

A Study To Assess The Effectiveness of Structural Teaching Programme Regarding Impact of Life Style Pattern on Obesity Among Adolescent At Selected Schools in Tiruvannamalai.

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Abstract- The research design used in this study was one group pre –test and posttest design, which comes under the pre experimental research design. The study was conducted in Government Girls Higher Secondary School at Thiruvannamalai, Tamil Nadu. Convenient sampling technique (One pre and post test group) was used to select the samples. the study is only adolescence girls, who are having impact of the life style pattern on obesity in Thiruvannamalai. study was adolescent between 13 - 17 years studying in Government Girls Higher Secondary School at Thiruvannamalai.. The finding revealed that over all pre test mean score was 7.74 with S.D 10 and post test mean score was 10.84 with S.D 13.95 the calculated 't' value of $t=2$ was found to be statistically highly significant at $p<0.01$ level. The mean difference of 3.10 indicated that there was significant difference between the pre test and post test level score on impact of life style pattern on obesity among adolescence . There is a statistically significant association in the post test level of knowledge regarding impact of life style pattern on obesity among adolescent revealed that the demographic variables age in years and other demographic variables had shown statistically highly significant association at $P<0.05$. The impact of the life style pattern on obesity is 18.7% and 5.8% among adolescents aged 13-17 years. It was found that the prevalence of overweight and obesity was more in boys compared to girls. The children and more importantly the parents should hold knowledge of the various methods of improving life style. In age of digital world, where there modernisation and automation are playing an important role, there should be focus on Nonexercise physical activities.

I. OBJECTIVES

1. To assess and compare the pre-test and post-test level of knowledge regarding impact of the life style pattern on obesity among adolescence

2. To associate the post-test level of knowledge regarding impact of the life style pattern on obesity among adolescence with their selected demographic variables.

II. RESEARCH HYPOTHESIS

- **H₁**- There is a significant difference in the pre and post-test score level of knowledge regarding impact of the life style pattern on obesity among adolescence at $P<0.05$ level.
- **H₂**-There is a significant association in the post test mean difference level of knowledge regarding impact of the life style pattern on obesity among adolescence with their selected demographic variables at $P<0.05$ level.

III. RESEARCH DESIGN

The research design adopted for this study is one group pre –test and posttest design, which comes under the pre experimental research design. As the study fulfills the criteria such manipulation convenient sampling technique were rightly choose this design.

RESEARCH VARIABLES

Independent variable: Structured teaching programme.

Dependent variable: Knowledge regarding impact of the life style pattern on obesity.

Extraneous variable: The extraneous variable identified by the researcher are Age of children, Gender of children , Social status of children , Religion of children, Educational status of father, Occupational status of father , Type of family, Area of residency, Previous information about obesity .

SETTING OF THE STUDY:The study was conducted in Government Girls Higher Secondary School at Thiruvannamalai, Tamil Nadu.

POPULATIONstudy population was adolescent with impact of the life style pattern on obesity in school located at Thiruvannamalai.

Targetpopulation: The target populations of the study is only adolescence girls, who are having impact of the life style pattern on obesity in Thiruvannamalai.

Accessible population: The accessible population for this study was adolescent between 13 - 17 years studying in Government Girls Higher Secondary School at Thiruvannamalai.

SAMPLE: Sample refers to a subset of a population selected to participate in a research study. The Study sample comprises of adolescent between the age group of 13 to 17 years who satisfy the sample selection criteria.

SAMPLE SIZE: 50 adolescent (One pre and post test group)

SAMPLING TECHNIQUE: Simple random sampling technique.

IV. CRITERIA FOR SAMPLE SELECTION

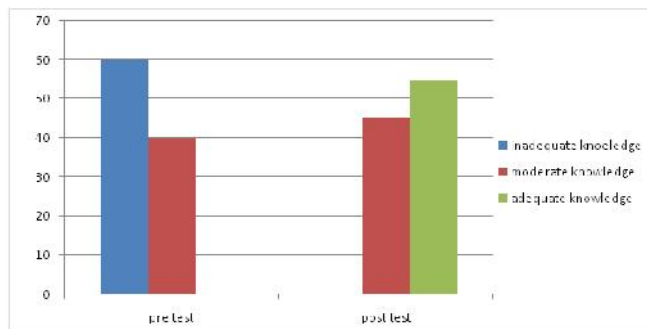
Inclusive criteria:

- Adolescent between the age group of 13-17 years.
- Adolescent who understands and respond in Tamil.
- Adolescent who are willing to participate in the study.
- Adolescent who are available during the period of data collection.

