

# A study to assess the effectiveness of planned teaching program on knowledge regarding eating disorder among adolescents girls studying in 9<sup>th</sup> and 10<sup>th</sup> standard in selected school of Bilaspur (C.G.)

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## Abstract

The objective of the study is to assess the pre-test and post-test knowledge score regarding eating disorder among adolescents girls, effectiveness of planned teaching program regarding eating disorder among adolescent girls and to find out the association between level of knowledge with selected socio demographic variables of adolescent girls.

Quantitative research approach using pre-experimental research design one group pre-test post-test design. Purposive sampling technique was used. Self-structured questionnaire used to assess knowledge score.

Majority 98.33% (59) sample age ranges between 15-16 years, 88.33% (53) of sample reside in urban area, 36.67% (22) subjects were 8th pass, 78.33% (47) subjects belongs to joint family, 43.33% (26) subjects father is farmer, 55% (33) subjects has previous knowledge about eating disorder.

The mean post- test knowledge score 10.05 is higher than the mean pre- test knowledge score 5.33, mean difference is 4.72. The calculated 't' value = 3.2065 is higher than the table value of 't' = 2.00 hence, the research hypothesis H1 which indicate the planned teaching programme on knowledge regarding eating disorder was significantly effective in increasing the knowledge of subject.

There is no significant association between the pre -test knowledge scores of sample with the age, residential area, type of family and previous knowledge about eating disorder. There is significant association between the pre -test knowledge scores of sample with educational qualification and socio-economic income .Hence H2 accepted.

**Key words:** effectiveness, planned teaching program, eating disorder adolescents girls

## Introduction

The overall prevalence of eating disorders among children and adolescents is rising - the younger age group

are more likely to present with anorexia nervosa (AN), while the older adolescent can present with either AN or bulimia nervosa (BN)<sup>1</sup> The average onset of eating

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disorder beliefs and behaviors occurs in adolescence, therefore, a great deal of research has been conducted to examine the prevalence rates and factors that contribute to this pattern. Studies have determined that: 2.7% of teens will experience an eating disorder in their lifetime<sup>2</sup>, 13% of adolescents will develop an eating disorder by the age of 20<sup>3</sup>, 3.8% of female, and 1.5% of male, adolescents will struggle with an eating disorder<sup>2</sup>. Prevalence rates of eating disorder diagnoses increase with age<sup>2</sup>, 3% to .6% of adolescents will struggle with anorexia nervosa, 9% of teens will be diagnosed with bulimia nervosa, 1.6% of teens will engage in binge eating disorder symptoms and behaviors<sup>3</sup>.

**Paul Rohde (2014)** The results imply that these risk factors are present by early adolescence, although eating disorders tend to emerge in late adolescence and early adulthood. These findings emphasize the need for efficacious eating disorder prevention programs for early adolescent girls, perhaps targeting 14-year olds, when risk factors seem to be most predictive. In early adolescence, it might be fruitful to target girls with body dissatisfaction, as this was the most consistent predictor of early eating disorder.<sup>4</sup>

Eating disorders are behavioral conditions characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions. They can be very serious conditions affecting physical, psychological and social function. Types of eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, pica and rumination disorder. Taken together, eating disorders affect up to 5% of the population, most often develop in adolescence and young adulthood. Several, especially anorexia nervosa and bulimia nervosa are more common in women, but they can all occur at any age and affect any gender.<sup>5</sup>

## Objectives

1. To assess pre- test and post -test knowledge score regarding eating disorder among adolescent girls.
2. To assess the effectiveness of planned teaching program regarding eating disorder among adolescent girls.
3. To find out the association between level of knowledge with selected socio demographic variables of adolescent girls.

## Hypothesis

H<sub>1</sub>- There will be a significant difference between the pre -test and post- test knowledge score of eating disorder among adolescent girls.

H<sub>2</sub>- There will be a significant association between the pre- test knowledge score of with their selected socio demographic variables.

**RESEARCH APPROACH:** In this study quantitative approach is used to assess the effectiveness of planned teaching program on knowledge regarding eating disorder among adolescent girls.

**RESEARCH DESIGN:** a pre-experimental one group pre- test post- test design was adopted for the study to collect the data regarding eating disorder from the adolescent girls in selected school of Bilaspur (C.G).

**RESEARCH SETTING:** The study was conducted in Govt. Higher Secondary School (Shaheed Deepak Upadhyay) Mopka Bilaspur (C.G). A formal permission taken from school management and individual consent was taken from each student.

## Population

**Target Population:** In this study the target population was adolescent girls studying in 9th and 10th standard in selected school of Bilaspur (C.G.).

**Accessible Population:** The accessible population of this study was adolescent girls who were studying in 9-10 standard of Govt. Higher Secondary School (Shahid Deepak Upadhyay) Mopka Bilaspur (C.G.)

**Sample:** The sample of this study is 60 adolescent girls studying in 9th and 10th standard.

**Sampling Technique:** Non – probability purposive sampling technique

**Sample Size:** A total 60 adolescent girls studying in 9<sup>th</sup> and 10<sup>th</sup> standard

**Sampling Criteria:** The following criteria are set for the selection of sample:

### 1. Inclusive criteria

- Adolescent girls studying in 9<sup>th</sup> and 10<sup>th</sup> standard.
- Adolescent girls who are willing to participate in the study.
- Adolescent girls who are available at the time of data collection
- Adolescent girls who were having body dissatisfaction.

