Knowledge Regarding Obesity and Its Prevention among Adolescent Girls Studying in a Selected Higher Senior Secondary School of Massori, Ghaziabad (U.P.)

Ms. Sameeksha
Asstt. Professor, Rama Nursing College, Pilkhua, Hapur, Uttar Pradesh

Abstract: Overweight and obesity are global health problems and adolescents are on the higher risk. Worldwide obesity trends are causing serious health problems and in many countries threatening the viability of basic health care delivery. The aim of the above mentioned study was to find out the knowledge regarding obesity and its prevention among adolescent girls of higher senior secondary school at Massori. The data was analyzed using descriptive statistics. The results showed that the adolescent girls did not have adequate knowledge regarding obesity and its prevention.

Keywords: Knowledge, Obesity, Prevention, Adolescents

Background
Prevention of obesity involves healthy life style. The national examination survey reported that the prevalence of overweight children double and the prevalence of overweight adolescent tripled between 1980 and 2000. Prevention of obesity may reduce the developing health problems by an estimated 18%. It becomes the Nurse’s responsibility to stress the importance of prevention of obesity and urgency of receiving medical advice.

AIM
The aim of the present study was to assess the knowledge regarding Obesity & its prevention among Adolescent girls of Higher Senior Secondary School of Massori, Ghaziabad (U.P.).

OBJECTIVES
The objectives of the study were to:

1. Assess the knowledge regarding obesity & its prevention among Adolescent girls studying in a selected Higher Senior Secondary School of Massori, Ghaziabad, UP.

2. Associate the knowledge level regarding prevention of obesity with selected demographic variables.

REVIEW OF LITERATURE
A cross sectional study was conducted regarding Prevalence of Overweight and Obesity among the urban adolescent English Medium School girls of Kolkata, India. A total of 571 girl students, aged 12-18 years, were evaluated. Anthropometric measurements and statistical analyses were carried out using SPSS-PC package for social sciences. The highest rate (50.0%) of overweight was noticed at 12 years of age and it gradually decreased thereafter to the lowest rate (16.9%) of overweight at 18 years of age, the exception being students of 17 years of age where the overweight percentage was higher (31.3%). For obesity, a similar trend of prevalence rates was observed in the age-group of 14 years, where the rate was highest (8.9%). Obesity rates gradually decreased to 1.7% in the 18 year old students. The rate of prevalence of obesity among students of 12 and 13 years of age were also high compared to the overall rate, 5.0% and 4.5%, respectively.

IV. METHODOLOGY
Research approach: Non experimental approach
Research design: Univariant descriptive design
Settings of the study: Nida Higher Senior Secondary School at Massori, Ghaziabad, UP
Sample: Adolescent girls studying in Nida Higher Senior Secondary School
Sample size: 50
Sampling technique: Stratified Random sampling technique
Inclusion criteria:
- Students studying in 8th-12th standards.
- Who knows English very well.
- Students in the age group of 13-17 years.
- Students who were willing to participate in the study.
- Students who were available at the time of the study.
HYPOTHESIS

H1- There will be adequate knowledge regarding Obesity & its prevention among adolescent girls.

H2- There will be a significant association between knowledge score of adolescent girls regarding Obesity and its prevention and selected demographic variables.

TOOL AND DATA COLLECTION

The tool was prepared and validated by the experts.

Tool I: Demographic data like Age, Religion, Class, Education status of mother, Education status of father, and income, food habit, residence, previous knowledge and family history.

Tool II: Structured knowledge questionnaire comprised of 20 items.

RESULTS

Section I - The data showed that 40% of samples were of 13-14 years, 84% were Muslims, class 8th to 12th consisted of 20% samples each, 38% of the mothers had primary education, 70% of fathers had primary education, 38% families earn below Rs. 10,000 a month, 86% were non vegetarian, 80% belonged to rural areas, 66% had previous knowledge regarding obesity and 72% had family history of obesity.

Section II – knowledge score regarding Obesity & its prevention

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Knowledge score regarding obesity &amp; its prevention</th>
<th>Frequency (N)</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Adequate (15-20)</td>
<td>8</td>
<td>16</td>
</tr>
<tr>
<td>2</td>
<td>Moderate (8-14)</td>
<td>41</td>
<td>82</td>
</tr>
<tr>
<td>3</td>
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<td>2</td>
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<tr>
<td>TOTAL</td>
<td></td>
<td>50</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 1: values showing the frequency and percentage distribution of knowledge score

82% of the samples had moderate knowledge, 16% had adequate knowledge and 02% had inadequate knowledge regarding obesity and its prevention.

Section III: Data on association of knowledge score on obesity and its prevention with various demographic variables.

Results showed that demographic variables like age, Class, Food habit and previous knowledge had significant association with the knowledge level regarding obesity and its prevention.

DISCUSSION

The demographic characters showed that 40% of samples were of 13-14 years, 84% were Muslims, class 8th to 12th consisted of 20% samples each, 38% of the mothers had primary education, 70% of fathers had primary education, 38% families earn below Rs. 10,000 a month, 86% were non vegetarian, 80% belonged to rural areas, 66% had previous knowledge regarding obesity and 72% had family history of obesity. 82% of the samples had moderate knowledge, 16% had adequate knowledge and 02% had inadequate knowledge regarding obesity and its prevention. Demographic variables like age, Class, Food habit and previous knowledge were found to have significant association with the knowledge level.

IMPLICATIONS

Nursing Practice: Nurses have an important role in preventing obesity. They are in a position to educate individuals wherever they are working. They must acquire knowledge and should also possess skills in mental and physical assessment in order to enable early detection and prevention.

Nursing Education: education faces tremendous challenges to maintain its high quality. The curriculum should also emphasize to teach in detail about the obesity and its prevention.

Nursing Research: The findings of the present study can be utilized for further research study, as it gives information regarding Obesity among adolescent girls. Different sections of the people of the society could be educated regarding obesity.

Nursing Administration: The nursing administrator can plan and conduct education programmes which are beneficial to teachers, students and community. Nurse administrators can also take the initiative in imparting different knowledge through different teaching strategies.

RECOMMENDATIONS

Following were the recommendations:

- A similar study can be replicated on a large sample with similar demographical characteristics.
- Comparative study on the knowledge of urban and rural adolescent girls regarding obesity and its prevention can be conducted.
CONCLUSION

After the detailed analysis, this study leads to the following conclusion. Calculations were made using descriptive statistics. Adolescent girls had inadequate knowledge regarding obesity and its prevention. Demographic variables like age, Class, Food habit and previous knowledge had significant association with the knowledge level.

REFERENCES