Exclusive criteria:

- Those who are not willing to participate in study.
- Those who have already attended on education on obesity.
- Those who are not present at the time of data collection.

ASSESSMENT OF PRE AND POST TEST LEVEL OF KNOWLEDGE REGARDING IMPACT OF LIFESTYLE PATTERN ON OBESITY AMONG ADOLESCENT.



COMPARISON OF THE PRE AND POST TEST LEVEL OF KNOWLEDGE REGARDING IMPACT OF LIFE STYLE PATTERN ON OBESITY AMONG ADOLESCENT.

Table 3: comparison of the pre and post test level of knowledge regarding impact on obesity among adolescence.

n=50

S.NO	GROUP	ASSESSMENT	MEAN	SD	PAIRED 't' TEST
1.	One group	PRE TEST	7.74	10	t = 2 p<0.05 level S***
		POST TEST	10.84	13.95	

***p<0.001, S-Significant, NS- Non Significant.

In this group the pre test mean score level of knowledge was 7.74 with SD 10 and post test mean score level of knowledge 10.84 with SD 13.95 . the calculated paired value 't' = 2 was found to be statistically at p< 0. 05 level. This clearly shows that the implementation of structure teaching program had show a significant improvement in the post test level of knowledge among adolescent.

V. DISCUSSION

The analysis of overall pre test level and post test level on knowledge regarding impact of life style pattern on obesity among adolescence 50(100%) had inadequate knowledge on obesity in the pre test where as in the post test, majority of the adolescence 50(100%) had adequate knowledge on impact of life style pattern among adolescence.

The finding were support by the study was conducted a basic experimental study regarding modification of life style pattern on and prevention of obesity among adolescence to

asses knowledge, impact of life style pattern on obesity data was collected from the student age (13-17yrs) by using a structure teaching method. In total 100 questionnaire has distributed, and mean score in the knowledge pre test was 7.74 and 10.84 in post test score was increased significantly $t=2, p=0.05$. The knowledge mean score in pre test was 7.74 in post test was 10.84 which shows the increased significantly. The mean knowledge pre test score which showed a significant $P=0.05$. Hence the intervention significantly improved the adolescence obesity knowledge.

The finding revealed that over all pre test mean score was 7.74 with S.D 10 and post test mean score was 10.84 with S.D 13.95 the calculated 't' value of $t=2$ was found to be statistically highly significant at $p<0.01$ level. The mean difference of 3.10 indicated that there was significant difference between the pre test and post test level score on impact of life style pattern on obesity among adolescence .

Hence the null hypothesis H_0 stated earlier that "there is significant difference between pre test and post test level on knowledge regarding impact of life style pattern on obesity among adolescence was accepted. The association of mean improved with selected demographic variables was done by using chi-square. There is a statistically significant association in the post test level of knowledge regarding impact of life style pattern on obesity among adolescent revealed that the demographic variables age in years and other demographic variables had shown statistically highly significant association at $P<0.05$.

VI. SUMMARY

The impact of the life style pattern on obesity is 18.7% and 5.8% among adolescents aged 13-17 years. It was found that the prevalence of overweight and obesity was more in boys compared to girls. The present study found positive association of overweight and obesity with age, type of school, participation of outdoor sports, participation in indoor Lifestyle modification plays an important role in reducing risk of obesity among adolescents. The children and more importantly the parents should hold knowledge of the various methods of improving life style. In age of digital world, where there modernization and automation are playing an important role, there should be focus on Non exercise physical activities.

VII. CONCLUSION

The study finding revealed that there is significant improvement in the level of knowledge regarding impact of the life style pattern on object among adolescence after providing impact of the life style pattern on obesity . which is

necessary to be provided as planned structured teaching programme as scheduled session in the selected school for the enhancement of knowledge and increase to awareness regarding obesity . impact of the life style pattern of object helps to identify the incidence & prevalence of object among adolescence and curtail the complication that occur third fourth. Therefore impact of the life style pattern on object is a important Nuresse educational activity which is a part of to improves the knowledge provided to the obesity among adolescence to promote & maintain the health of the adolescence by practicing and utilizing the to avoiding fat items food & exercises in daily and Hence Help to create a obesity for school.

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