

Effectiveness Of Structured Teaching Programme On Knowledge Regarding Role Of Exercise For Maintenance Of Healthy Weight Among School Going Students In Selected Schools At Karaikal.

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ABSTRACT:

INTRODUCTION:

Children’s health is a great treasure. It’s the highest blessing. Happiness is priceless and depends upon the wealth of a person. Good health, however, contributes to the emotional well being and happiness of a person. Nutritious foods help us to maintain good health. Consumption of healthy foods in a balanced form help us to minimize the health related problems.

The raise of childhood obesity has placed the health of an entire generation at risk. The destiny of the human race is in the hands of those who tend to be the children of today. Faulty food practices, excessive weight gain and obesity are major problems in children. Overweight and obesity is the result of unhealthy eating patterns and too little physical activity. Excess body fat frequently results in increased risk of Heart disease, Diabetes, Gallbladder diseases and Liver diseases, Arthritis and Cancer.

In the past two decades, South-East Asia had the highest increase in prevalence of childhood obesity. Overweight and obesity are becoming an increasing health problems in both developing and developed countries, the increased rate of obesity and overweight is one of the serious health challenges of the 21st century.

A weight reduction programme for school going children should contain three aspects, intake of 1200 calories low in fat, active exercise programme and counselling program. The counselling programme is done to discuss various aspects such as concentrating on self image and motivation to reduce weight etc. When children engage in longer periods of sustained physical activity, there is a smaller likelihood of developing overweight or obesity⁸. With unprecedented global increases in the prevalence of childhood overweight and obesity, there is

an urgent need for effective physical activity programs to reduce the incidence of overweight and obesity.

Obesity among children and adolescents has adverse consequence on premature mortality, and physical morbidity in adulthood and is associated with impaired health during childhood. The risk factors of obesity and overweight explored from different studies revealed that, the genetic history, physical activity, high birth weight, and type of milk intake during infancy, more than two hours of television watching per day, frequency of regular meals and overweight of the parents.

Safe physical activity and developmentally appropriate, interesting, and practical oriented activities should be prescribed for children. In that exercise programme involving all family members and supervision of the physical activity on a regular interval also help to reduce the weight. Along with weight reduction, changes in fat and increase training programme related to exercise gives a lot of muscular strength, body mass, improve cardiovascular fitness, glucose metabolism and endothelial function which are the factors to reduce the morbidity and mortality associated with overweight and obese.

Statement of the problem:

Effectiveness of structured teaching programme on knowledge regarding role of exercise for maintenance of healthy weight among school going students in selected schools at karaikal.

Objectives:

- To assess the pre test level of knowledge regarding role of exercise for maintenance of healthy weight among school going students.
- To determine the effectiveness of structured teaching programme regarding role of exercise on maintenance of healthy weight.
- To find the association between the pre test level of knowledge on role of exercise on maintenance of healthy weight.

RESEARCH METHODOLOGY:

The research approach used for this study was quantitative approach. The research design for this study is pre experimental one group pre test & post test design. Sample size was 100 children. Convenient sampling technique was used for the study. The collected data was analyzed by using both descriptive & inferential statistics. Demographic data was collected and pre-test was conducted by using structured knowledge questionnaire to assess the knowledge regarding role of exercise for maintenance of healthy weight from their subject. Structured

teaching programme was given about exercise for maintenance of healthy weight. After 15 days post test was conducted by using the same tool.

INCLUSION CRITERIA:

- children with the age group of 12 – 14 yrs.
- children who were willing to participate in this study.
- who were able to read and write tamil & english

EXCLUSION CRITERIA:

