



E-ISSN: 2663-2268
P-ISSN: 2663-225X
www.surgicalnursingjournal.com
IJARMSN 2024; 6(2): 146-149
Received: 23-10-2024
Accepted: 29-11-2024

Dr. Ankush Patrick
Professor, Index Nursing
College, Indore, Madhya
Pradesh, India

Dr. Naveen Jaiswal
Professor, Index Nursing
College, Indore, Madhya
Pradesh, India

A study to assess the structured teaching program on knowledge regarding eating disorder among teenage girls at selected school Indore

Ankush Patrick and Naveen Jaiswal

DOI: <https://doi.org/10.33545/surgicalnursing.2024.v6.i2b.212>

Abstract

Introduction: A pre experimental study was conducted to assess the knowledge regarding eating disorder in teenage girls in school in Indore (MP).

Objective of the study were

1. To assess the pre-test knowledge score among teenage girls regarding eating disorders.
2. To assess the post-test knowledge score among teenage girls regarding eating disorders.
3. To evaluate the effectiveness of structured teaching program regarding eating disorders among teenage girls.
4. To find the association between post-test knowledge scores with their selected demographic variables.

Methods and Materials: The study employed a pre-experimental research design, specifically utilizing a one-group pre-test and post-test format. It was carried out among adolescent girls attending a government school in Indore, Madhya Pradesh. The conceptual framework for this research was grounded in the general system theory proposed by Ludwig von Bertalanffy, which emphasizes the significance of the components and their interconnections within a system.

A purposive sampling technique was employed to select a sample of 30 girls. Prior to the data collection phase, formal written consent was secured from the relevant authorities to ensure the study's compliance with ethical standards. Data collection involved administering a structured knowledge questionnaire both before and after the implementation of the structured teaching program (STP). The analysis of the data was conducted using inferential statistics, including the calculation of mean and standard deviation. A paired t-test was utilized to assess the significance of the differences between pre-test and post-test knowledge scores, while chi-square analysis was performed to examine the relationship between knowledge levels and selected demographic characteristics.

Results: The findings of the study indicated that the average post-test score surpassed the average pre-test score concerning the knowledge of teenage girls about eating disorders following the structured teaching program. The analysis was conducted using both descriptive and inferential statistics. A majority of the participants, 25 (83.33%), achieved a good score within the range of 21-30, while 5 (16.67%) demonstrated an average knowledge score between 11-20. This suggests that the subjects exhibited a commendable level of knowledge after the structured teaching program. Furthermore, demographic factors such as family type and income were found to be significant in relation to the pre-test knowledge level at a 5% significance level ($p < 0.05$).

Interpretation & Conclusion: Initially, the teenage girls possessed minimal knowledge regarding eating disorders, as evidenced by their pre-test results. However, following the intervention of the structured teaching program, there was a notable enhancement in their knowledge. The study confirmed a significant increase in the understanding of eating disorders among the participants.

Keywords: Structured teaching program, teenage girls, knowledge, eating disorders

Introduction

Eating disorders represent serious health conditions that lead individuals to engage in detrimental eating behaviors. These disorders are predominantly observed in adolescent females and women, often coexisting with other mental health issues, such as anxiety disorders. The inadequate nutrition resulting from eating disorders can inflict damage on various bodily organs and, in extreme instances, may result in fatality.

Typically, an eating disorder is precipitated by one or several significant events. Potential causes include parental divorce, experiences of emotional or sexual abuse, or exposure to

Corresponding Author:
Dr. Ankush Patrick
Professor, Index Nursing
College, Indore, Madhya
Pradesh, India

life-threatening situations. Following such traumatic experiences, specific triggers can provoke the onset of the disorder.

Triggers may include negative remarks about an individual's weight or appearance, as well as exposure to media representations of slender models and actresses. Once a trigger is present, the individual's focus shifts predominantly to food and weight management, transforming what may begin as a diet into a means of exerting control over their circumstances.

While eating disorders are frequently associated with teenage girls, there is a growing prevalence among males. These disorders can manifest at any stage of life. It is crucial to recognize that eating disorders are not intended as tools for weight loss; rather, they often emerge as coping mechanisms for deeper psychological issues. Among the various types of eating disorders, anorexia nervosa, bulimia nervosa, and binge eating disorder are particularly prominent in Western societies.

