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## Knowledge regarding eating disorder among adolescent girls

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**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.

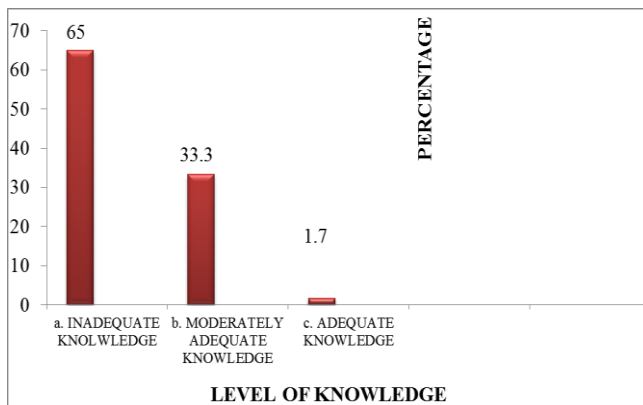
## Results and discussion

**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.

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