family	Frequency(f)	Percentage (%)
a) Joint family	40	40
b) Nuclear family	54	54
d) Extended family	6	6
Family History	Frequency(f)	Percentage (%)
a) Present	34	34
b) Absent	66	66
Source Of Information	Frequency (f)	Percentage (%)
a) No information	10	10
b) Health care worker	47	47
c) Family members	30	30
d) Friends	13	13
Source Of Information	Frequency (f)	Percentage (%)
a) No information	10	10
b) Health care worker	47	47
c) Family members	30	30
d) Friends	13	13
Abnormal Eating Habit	Frequency(f)	Percentage (%)
a) Pica	5	5
b) Over eating	27	27
c) Induced vomiting	12	12
d) Loss of appetite	56	56
Body Image	Frequency(f)	Percentage (%)
a) Thin built	28	28
b) Moderately built	60	60
c) Obese	12	12

Level of knowledge regarding eating disorders among adolescent girls

Table 2: Frequency and Percentage distribution of Level of knowledge regarding eating disorders of adolescent girls

N=100

Level Of Knowledge	Frequency(F)	Percentage (%)
Inadequate	87	87
Moderate	13	13

Table-2 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.

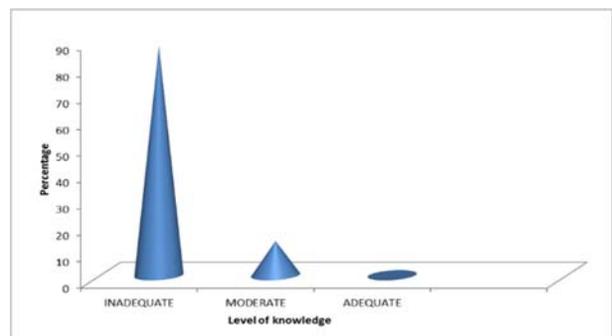


Fig 1: Percentage distribution based on level of knowledge regarding eating disorders among adolescent girls

Table 3: Distribution of mean and standard deviation of level of knowledge regarding eating disorders

Mean	Standard Deviation
10.30	1.3

Table: 3 shows that mean score was 10.30 with the standard deviation of 1.3 for the knowledge regarding eating disorders among adolescent girls.

Association between levels of knowledge of adolescent girls regarding eating disorders with socio demographic variables: Shows that there is no significant association between the demographic variables such as age, education, type of family, source of information, chief features, history of abnormal eating habit, body build, parental support with level of knowledge of adolescent girls regarding eating disorders. There is significant association of level of knowledge regarding eating disorders in the family history of eating.

5. Conclusion

The findings of the study revealed that majority of adolescent girls had inadequate knowledge regarding eating disorders. The above results concluded that there is need to conduct health education programme for improving knowledge of adolescent girls.

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