

A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Anorexia Nervosa among the Adolescent Girls in Selected Colleges of District Amritsar, Punjab

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ABSTRACT

BACKGROUND: Anorexia nervosa, commonly referred to as anorexia, is an eating disorder marked by an unusually low body weight, a profound fear of weight gain, and a distorted view of one's body weight. Individuals suffering from anorexia attach great importance to managing their weight and body shape, using extreme measures that often severely disrupt their daily lives. **AIM:** The main aim of the study was to assess the knowledge regarding anorexia nervosa among the adolescent girls of selected colleges of district Amritsar. **METHODS:** Quantitative research approach and pre-experimental research design was used. It was conducted over 60 adolescent girls and sample was collected by using non-probability sampling technique. Self-structured questionnaires were used to assess the effectiveness of Structured Teaching Programme regarding anorexia nervosa among the adolescent girls. The data was tabulated, analysed and interpreted by using descriptive and inferential statistics in accordance with objectives and hypothesis formulated for the current study. **RESULTS:** The result showed that the pre-test level of knowledge regarding anorexia nervosa among adolescent girls reveals that most of the adolescent girls 39(65%) girls had inadequate knowledge regarding the anorexia nervosa, followed by 21(35%) adolescent girls had moderately adequate knowledge regarding anorexia nervosa, and nobody had adequate knowledge regarding anorexia nervosa and in post test majority of adolescent girls 33(55%) had gained adequate knowledge and 27(45%) had gained moderately adequate knowledge and nobody had inadequate knowledge regarding anorexia nervosa. The mean percentage of knowledge score of post-test (79.67) was higher than pre-test (48.28) which was compared by using paired t test with calculated value (t=28.34 *sig p≤ 0.01) indicates highly significant. **CONCLUSIONS:** The study concluded that Structured Teaching Programme was effective in improving knowledge regarding anorexia nervosa among the adolescent girls. There was no significant association of post-test knowledge with their selected socio- demographic variables Age, Religion, Area of residence, Mother's educational status, Occupation of father, habit of food pattern, Number of meals per day, Source of information and significantly associated with Type of family at p<0.01 and monthly income at p<0.05. So, researcher accepts research hypothesis H₁

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KEYWORDS: Structured Teaching Programme, knowledge, anorexia nervosa, adolescent girls.

Background of study:

Eating disorders is one of the most prevalent disorder among adolescent girls. The number of cases with eating disorders in the 17–19 age range has significantly grown. Anorexia nervosa, bulimia nervosa, and binge eating disorder are the three eating disorders that affect teenagers the most. Adolescents at this age become increasingly self-conscious about their bodies and strive for a slender body type; consequently, they frequently abstain from food and adhere to a rigorous diet that is detrimental to their development. Adolescents are disproportionately affected by eating disorders such as anorexia nervosa. Significant osteopenia, one of the among is the most prevalent medical outcomes of a chronic course of morbidity. One of the main risk factors for eating disorders is dieting. A culture's Predominance of dieting behaviour is correlated with its incidence of eating disorders. While diets and eating disorders are less prevalent in non-Western nations, teenagers of all ethnicities with higher socioeconomic status classes-white women in particular-eat more and worry about their weight more as compare to other section of women.³.

MATERIAL AND METHODS

Study design: A pre-experimental research design was used to plan and organize the present study.

Study setting: The study was conducted in Dashmesh College for Women, Amritsar among the adolescent girls.

Study subjects: There were total 60 adolescent girls in the sample.

Inclusion Criteria: -

- Adolescent girls having age 17-19 years
- Teenage girls who want to participate in the study.
- Adolescent girls accessible when the information was being collected.

Exclusion Criteria: -

- Adolescent girls under the age of 17 and those above the age of 19.
- Teenage girls who weren't present when the data was being gathered.

Sampling: Non-Probability Convenience sampling technique was used.

Study instrument: Self structured questionnaires were used to assess the knowledge regarding anorexia nervosa among adolescent girls.

Ethical consideration: Ethical clearance was taken from research and ethical committee of SGRD Institute of Nursing Pandher, Amritsar and from the coordinator of Dashmesh college for women Mehta Chowk, Amritsar for the study to be conducted. Written informed consent was also taken from every participant in the research. Confidentiality of the study subjects was also maintained.