Need for the study

Some individuals may not fully comprehend the historical roots of eating disorders. The medical community in England first identified anorexia in the 1870s. In contemporary society, excessive dieting-defined as weight loss beyond healthy limits-is often perceived as fashionable or even essential for maintaining a slim appearance. From revealing clothing at social events to the prevalence of emaciated models on runways, women have taken the notion that "thin is in" to unprecedented levels in the 21st century. Eating disorders are a significant mental health consequence of this obsession with body weight, shape, and dietary practices. Typically, individuals with eating disorders exhibit unhealthy eating patterns, which may involve extreme restrictions on food intake or episodes of severe overeating. Those affected often experience negative feelings regarding their eating habits, body shape, weight, or a combination of these factors.

A study conducted in Fiji aimed to investigate the impact of television's introduction on eating behaviors within a previously media-ignorant population, yielding intriguing results. The findings indicated a simultaneous rise in disordered eating behaviors and a preference for thinner body images, along with an increase in self-induced vomiting among young girls. These results lend substantial support to the theory that the media and fashion industries' focus on women's thinness-becoming increasingly uniform due to globalization-contributes to the emergence of disordered eating behaviors in developing regions.

Problem Statement

"A study to assess the effectiveness of structured teaching programme on knowledge regarding eating disorder among teenage girls in selected school, Indore (m.p)."

1. Objectives

1. To assess the pre-test knowledge score among teenage girls regarding eating disorders.
2. To assess the post-test knowledge score among teenage girls regarding eating disorders.
3. To evaluate the effectiveness of structured teaching program regarding eating disorders among teenage girls.
4. To find the association between post-test knowledge scores with their selected demographic variables.

Review of literature

L. Mary, 2021 ^[11]: A cross-sectional study was carried out involving 257 female adolescents aged 15 to 19 years in Mexico, focusing on body aesthetic models, body dissatisfaction, and disordered eating behaviors. The results indicated that participants reported issues related to risky eating behaviors through a brief questionnaire, as well as their body satisfaction levels via a visual scale and socio-cultural influences assessed through an aesthetic body shape model questionnaire. Notably, 8.3% of the participants exhibited high scores on the brief questionnaire for risky eating behaviors, predominantly of the restrictive type. Furthermore, subscales of the aesthetic body shape model questionnaire showed a positive correlation with body dissatisfaction and risky eating behaviors, with body image dissatisfaction being the most significant factor.

T. Aggrawal, 2022: A study was undertaken to evaluate the prevalence of obesity and overweight among adolescents at Dayanand Medical College in Ludhiana, Punjab, India. A total of one thousand samples were selected using random purposive sampling methods. Data collection involved a questionnaire that assessed dietary habits and lifestyle choices. The statistical analysis of the results was performed using Student's t-test, Z-test, and Chi-square (χ^2) test, with a significance level set at a p-value of less than 0.05.

Results

Section A: Demographic variables of teenage girls of school

In the current study, the age distribution indicated that among 30 teenage girls, 23% fell within the age range of 17 to 18 years, 13.3% were aged 18 to 19 years, and 3.33% were over 20 years old. Regarding religious affiliation, 90% of the participants identified as Hindu, 6.66% as Christian, and 3.33% adhered to other religions. Concerning family structure, 40% of the subjects belonged to nuclear families, while 60% were part of joint families. In terms of maternal occupation, 13.33% were homemakers, 23.34% were employed in the private sector, and 3.33% held government positions. With respect to the participants' occupations, 3.33% were employed, 76.6% had government jobs, and 13.3% worked in private sectors. In terms of family income, 10% reported an income of less than 5000, another 10% had an income between 5000 and 10000, while the majority, 90%, earned more than 10000 per month. The study also included a frequency and percentage distribution of pretest and posttest knowledge concerning eating disorders.

