

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Eating Disorders among Adolescent Girls in the Selected Schools of Jabalpur City, (MP)

Arun James, Thara Xavier, Babitha Mathew, Priya John

Assistant Professor, College of Nursing Nirmala Medical Centre, Muvattupuzha, Kerala, India

ABSTRACT

“Eating disorders is not an illness of the body; it is an illness of the mind”

Eating disorders are psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual’s physical and mental health. A study to assess the effectiveness of planned teaching programme on knowledge regarding eating disorders among adolescent girls in the selected schools of Jabalpur city, (MP).

KEYWORDS: *eating disorder, anorexia nervosa, bulimia nervosa, binge eating*

How to cite this paper: Arun James | Thara Xavier | Babitha Mathew | Priya John "A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Eating Disorders among Adolescent Girls in the Selected Schools of Jabalpur City, (MP)" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-3, April 2022, pp.2033-2040, URL: www.ijtsrd.com/papers/ijtsrd49886.pdf



Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

“Eating disorders is not an illness of the body; it is an illness of the mind”

Eating disorders are psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual’s physical and mental health.

NEED OF THE STUDY

Eating disorders are common health problem afflicting mainly female adolescents and young women. They are associated with important physical health and psychosocial morbidity and carry increased risk of health. Their cause is not yet completely understood and their management is complex, with patients resisting all available treatments.

The National Eating Disorders Association indicates that an estimated 5-20% of those who

have anorexia nervosa will not survive complications associated with it. This means that anorexia has one of the highest mortality rates of all mental disorders for those who receive treatment; the mortality rate is far lower, at 2-3%.

PROBLEM STATEMENT

A study to assess the effectiveness of planned teaching programme on knowledge regarding eating disorders among adolescent girls in the selected schools of Jabalpur city, (MP).

OBJECTIVES

- To assess the pre-test knowledge score regarding eating disorders among adolescent girls.
- To assess the post-test knowledge score regarding eating disorders among adolescent girls

- To assess the effectiveness of planned teaching programme on knowledge regarding eating disorders among adolescent girls.
- To find out the association between pre-test knowledge score regarding eating disorders among adolescent girls with their selected demographic variable.

OPERATIONAL DEFINITION

- **ASSESS:** It refers to finding the level of knowledge regarding eating disorder in adolescent girls.
- **KNOWLEDGE:** It refers to level of understanding and awareness regarding eating disorders in adolescent girls.
- **EFFECTIVENESS:** It refers to increase in level of knowledge and attitude regarding eating disorders among adolescent girls after receiving planned teaching programme.
- **PLANNED TEACHING:** It refers to systematically developed instructional aids designed for adolescent girls regarding eating disorders which includes meaning, types, causes, clinical features, management and preventive aspects.
- **EATING DISORDER:** It refer to a group of conditions defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's physical and emotional health. Anorexia nervosa, bulimia nervosa and binge eating disorder are the most common specific forms.
- **ADOLESCENT:** Individual between the ages of 13-19yrs

HYPOTHESIS

H1: There will be significant difference between pre test and post test knowledge regarding eating disorders among adolescent girls in the selected schools of Jabalpur city.

H2: There will be significant association between pre test knowledge score regarding eating disorders among adolescent girls with the selected demographic variables.

ASSUMPTIONS

- Adolescent girls will have inadequate knowledge regarding eating disorders.
- Planned teaching programme will enhance the knowledge regarding eating disorders.
- Adolescent girls knowledge regarding eating disorders may vary with their selected demographic variables.

RESEARCH METHODOLOGY

This chapter describes the methodological procedures utilized for this study. It includes description of research approach, research design, setting, sample technique, sampling, development and description of the tools, pilot study, data collection and plan for data analysis.

This chapter deals with the methodology adopted for the study. The methodology of an investigation is of vital importance to understand the view of the nature of problem selected for the study and the objectives to be accomplished.

The present study was carried out on a Pre experimental basis so as to evaluate the effectiveness of planned teaching programme on knowledge regarding Eating Disorders among the adolescent girls in the selected school of Jabalpur city M.P.

RESEARCH APPROACH

A research approach tells the researcher as to what data and how to analyses it. Evaluate research is an applied form of research that involves finding out how well a programme, practice, procedure or policy is working (Polit and Hungler).

A research approach makes the researcher to be aware of what data to collect and how to analyze it. Research approach is the most significant part of any research. The appropriate choice of the researcher approach depends upon the purpose of the researcher study which has been undertaken in order to accomplish the main objectives of the study; hence, the Pre Experimental approach was considered to be appropriate to evaluate the effectiveness of planned teaching for adolescent girls regarding eating disorders.

