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Effectiveness of planned teaching programme on knowledge regarding eating disorders among teenage girls of selected school, Indore

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Abstract

Introduction: A teenager, or teen, is a young person whose age falls within the range from 13 -19. A teenage is the period of transition from childhood to maturity with rapid physical, intellectual, emotional and social growth. Due to inadequate fulfillment of needs and deprivation in various aspects, adolescents are vulnerable to different problems. Eating disorder is one of the major and prevalent disorders in teenagers.

Methodology: A quasi –experimental approach with pre-test and post-test design was adopted in order to evaluate the effectiveness of STP to create the knowledge about eating disorders among teenage girls of Mathura Devi school, Indore, M.P. A total of 30 girls selected by random sampling method was included in the study. Structured knowledge questionnaire was administered to assess the knowledge regarding eating disorders.

Results: Majority of girls 39 (78%) belong to the age group of 13-16 yrs. Majority of students 40 (40%) live in nuclear family. The majority of students father's education and mother's education also 35 (70%) and 30 (60%) was higher secondary. Monthly family income was above Rs.15001. 30% of the residential area wise distribution were rural and 70% were from urban. Most of the respondent belongs to Christian & Hindu religion and remaining 3.33% were Muslim. There was effectiveness of STP among the group as shown by the paired pre-test which was used for comparison between pre-test and post knowledge.

Conclusion: The findings of the study showed that the STP was effective in all areas in improving the knowledge of teenage girls regarding eating disorders.

Keywords: Knowledge, eating disorder, teenage girls

Introduction

Teenage is the period of transition from childhood to maturity with rapid physical, intellectual, emotional and social growth. Due to inadequate fulfillment of needs and deprivation in various aspects, adolescents are vulnerable to different problems ^[1]. Eating disorder is one of the major and prevalent disorders in teenagers especially in teenage girls. Individuals with a diet disorder consume ordinary manner that compromises their physical well-being. The way of consuming are vastly different in such a way: it could be excessive or restricted, or eating the many incorrect foods ^[1].

An eating disorder is an obsession with food and weight that harms a person's health. Even though we all fret about our weight at times, people who have an eating disorder go to extremes to keep from gaining weight. Commonest eating disorders are Anorexia nervosa, bulimia nervosa, binge eating, purging disorder: characterized by refusal to maintain a healthy body weight, an obsessive fear of gaining weight, and an unrealistic perception of current body weight. Anorexia can cause menstruation to stop, and often leads to bone loss, loss of skin integrity, etc. It greatly stresses the heart, increasing the risk of heart attacks and related heart problems. The risk of death is greatly increased in individuals with this disease ^[8]. Anorexia nervosa and Bulimia Nervosa are the two main eating disorders. Food phobia, body image and binge eating disorders are also fast on the rise among adolescents. Eating disorders are severe medical problems requiring expert handling by therapists, doctors and nutritionists warns that these behaviors can lead to medical complications, nutritional deficiencies and, potentially, a full-fledged ^[7].

A statistics reveal that you can find around total of seven million females experiencing a seating disorder for you, when compared to A million males. Statistics demonstrate that 10% off seating disorder for you scenarios are reported that occurs in small children who definitely are Ten years old or less, 33% with the reported instances are in between 11-15 yrs old, 43% relating to the ages of 16-20 and 86% in the circumstances are reported in those that are Two decades and older [1].

Anorexia nervosa, bulimia nervosa, and binge consuming affect a lot more women than guys. Surveys report that women get figure conscious way more than men. Athletes and students may be are afflicted by consuming disorders primarily because of society’s pressure on being thin. Athletes who definitely are involved with sports for example gymnastics, figure skating, dancing and synchronized swimming will probably build a diet program disorder. The National Association of Anorexia Nervosa and Associated Disorders estimates that eight million people in the United States struggle with eating disorders; seven million women and one million men. Of those eight million people, 86% report that the illness began before they reached the age of twenty, and only 50% report being fully cured [1].

A new study has revealed that girls with dieting mothers are more likely to suffer from eating disorders. The survey involving 512 teenage girls with an average age of 14 said their mothers dramatically influence their self-image and they felt damaged by the effects of their mum's diet. Eating disorders have the highest mortality rate of any mental illness. A study by the National Association of Anorexia Nervosa and Associated Disorders reported that 5 – 10% of anorexics die within 10 years after contracting the disease; 18-20% of anorexics will be dead after 20 years and only 30– 40% ever fully recovering and views on food. 20% of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems [6].

Nearly 11 percent of 9th to 12th grade students in the U.S. have gone without eating for 24 hours or more; 5 percent have taken diet pills, powders or liquids; and 4 percent have vomited or taken laxatives – all to lose weight or to keep from gaining weight [4]. After reviewing the related literatures and studying the findings the researchers felt the need to assess the knowledge of teenage girls regarding eating disorders as this is highly prevalent among the group. We also felt that if we teach the ill-effects of eating disorder to teenaged girls, eating disorders can be prevented in future. So we have selected this study as an research subject.

Methodology

A quasi experimental research design was used to collect data from teenage girls. A total of 50 girls were enrolled into the study by using random sampling technique. A formal approval was obtained from the authorities and ethical consent was obtained from all subjects. The structured knowledge questionnaire was used to assess the knowledge regarding eating disorders. The study was conducted in Mathura Devi school, Indore. The minimum score was 0 on this questionnaire and maximum 32. The questionnaire was categorized into 3 headings. The reliability was found to be 0.81. The data was analyzed using both descriptive and inferential statistics i.e. mean, mean percentage, median, standard deviation, t-test and chi square.

Results

Majority of girls 39 (78%) belong to the age group of 13-16 yrs. Majority of students 40 (40%) live in nuclear family. The majority of students father’s education and mother’s education also 35 (70%) and 30 (60%) was higher secondary. Monthly family income was above Rs.15001. 30% of the residential area wise distribution were rural and 70% were from urban. Most of the respondent belongs to Christian & Hindu religion and remaining 3.33% were Muslim.

Table 1: Comparison of pretest and post-test level of knowledge regarding eating disorders N=50

Levels	Pre-Test		Post-Test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Excellent (25-32)	0	0	6	12
Good (17-24)	10	20	37	74
Average (9-16)	35	70	7	14
Poor (0-8)	5	10	0	0

Max. Score = 32

Min. Score = 0

Table 7: Overall mean comparison of knowledge. (N=50)

	Mean ± SD	‘t’	df	P value
Pre-test	11± 3.37	16.712	59	0.000*
Post-test	20.66± 2.99			

The association of the four socio-demographic variables with knowledge score. Residential area had shown significant association with the level of the knowledge whereas for other variables like age, types of family, family income and religion was found to be non-significant.

Discussion

The present study revealed that the teenage girls had average knowledge on pretest of eating disorders. The findings is supported by a study conducted by Ms. Amandeep and Babandeep *et al* at Mohali, Punjab among teenage girls where the students had average knowledge in pre-test 20 (66.66%) in pretest and very good knowledge in post-test 22 (73.33%). The structured teaching programme was found to be effective with a mean increase in knowledge of 48.6%. The area of residence and knowledge score was found to be significant [11].

Conclusion

The following conclusions were drawn on the basis of the findings of the study:

1. Most of the sample had average knowledge regarding the eating disorders in the pre-test whereas the mean percentage post-test scores and modified gain scores in all items were found to be high in post-test.
2. There was significant difference between pre-test and post-test knowledge score.
3. The structured teaching programme was effective strategy for improving the knowledge among the teenage girls. (t=20.04) (p<0.05).
4. There was non- significant association between pre-test knowledge and selected demographic variables except residential area.

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