

# Impact of Educational Package on Attitude Regarding Healthy Life Style Pattern among Adolescents

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## ABSTRACT

The present study has been conducted to know the impact of educational package on attitude regarding healthy life style among adolescent at selected schools of Bhopal. In order to achieve the objectives one group pretest post test preexperimental research design with quantitative approach was adopted. Setting of the study was MGM coed. School, Bhopal. The selection of sample was done by using convenient non probability sampling technique. The sample size was 30. The method of data collection was using baseline characteristics questions and attitude rating scale related to healthy life style pattern. Result shown that educational package on attitude regarding healthy life style pattern was effective to bring positive attitude among participants, i.e. hypotheses 1 accepted and there is no significant association between majorities of baseline characteristics with pretest attitude of adolescents, hence hypotheses 2 rejected.

**KEYWORDS:** *impact, educational package, healthy lifestyle pattern*

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## Objectives:-

1. To find out the attitude of adolescent's regarding healthy life style pattern program before intervention.
2. To determine the effectiveness of educational package on healthy life style pattern on attitude regarding healthy life style pattern among adolescents after the intervention.
3. To compare post test score with pretest score attitude regarding healthy life style pattern among adolescents.
4. To find out the association between pretest attitude score with selected demographic variables.

## Hypotheses:-

H0:- There will be no significant difference between the pretest and post test intervention level of attitude regarding healthy life style pattern among adolescents.

H1:- There will be significant difference between the pretest and post test intervention level of attitude regarding healthy life style pattern among adolescents.

H0:- There will be no significant association between the selected baseline characteristics with the pretest attitude among adolescent's.

H2:- There will be significant association between the selected baseline characteristics with the pretest attitude among adolescent's.

## Material and method

### Research approach and design

Research approach: - Quantitative approach

Research design: - Pre experimental one group pre testpost test design.

Setting of the study: - The study was conducted in MGM coed. school, Bhopal.

Study duration 2 weeks.

Study Population: -Consist of adolescent's studying in high and higher secondary classes of MGM coed. school, Bhopal.

Sample size: - 30.

**Inclusion criteria:-**

1. The adolescent's who are willing to participate in the study.
2. The adolescent's who are available during the time of data collection.

**Exclusion criteria:-**

1. Adolescent's who participated/ attending in healthy life style pattern classes.

**Data collection procedure**

The formal permission was obtained from the principal of MGM co.ed school. Self introduction was given to the students. The purpose of the study was explained to them and baseline characteristic assessing questionnaire and attitude questionnaire for assessing the attitude of adolescents regarding healthy

life style pattern given. Then provide education on healthy life style pattern and after completion of training on the fifth day post test conducted with the same attitude questionnaire.

**Statistical analysis**

Analysis of data was done in accordance with the objectives. The data was analyzed using frequencies and percentage for baseline characteristics. Mean, range, standard deviation was used to describe the level of attitude among participant. Paired t test was also done to find out the effectiveness of the healthy life style pattern teaching in terms of attitude. Chi-square was used to describe the association between the pretest and post test score of attitude with the selected baseline characteristics.

**Data analysis and interpretations**

A total of 30 adolescent's of MGM co.ed school, of Bhopal participated in the study. The baseline characteristics of the study subjects were analyzed using descriptive and were presented in terms of frequency and percentage as shown in table 1.

**Table 1:- Distribution of subjects based on baseline characteristics.**

SL. NO	BASELINE CHARACTERISTICS	FREQUENCY	PERCENTAGE
1.	<b>AGE IN YEAR</b>		
	12	07	23.33
	13	04	13.33
	14	03	10
	15	05	16.67
	16	04	13.33
	17	02	6.67
	18	03	10
2.	<b>GENDER</b>		
	Male	18	60
3.	<b>RELIGION</b>		
	Hindu	14	46.67
	Muslim	08	26.67
	Christian	06	20
4.	<b>TYPE OF FAMILY</b>		
	Joint Family	06	20
	Nuclear Family	24	80
5.	<b>MEMBERS IN THE FAMILY</b>		
	1	00	00
	2	00	00
	3	06	20
6.	<b>EDUCATIONAL STATUS OF ADOLESCENTS</b>		
	8 th	14	46.66
	9 th	05	1.5
	10 th	04	13.33

	11 <sup>th</sup>	02	6.66
	12 <sup>th</sup>	03	10
	Graduation	02	6.66
7.	<b>EDUCATIONAL STATUS OF MOTHER</b>		
	Non formal	02	6.66
	Primary education	05	16.66
	Secondary education	15	50
	Graduation	06	20
	Post graduation	02	6.66
8.	<b>EDUCATIONAL STATUS OF FATHER</b>		
	Non formal	06	20
	Primary education	14	46.66
	Secondary education	04	13.33
	Graduation	04	13.33
	Post graduation	02	6.66
9.	<b>OCCUPATION OF MOTHER</b>		
	House wife	08	26.66
	Self employee	10	33.33
	Government employee	06	20
	Private employee	02	6.66
	Business	00	00
	On contract basis	00	00
	Laborers	04	13.33
10.	<b>OCCUPATION OF FATHER</b>		
	Self employee	06	20
	Government employee	04	13.33
	Private employee	02	6.66
	Business	04	13.33
	On contract basis	00	00
	Laborers	14	46.66
11.	<b>MONTHLY INCOME OF FAMILY</b>		
	Less than 10000	08	26.66
	10000 – 30000	10	33.33
	30000 – 50000	10	33.33
	More than 50000	02	6.66
12.	<b>STAYING AT</b>		
	Home	28	93.33
	Hostel	02	6.66
	Paying guest	00	00
	Other	00	00
13.	<b>STAYING WITH</b>		
	Parents	28	93.33
	Relatives	00	00
	Friends	00	00
	Others	02	6.66
14.	<b>AWARE OF LIFE STYLE MODIFICATION</b>		
	Yes	16	53.33
	No	14	46.66
15.	<b>SOURCE OF INFORMATION</b>		
	Mass media	12	40
	Parents	08	26.66
	Teachers	02	6.66
	Friends	08	26.66
	Others	00	00