RESEARCH DESIGN

According to Polit and Hungler, 1999, the research design is an overall plan for obtaining answers to the question being studied.

Researcher's overall plan obtaining answer to the research question for testing the research hypothesis is referred to be as the research design. The essential question that the research design is concerned with is how the study subjects will be brought into the research and how they will be employed within the research.

The research design for the present study was Pre Experimental one group pre-test post-test design to measure the effectiveness planned teaching programme for adolescent girls.

In this study, design introduces a base measure exposure which is depicted as O1 and O2

respectively. In the present study, the base measure was knowledge and the experimental variable planned teaching programme. Thus the research design can be represented as O1-X-O2.

O1 – It is the knowledge administered to the adolescent girls before administration of planned teaching programme.

X- Planned teaching programme for adolescent girls regarding eating disorders.

O2- It is the knowledge administered to the adolescent girls after administration of planned teaching programme.

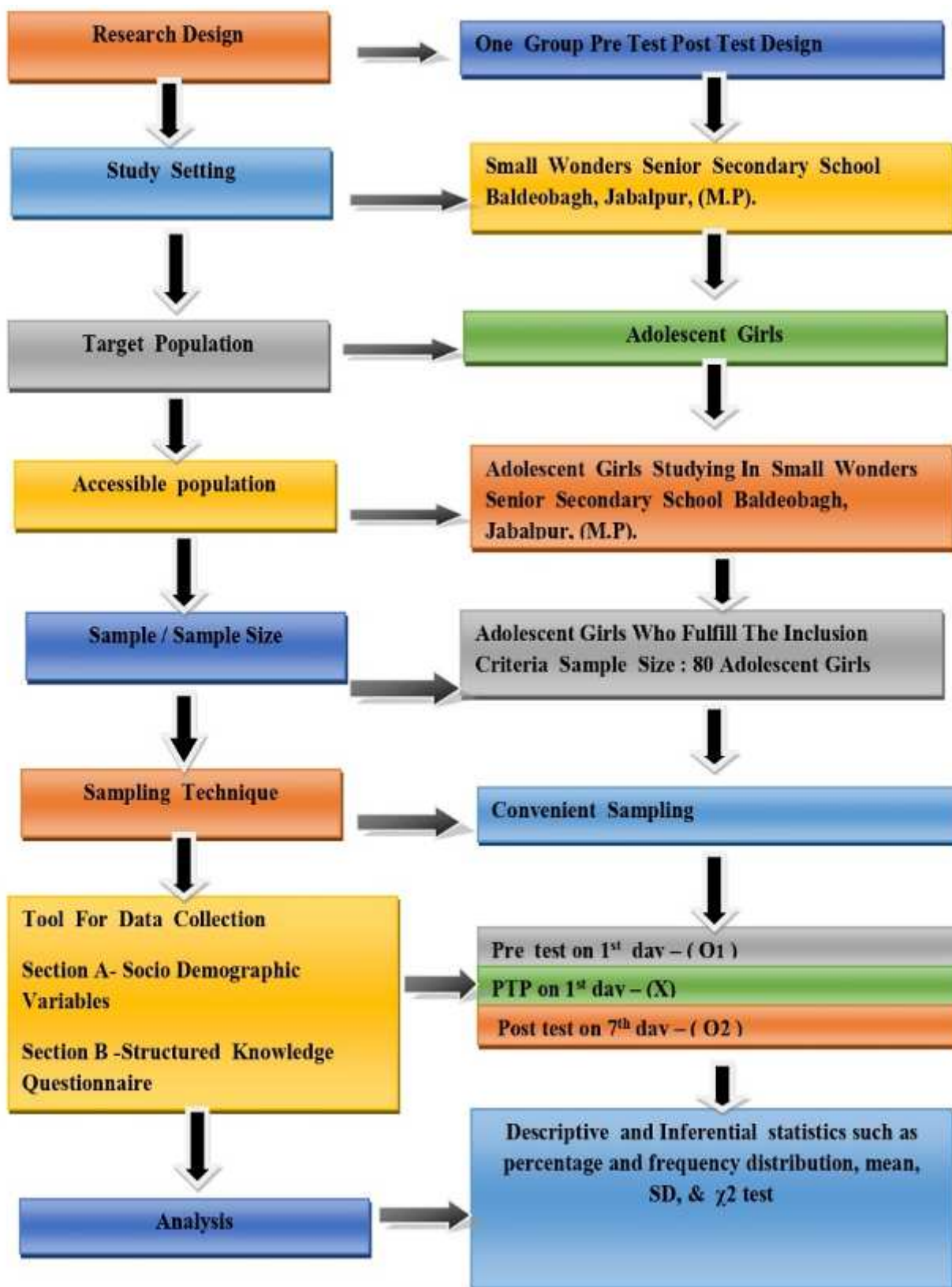


Fig 2: Schematic Outline Of The Research Methodology

VARIABLES

“A variable is as name implies something that varies, a variable is any quality of an organism group or situation that makes different values”. A variables is a symbol to which numerates or values are assigned.(Polit and Hungler, 1999).