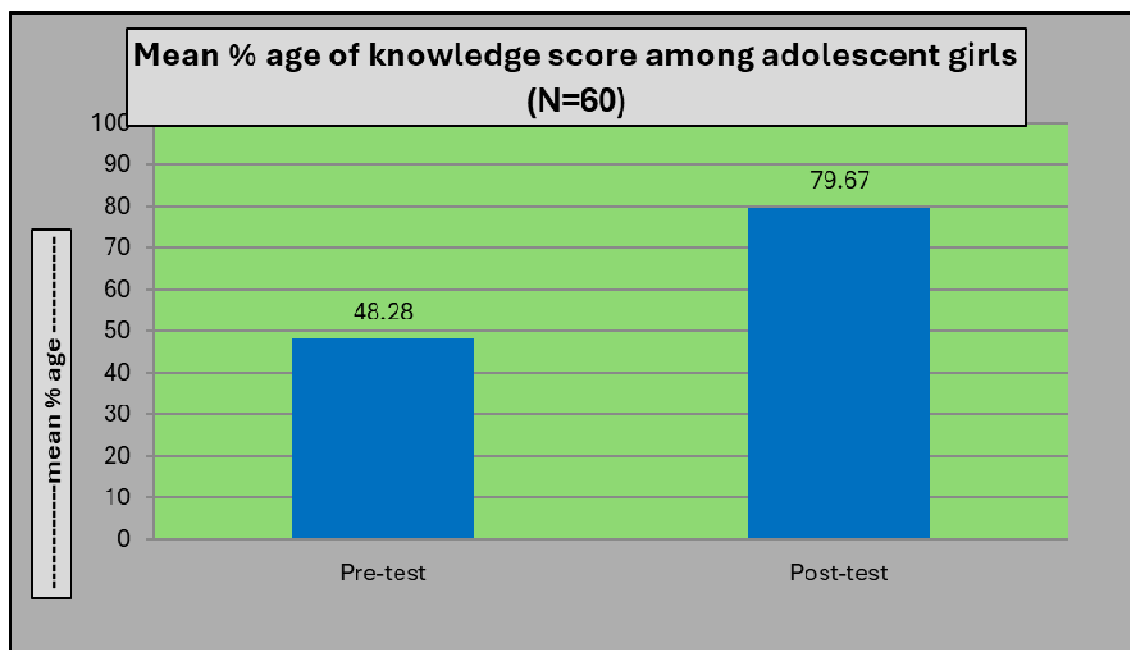
Pilot study:

Pilot study was conducted to assess the feasibility or to improve the research design. Pilot study was conducted at Sant Giani Gurbachan Singh Ji Khalsa College, Amritsar. It was carried on the 06 sample of adolescent girls.

Data collection: The researcher gave a brief introduction to the samples and the reason behind the data collection. They received assurances that the information they provided would be kept private and used only for research. The researcher gathered information from the college's adolescent girls. Non-Probability Convenience sampling technique was used.

Data analysis: The analysis and interpretation of the data was the most important step in the research process. The analysis of the data was done in accordance with the objectives. It entails gathering, revising, coding, classifying, and displaying data. ANOVA and the "t" test were used for inferential statistics, while descriptive statistics (mean, frequency, percentage, and SD) were used to analyse the data. The relationship between post-test knowledge and associated socio-demographic factors was examined by using the chi square test.

Results: The present study revealed that the mean percentage of knowledge score of post-tests (79.67) was higher than pre-test (48.28) which was compared with by using paired t test with calculated value ($t=28.34$ *sig $p \leq 0.01$) indicates highly significant. Therefore, it was determined that the given STP was successful in increasing the adolescent girls' understanding of anorexia nervosa. Accordingly, research hypothesis H_1 is supported and the null hypothesis was rejected at $p \leq 0.01$.



CONCLUSION AND RECOMMENDATION

Conclusion of the study: The study concluded that the post-test mean knowledge score was greater (79.67) than the pre-test mean knowledge score (48.28). As a result demonstrated that teenage girls' knowledge had grown considerably. The acceptance of H_1 and rejection of H_0 demonstrate how well the STP educated the teenage girls about anorexia nervosa. Knowledge and socio-demographic factors did not significantly correlate, with the exception of family type and monthly income in post test knowledge regarding anorexia nervosa among adolescent girls.

Recommendations:

1. A bigger sample with demographic features can be used to replicate a comparable study.
2. A similar study can be replicated with broader content area on anorexia nervosa.
3. A comparative study can be conducted to determine the information of different age groups on anorexia nervosa.
4. A comparative study can be carried to evaluate the information related to anorexia nervosa among the adolescent females of urban and rural areas.
5. Different teaching modes can be used to conduct the same study.

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CONFLICTS OF INTEREST: There are no conflicts of interest.

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