Knowledge Score	Pre-test	
	F	%
Poor (0-10)	22	73.33
Average (11-20)	8	26.67
Good (21-30)	0	0

In the above table the distribution of present level of knowledge of teenage girls regarding eating disorders. It shows that 73.33% of the subject had poor knowledge where remaining 26.6% had verge knowledge regarding eating disorders and no one had good knowledge.

In the above table depicts distribution of post-test level of knowledge of teenage girls regarding eating disorders 16.67% subject had average knowledge score, majority 83.33% of them had good knowledge score and none of them had poor knowledge score.

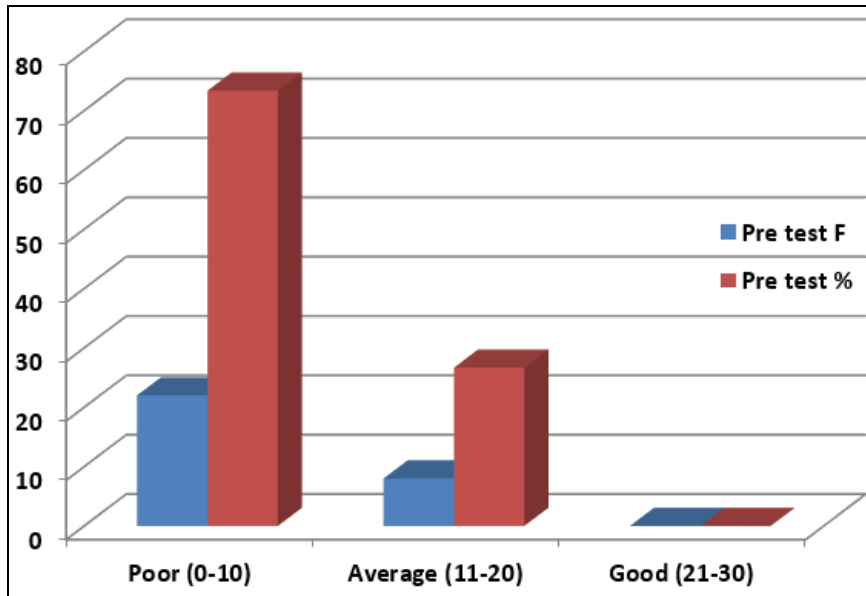


Fig 1: Frequency and percentage distribution of pretest knowledge regarding eating disorders.

Table 1: Frequency and percentage distribution of post-test knowledge regarding eating disorders.

Knowledge Score	Post-test	
	F	%
Poor (0-10)	0	0
Average (11-20)	5	16.67
Good (21-30)	25	83.33

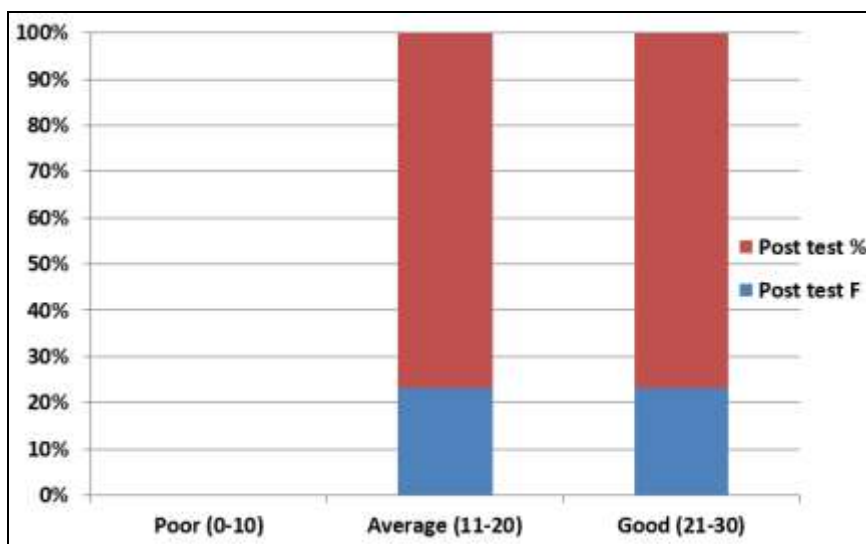


Fig 2: Frequency and percentage distribution of post-test knowledge regarding eating disorders.