“A variable is any phenomenon or characteristic or attributes that change. In this study three types of variables were identified they are:

1. Dependent variable
2. Independent variable
3. Socio demographic variable

DEPENDENT VARIABLE:

Dependent variable is variable that stands alone and is not depend on any variable in this study the independent variable is the knowledge regarding eating disorders among the adolescent girls.

INDEPENDENT VARIABLE:

Independent variable is a variable that stands alone and on any variable in this study the independent variable is the planned teaching programme regarding eating disorders.

SOCIO DEMOGRAPHIC VARIABLE:

Socio demographic variable are any uncontrolled that influences the result of the study. In this study, it refers to baseline characteristics such as age, residential area, number of siblings, family income, dietary pattern, religion and type of family.

THE SAMPLE:

A sample is the small portion of target population selected to participate in the study. **Polit and Hungler** defines that sample as the subset of a population selected to participate in a research study. The sample population for the present study are adolescent girls studying in Small Wonder Senior Secondary School Baldeobagh Jabalpur.

SAMPLE SIZE:

The sample size consisted of 80 adolescent girls studying in Small Wonder Sr. Secondary School, Baldeobagh Jabalpur.

SAMPLING TECHNIQUE:

Sampling refers to the process of selecting portion of population to represent the entire population.

Sampling technique is a process of selecting a group of people, event, behavior and other element with which to conduct a study.

In this study, the convenience sampling techniques was used to selected the samples based on inclusion and exclusion criteria.

CRITERIA FOR SEIECTION OF SAMPLE:

Inclusion criteria:

- Adolescent girls who:
1. Can read and write English.
 2. Are willing to participate in the study.
 3. Are present in the schools during the period of data collection.

Exclusion criteria:

Adolescent girls who are not willing to participate in study.

PILOT STUDY

A pilot study is a small preliminary study conducted before the main study conducted before the main research in order to check the feasibility or to improve the design of the research (**Polit and Hungler,1999**)

A Pilot study was conducted on 18th April 2015 in Little Nursery High School Hanumantal, Jabalpur (M.P). An administrative approval was obtained from Principal of the school to conduct the study.

RESULTS

It deals with the analysis to assess the effectiveness of planned teaching programme on knowledge score.

Table 1 effectiveness of PTP on Knowledge

Sl. No.	Description	Mean	S.D.	t-value
1	Pre test knowledge	6.51	8.91	-14.8
2	Post test knowledge	13.24	11.63	

The data given in Table No. 1 fulfill the objective 3 which shows pre-test knowledge score mean is 6.51 and SD is 8.91. Post-test knowledge score mean is 13.24 and SD is 11.63. This indicates that the planned teaching was effective. Pre-test and post-test was statistically tested by applying t-test at the level of significance 0.05%. The calculated value of paired t-test is t= -14.8 which is higher than table value.

Figure No 2 Bar diagram showing mean pre-test and post-test knowledge score of the adolescent girls regarding eating disorder



Figure no. 2 shows that mean post-test knowledge score is greater than mean pre-test knowledge score. The knowledge score of adolescent girls after administration of planned teaching programme is more than the knowledge before administration of

adolescent girls. This indicates that the planned teaching was effective

SECTION V

It deals with the association of pre-test score with demographic variables using the 'Chi square' test for association.

Table No. 2: Association of pre-test score of adolescent girls regarding eating disorders with their selected demographic variables (N=80).