### 2. Exclusive criteria :

- Those adolescent girls who were not studying in 9<sup>th</sup> and 10<sup>th</sup> standard.
- Student who were not present at the time of data collection.
- Student who were not willing to participate.

**Development Of Tool** ▪ Structured questionnaire for assessing the knowledge of eating disorder ▪ Consultation with expert in the related field. ▪ Opinion of expert to ascertain the clarity and appropriateness of the item of questionnaire. In the present study tool is developed on the basis of literature review and discussion with guide and subject expert to assess the knowledge of sample regarding eating disorder. Section A – It consists of socio-demographic data related to age residential area, type of family, socioeconomic income and previous knowledge about eating disorder. Section B – It consists of self-structured questionnaire including domain of epidemiology about the disease, cause, symptoms, treatment and prevention of eating disorder.

Pilot study was conducted to find out the feasibility of the study and to decide on a plan for statistical analysis. The study was conducted on 10 students. The sample was selected by purposive sampling. Data are collected through self-structured questionnaire. Reliability of the tool was tested by split half method. Findings indicate that the tool was reliable to conduct the research study.

## Result

**Data analysis and interpretation-section 1-frequency distribution of subject based on socio-demographic data** - In terms of age in 60 sample 98.33% (59) sample age ranges between 15-16 years, 1.67% (1) subject is from 17-18 years. In terms of residential area in 60 sample 88.33% (53) of sample reside in urban area and 11.66% (7) of sample reside in rural area. In terms of educational qualification 36.67% (22) subjects were 8th pass and 63.33% (38) subjects were 9th pass. In terms of type of family in 60 sample 18.33% (11) subjects belong to nuclear family, 78.33% (47) subjects belong to joint family and 3.33% (2) subjects belong to single parent. In terms of occupation in 60 sample 43.33% (26) subjects father is farmer, 15% (9) subjects father is in govt. job, 21.67% (13) subjects father is in private job and 20% (12) subjects father is from other occupation. In terms of previous knowledge about eating disorder in 60 sample 55% (33) subjects have previous knowledge about eating disorder and 45% (27) subjects have no any previous knowledge.

**Section 2: Analysis of all over pre-test and post-test score of knowledge regarding eating disorder** in pre-test it was found that 56% had average knowledge 28% had poor knowledge and 16% had good knowledge. In post-test 76% had good knowledge 20% had average knowledge and 4% had poor knowledge.

**Section 3: Evaluation of planned teaching programme in terms of knowledge** that the mean post-test knowledge score 10.05 is higher than the mean pre-test knowledge score 5.33, mean difference is 4.72. The calculated 't' value = 3.2065 is higher than the table value of 't' = 2.00 hence, the research hypothesis H1 which

indicate the planned teaching programme on knowledge regarding eating disorder was significantly effective in increasing the knowledge of subject.

**Section 4: Analysis of association between the pre-test knowledge score with selected socio-demographic variable** It shows that there is no significant association between the pre-test knowledge scores of sample with the age, residential area, type of family and previous knowledge about eating disorder. There is significant association between the pre-test knowledge scores of sample with educational qualification and socio-economic income. Hence H2 accepted.

## Discussion

In pre-test it was found that 56% had average knowledge 28% had poor knowledge and 16% had good knowledge. In post-test 76% had good knowledge 20% had average knowledge and 4% had poor knowledge. The mean post-test knowledge score 10.05 is higher than the mean pre-test knowledge score 5.33, mean difference is 4.72. The calculated 't' value = 3.2065 is higher than the table value of 't' = 2.00 hence, the planned teaching programme on knowledge regarding eating disorder was significantly effective in increasing the knowledge of subject. There is significant association between the pre-test knowledge scores of sample with educational qualification and socio-economic income.

Similar study done by **Kumar M. (2020)** to assess the effectiveness of structured teaching programme on knowledge regarding eating disorders among adolescent girls. A quasi-experimental one group pre-test post-test research design was adopted on 50 students by using simple random sampling technique. A self-administered structured knowledge questionnaire was used to assess the knowledge followed by structured teaching programme. The analysis of data was computed by using descriptive and inferential statistics. In pre-test adolescent girls had poor knowledge score that is 36(72%) and only 14(28%) adolescent girls showing average knowledge score. No one had good knowledge score regarding eating disorders. In post-test the majority of adolescent girls in post-test had average knowledge score that is 41(82%) and 9(18%) adolescent girls showing good knowledge score. There was no one who had poor knowledge score. It was concluded that post-test scores were more as compared to pre-test score thus adolescent girls have good knowledge score, thus the present study suggested that structured teaching programme on eating disorders was successful in gaining the knowledge of adolescent girls.

## Conclusion

Planned teaching programme on knowledge regarding eating disorder was significantly effective in increasing the knowledge of subject.

## Limitation

- The sampling technique used was Purposive sampling hence, it limits generalization to larger population.
- The study was limited to 60 samples.
- The study was limited to one group only.
- Only knowledge regarding eating disorder and effectiveness of planned teaching program were incorporated in the study.
- The study was limited to assess the planned teaching program on knowledge regarding eating disorder among adolescent girl's studying in 9<sup>th</sup> and 10<sup>th</sup> standard in selected school of Bilaspur (C.G).

## Recommendation

- A similar study can be under taken on large scale.
- A similar study may be replicated with control group.
- A survey can be done to determine interest among nurses in educating about knowledge regarding eating disorder.
- An extensive teaching strategy protocol may be developed including all aspects of eating disorder.

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**Conflict of interest:** Nil

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