Effectiveness of STP on knowledge of girls regarding eating disorders.

Table 2: Mean and standard deviation and mean percentage of level of knowledge among teenage girls regarding eating disorders before and after STP.

Parameter	Mean Score	Paired Difference			T	df
		Mean	SD	SE		
Pre-test	13.24	7.86	4.49	0.64	12.28	29
Post-test	21.1					

In the above table represents the mean of Pre-test and post-test level of knowledge of teenage girls regarding eating disorders. It revealed that the subjects had Pre-test mean of 13.24. The post-test score revealed that the subjects have a mean 21.1.

Discussion

The results of the study were analyzed in relation to the objectives and hypotheses outlined at the outset. A pre-experimental one-group pretest and posttest design was employed to evaluate the impact of a structured teaching program on the knowledge of eating disorders among teenage girls at a selected school. The findings are elaborated upon in the sections that follow. This includes the distribution of subjects based on the socio-demographic variables of the teenage girls, presented in terms of frequency and percentage. Additionally, the distribution of subjects according to pretest and posttest knowledge is detailed, along with the effectiveness of the structured teaching program on the girls' understanding of eating disorders. Furthermore, the association between pretest results and demographic variables is examined.

Conclusion

In the current investigation, a sample of 30 adolescent females was chosen through a convenient sampling technique. The research employed a quasi-experimental design aimed at evaluating knowledge through a pretest and assessing the effectiveness of a structured teaching program via a post-test. Data collection was conducted using a self-structured questionnaire, and the results were analyzed using appropriate statistical methods.

Based on the findings of the study, several conclusions were drawn, highlighting the limitations encountered during the research. The implications of the study are discussed in relation to various domains, including nursing education, nursing research, and nursing administration, while also providing insights for future research endeavors.

The initial knowledge of adolescents regarding eating disorders was found to be insufficient, as indicated by the pre-test results. However, there was a notable improvement in knowledge observed during the post-test phase. The structured teaching program proved effective in enhancing the understanding of eating disorders among teenage girls. A significant difference in knowledge scores between the pre-test and post-test was established through the application of the 't' test. Analysis of the mean and standard deviation of knowledge scores from both assessments indicated that the structured teaching program was significantly more effective than the pre-test knowledge levels.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Hockenperry MW, Wilson D, Winklestein M, Kline M. Nursing care plan for infants and children. 7th ed. New Delhi: Reed Elsevier India Private Limited; c2006. p. 864-84.
2. Datta P. Paediatric nursing. 2nd ed. New Delhi: Jaypee Brothers Medical Publishers; c2009. p. 193-94.
3. Kuboki PA. Epidemiological data on anorexia nervosa in Japan. *Psychiatry Res.* 1996;62:11-16.
4. Westenhoefer J. Prevalence of eating disorders and weight control practices in Germany in 1990 and 1997. *Int. J Eat Disord.* 2001;29:477-481.
5. Nakamura K, Yamamoto M. Prevalence of anorexia nervosa and bulimia nervosa in a geographically defined area in Japan. *Int. J Eat Disord.*
6. Sjostedt JP, Nathawat SS. Eating disorders among Indian and Australian university students. *J Soc Psychol.* 1998;138:351-357.
7. Khandelwal SK, Saxena S. Eating disorders: An Indian perspective. *Int. J Soc Psychiatry.* 1995;41:132-146.
8. Rooney B. The prevalence of anorexia nervosa in southwest London. *Int. J Eat Disord.* 1995;18:299-307.
9. Buhrich N. Frequency of presentation of anorexia nervosa. *Aust N Z J Psychiatry.* 1981;15:153-155.
10. Nobakht M. Epidemiological study of eating disorders. *Int. J Eat Disord.* 2000;28:265-271.
11. Mary L, Krüger AB, Young AS, editors. Migration, multilingualism and education: Critical perspectives on inclusion. *Multilingual Matters*; 2021 Jul 1.

How to Cite This Article

Shafti SS, Singh J. Suicidal behavior among Iranian psychiatric patients. *International Journal of Advance Research in Medical Surgical Nursing.* 2024;4(1):146-149.

Creative Commons (CC) License

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.