DEMOGRAPHIC VARIABLE		≤ MEDIAN	>MEDIAN	TOTAL	RESULT
AGE	13 – 15 years	28	26	54	$\chi^2= 1.32$ df = 1 p = 0.253 p>0.05 NS
	16 – 19 years	17	9	26	
RESIDENTIAL AREA	Rural area	9	8	17	$\chi^2= 0.26$ df = 2 p = 0.877 p>0.05 NS
	Urban area	28	21	49	
	Semi urban	7	7	14	
NUMBER OF SIBLINGS	1	9	13	22	$\chi^2= 2.71$ df = 2 p = 0.257 p>0.05 NS
	2	28	17	45	
	More than 2	7	6	13	
FAMILY INCOME	≤ Rs. 10,000	23	7	30	$\chi^2= 8.13$ df = 1 p = 0.004 p<0.05 S
	>Rs.10,000	22	28	50	
DIETARY PATTERN	Vegetarian	30	30	60	$\chi^2= 3.81$ df = 1 p = 0.051 p>0.05 NS
	Non- vegetarian	15	5	20	
RELIGION	Hindu	31	29	60	$\chi^2= 2.09$ df = 3 p = 0.554 p>0.05 NS
	Christian	3	3	6	
	Muslim	6	3	9	
	Others	4	1	5	
TYPE OF FAMILY	Nuclear	24	20	44	$\chi^2= 0.12$ df = 1 p = 0.734 p>0.05 NS
	Joint	21	15	36	

Result significant at 0.05% level of significance

Abbreviation

NS= Not Significant

S= Significant

Description: Table No. 12 reveals that the association between pre-test score of adolescent girls regarding eating disorders with demographic variables is statistically tested by applying chi-square test. The variable age, residential area, number of siblings, dietary pattern, religion and type of family were found not significant and family income were found significant.

SUMMARY

This chapter includes the objectives, hypothesis and the details about the tools, the research methodology and the finding of the research study.

Eating disorders has many complicated implications and may be thought of as a lifelong illness among the adolescent girls that may never be truly cured, but only managed over time. Individual can recover from eating but it may be a long process and, in times of stress may relapse. But with determination, patience and support it can be done. The aim is to re-establish a healthy attitude towards food and a consistent pattern of eating. Support groups help in preventing eating disorders; it can be comforting to talk to others who have had the same feelings and experiences. Considering the importance this study has carried out to understand knowledge about eating disorders among adolescent girls.

Thus the present study was conducted on “A study to assess the effectiveness of planned teaching programme on knowledge regarding eating disorders among the adolescent girls in the selected school of Jabalpur city, M.P.”

Objectives of the study were:-

1. To assess the pre test knowledge score regarding eating disorders among adolescent girls.
2. To assess the post test knowledge score regarding eating disorders among adolescent girls.
3. To assess the effectiveness of planned teaching programme on eating disorders among adolescent girls.
4. To find out the association between pre test knowledge score regarding eating disorders among adolescent girls with their selected demographic variables.

Hypothesis framed for the study were:-

H1: There will be significant difference between pre test and post test knowledge score on eating disorders among adolescent girls.

H2: The planned teaching programme will be effective for adolescent girls.

This was statistically tested by applying chi square test. Hence hypothesis is accepted

Research approach adopted in this study is pre experimental approach. Research design used in this study is one group pre test design. Convenient sampling technique was used for data collection.

Pre test was taken in 80 adolescent girls under the age group 13-19 years. Planned teaching was given after pre test. Post test was done 7 days after planned teaching programme. The total time taken 45 minutes.

The independent variable in the study in the effectiveness of planned teaching programme and dependent variable is knowledge of adolescent girls regarding eating disorders.

The samples of the study were drawn 80 adolescent girls under age group 13-19 years. From Small Wonders Sr Secondary School Baldeobagh, Jabalpur M.P.

Data was collected with the help of structured multiple questionnaire which contains.

Part 1: This consists of 7 item related to socio demographic variables (age, residential area, number of siblings, family income, dietary pattern, religion and type of family) of adolescent girls from selected schools in Jabalpur city.

Part 2: Consists of 24 items regarding the knowledge of adolescent girls regarding eating disorders.

Scoring of the knowledge questionnaire is poor knowledge (0-8), average knowledge (9-16), Good knowledge (17-24).

The validation of tool was done by 5 experts from various fields of nursing and psychiatrists. The reliability of the tool was done by split and half method, were computed value for knowledge questionnaire was $r = 0.92$. The pilot study was

conducted on 8 adolescent girls. The objectives of the study were fulfilled.

The actual study was carried out between 22nd April 29th April on 80 adolescent girls under age group of 13-19 years from Small Wonder Sr Secondary School Baldeobagh, Jabalpur.

Based on the objectives and hypothesis, the data was analyzed by using statistical tests.

The major findings of the study were based on the objectives of the study which includes:

Socio demographic variables: It has been found that the majority of the adolescent girls 54% who were participated in the study was in between the age group of 13-15 yrs. Majority 75% adolescent girls is from Hindu religion and majority 75 % were vegetarian.