**Distribution of overall attitude score of adolescent's****Table 2:- Distribution of overall attitude score.**

Sl. no	Attitude score	pretest		Post test	
		frequency	percentage	frequency	percentage
1.	Negative attitude	08	26.66	01	3.33
2.	Neutral attitude	17	56.66	07	23.33
3.	Positive attitude	05	16.66	22	73.33

Table 2 shows that majority of adolescent's had positive attitude regarding healthy life style pattern in post test assessment.

**Distribution of samples based on Mean, range and standard deviation**

In pretest the mean is 101, range 114 and standard deviation 33.94 and inpost test mean is 181.6, range 148 and standard deviation 36.67.

**To find out the effectiveness of educational package on healthy life style pattern on attitude of adolescent's.**

Paired t test used to find out the effectiveness of healthy life style pattern training on attitude of adolescent's. The calculated t value shows that, the obtained value 13.81 is greater than the table value, null hypotheses rejected and research hypotheses accepted, hence, the educational package on healthy life style was effective to bring changes in attitude of adolescent's. Hence hypotheses 1 accepted.

**To find out the association between pretest attitude scores and selected baseline characteristics of the samples.**

Chi square test used to find out the association between selected baseline characteristics and pretest attitude score of adolescents.

**Table 3:- Chi square showing association between selected baseline characteristics and pretest attitude score of adolescent's.**

Demographic Variables	Categories	Negative Attitude	Neutral Attitude	Positive Attitude	Degree of Freedom	Table Value	Chi Square	Inference
Age In Years	12	04	03	00	14	23.69	32.04	Significant
	13	02	02	00				
	14	01	02	00				
	15	01	04	00				
	16	00	04	00				
	17	00	01	01				
	18	00	01	02				
Gender	Male	06	10	02	2	5.99	1.58	Not Significant
	Female	02	07	03				
Religion	Hindu	04	07	03	6	12.59	1.4	Not Significant
	Muslim	02	05	01				
	Christian	01	04	01				
	Other	01	01	00				
Type of Family	Joint Family	01	03	02	4	9.49	1.57	Not Significant
	Nuclear Family	07	14	03				
	Extended Family	00	00	00				
Members in the Family	1	00	00	00	6	12.59	7.23	Not Significant
	2	00	00	00				
	3	02	01	03				
	4 & Above	06	16	02				
Educational Status of Adolescents	8 Th	06	08	00	10	18.31	19.45	Significant
	9 Th	01	04	00				
	10 Th	01	02	01				
	11 Th	00	01	01				
	12 Th	00	02	01				
	Graduation	00	00	02				

Educational Status of Mother	Non Formal	02	00	00	8	15.51	19.91	Significant
	Primary Education	02	03	00				
	Secondary Education	03	11	01				
	Graduation	01	03	02				
	Post Graduation	00	00	02				
Educational Status of Father	Non Formal	02	04	00	8	15.51	21.38	Significant
	Primary Education	03	10	01				
	Secondary Education	03	01	00				
	Graduation	00	02	02				
	Post Graduation	00	00	02				
Occupation of Mother	House Wife	03	05	00	12	21.03	22.69	Significant
	Self Employee	03	07	00				
	Government Employee	02	01	03				
	Private Employee	00	00	02				
	Business	00	00	00				
	On Contract Basis	00	00	00				
Occupation of Father	Laborers	00	04	00	10	18.31	14.13	Not Significant
	Self Employee	02	04	00				
	Government Employee	00	02	02				
	Private Employee	01	00	01				
	Business	01	01	02				
	On Contract Basis	00	00	00				
Monthly Income of Family	Less Than 10000	04	03	01	6	12.59	5.53	Not Significant
	10000 – 30000	02	06	02				
	30000 – 50000	01	07	02				
	More Than 50000	01	01	00				
You Are Staying At	Home	07	17	04	6	12.59	2.92	Not Significant
	Hostel	01	00	01				
	Paying Guest	00	00	00				
	Other	00	00	00				
You Are Staying With	Parents	07	16	05	6	12.59	.78	Not Significant
	Relatives	00	00	00				
	Friends	00	00	00				
	Others	01	01	00				
Are You Aware of Lifestyle Modification	Yes	03	09	04	2	5.99	2.22	Significant
	NO	05	08	01				
Source of Information	Mass Media	04	06	02	8	15.51	6.21	Not Significant
	Parents	02	03	03				
	Teachers	00	02	00				
	Friends	02	06	00				
	Others	00	00	00				

### AT 0.05 LEVEL OF SIGNIFICANCE

There is a significant association between pretest attitude and selected baseline characteristics such as age in year, educational status of adolescents, educational status of mother, educational status of father and occupational status of mother.

Since the majority of baseline characteristics had no association between pretest attitude of adolescent's,

null hypotheses accepted and research hypotheses rejected, hypotheses 2 rejected.

### Conclusion

Educational package on healthy life style pattern was effective to bring positive attitude among participant regarding healthy life style pattern.