Pre test knowledge score: Out of 80 samples, the majority of adolescent girls 63(78.75%) had poor knowledge, 17(21.25%) had average knowledge and 0(0 %) had good knowledge.

Post test knowledge score: Out of 80 samples, the majority out of samples 14(17.5%) were under the category of good knowledge, 60(75%) were under the category of average knowledge and 6(7.5%) adolescent girls under the category of poor.

Effectiveness of planned teaching programme on knowledge score: 63(78.75%) adolescent girls were under poor knowledge category, 17(21.25%) under average knowledge and 0(0%) were under good knowledge. And after the administration of planned teaching programme 14(17.5%) were under the category of good knowledge, 60(75%) were under the category of average knowledge and 6(7.5%) adolescent girls under the category of poor. The post mean knowledge score was 13.24 and SD was 11.63. The calculated value 't' test is – 14.8 which is higher than the table value of 't' which indicates that the planned teaching programme was highly significant.

Association of demographic variable with pre test score: The association between pre test score of adolescent girls regarding eating disorders with selected demographic variables is statistically tested by applying chi-square test. At the level of 0.05% family income is found significant. Remaining variables like age, residential area, number of siblings, dietary pattern, religion, type of family were not found to be significant.

REFERENCES

BOOKS

- [1] B. T. Basavathappa. Textbook of Psychiatric Mental Health Nursing Jaypee Brothers medical publisher (P)LTD New Delhi, Edition – 1st 2007, Pp 456-471.
- [2] Kapoor Bimla Textbook of Psychiatric Nursing: New Delh: Kumar Publishing House, 2004. Pp 187.
- [3] Nambi S. Textbook of Psychiatric for Nurses. Jaypee Brothers Medical Publishers (P)LTD Edition – 1st 1998 Pp 139-141.

- [4] Prema TP, Graicy KF. Textbook of Principles and Practice of Psychiatric Nursing, Jaypee Brothers Medical Publishers (P)LTD Edition-1st2006 Pp 224-225.
- [5] Raju Sir. Textbook of Introduction to Psychiatric Nursing. Jaypee Brothers Medical Publishers (P)LTD Edition – 1st 2004 Pp 164-165.
- [6] Stuart Gall w. Laraia Michele T. Textbook of Principles and Practice of Psychiatric Nursing Edition – 8th Pp 517-536.
- [7] Townsend C Mary Textbook of Psychiatric Mental Health Nursing Concepts of care in evidence-based practice Jaypee Brothers Edition – 5th Pp 653-668.

JOURNALS

- [1] Berg, Frances M. Afraid to Eat: Children and Teens in weight crisis. Hettinger, ND: Healthy weight Journal, 1997.
- [2] Brown, Catrina, and Jasper, Karin consuming passions: Feminist Approaches to weight pre occupation and eating disorder. Toronto: Second String press 1993.
- [3] Bruch, Hilele MD, The Golden Cage: The Enigma of anorexia nervosa New York: Vintage 1979.
- [4] Brumberg. Joan Jacobs. Fasting Girls: The history of Anorexia nervosa New York: New American Library 1989.
- [5] Chernin, Kim. The obsession: Reflections on the Tyranny of Slenderness. New York: Haper& Row. 1981.
- [6] Emmett. Stewven, Rev. Ph.D. In our own words. AABA of Rohde Island, Meridian Productions, 1993. 617-545-6131.
- [7] Fallon, Patricia, Katzmen, Melanie A. and Wooley, Susan C, Eds Feminist Perspectives on Eating Disorder New York: Guilford Press 1994.
- [8] Gorden. Richard A; PhD Anorexia and Bulimia: Anatomy of a social epidemic, Cambridge: Basil Blackwell, Inc, 1990.
- [9] Hall, Lindsay. Full Lives: Women who Have Forced Themselves from food and weight obsession. Gurze BKS, 1995.
- [10] Hirschmann, Jane and Munter, Carol. When Women Stop hating their bodies: Forcing Yourself from food and weight obsession. New York Fawett Columbine 1995.

NET REFERENCE

- [1] www.nimh.nih.gov/health/publication...
- [2] www.nationaleatingdisorder.org/.
- [3] www.eatingdisorders.org.an/
- [4] www.eatingdisorder foundation.org/Ea...
- [5] www.webmd.com/mental-health/eating...
- [6] www.psychiatry.org>Home>mentalhealth
- [7] www.eatingdisorderscoalition.org/
- [8] www.timberlineknells.com/eatingdisorders
- [9] www.healthyplace.com/eating-disorders/
- [10] www.mayoclinic.org/./con-20033575