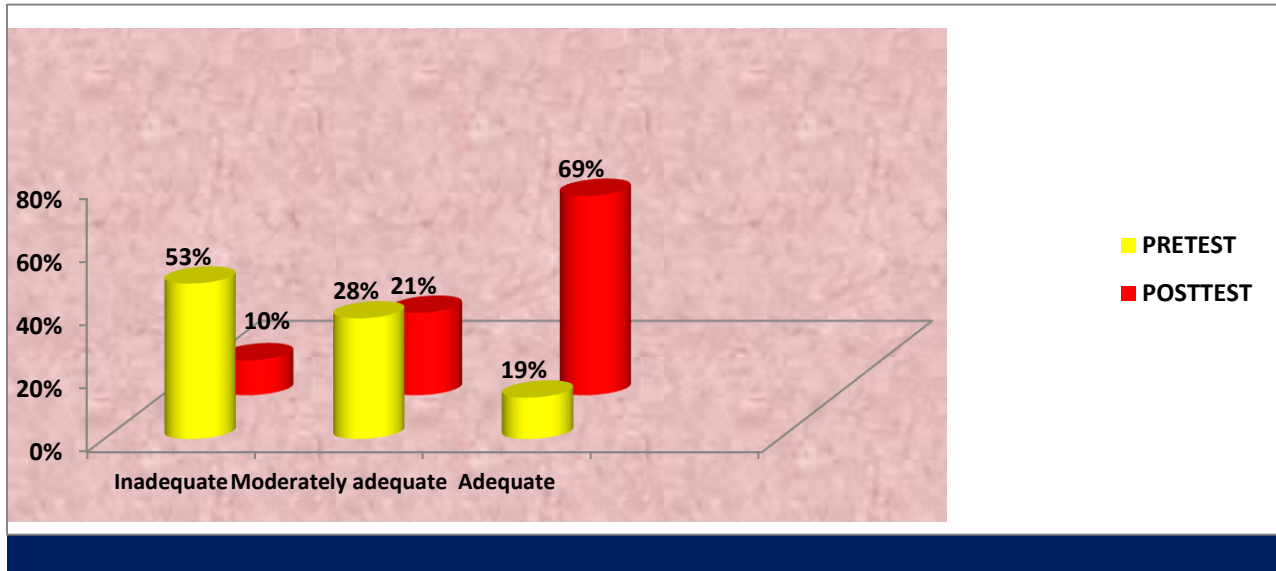
- children above the age group of 14 yrs.
- who are not willing to participate in the study.
- who are absent at the time of data collection.

DATA COLLECTION PROCESS:

- **Part 1:** Demographic variables consists of age, sex, educational status, educational status of father, occupation of father, monthly income, place of residence, practice of exercise, hobbies, source of information.
- **Part II :**
 - a) It consists of structured knowledge questionnaire regarding role of exercise for maintenance of healthy weight.
 - b) Impart structured teaching regarding role of exercise for maintenance of healthy weight.

TABLE 1: DATA ON PRE TEST AND POST LEVEL OF KNOWLEDGE REGARDING ROLE OF EXERCISE FOR MAINTENANCE OF HEALTHY WEIGHT.

S.NO	SCORE	PRE TEST		POST TEST	
		Frequency	%	Frequency	%
1.	Inadequate	53	53	10	10 %
2.	Moderately Adequate	28	28	21	21 %
3.	Adequate	19	19	69	69 %



EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON ROLE OF EXERCISE FOR MAINTENANCE OF HEALTHY WEIGHT.

S.NO	LEVEL OF KNOWLEDGE	Mean	SD	df	't'test
1.	PRE TEST	6.48	3.08	96	11.55
2.	POST TEST	10.96	2.57		

ASSOCIATION BETWEEN CHI -SQUARE RESULTS OF DEMOGRAPHIC VARIABLES WITH PRE TEST KNOWLEDGE ON ROLE OF EXERCISE FOR MAINTENANCE OF HEALTHY WEIGHT AMONG CHILDREN.

S.No	Demographic variables	chi-square value	Df	P Value	Results
1.	Age	2.646	6	0.829	Not Significant
2.	Sex	3.534	2	0.8769	Not significant
3.	Religion	2.540	8	0.955	Not significant
4.	Education status	8.701	8	0.819	Not significant
5.	Educational status of father	2.250	5	0.325	Not Significant
6.	Occupation of father	9.590	5	0.048	Not Significant

7.	Monthly income	0.462	5	0.005	Significant
8.	Practice of exercise	6.253	4	0.124	Not significant
9.	Hobbies	8.241	4	0.138	Not significant
10.	Source of information	7.950	5	0.148	Not Significant

There is a significant association found between knowledge on role of exercise for maintenance of healthy weight with monthly income. There is no significant association found between age, sex, religion, educational status, educational status of father, occupation of father, practice of exercise, hobbies, source of information.

The study recommendations are the following:

- A similar study can be conducted on larger samples at different areas for generalize findings.
- An experimental study can be undertaken with control group to assess the effectiveness of planned teaching programme on role of exercise and maintenance of healthy weight among college students.
- A descriptive study can be conducted by assessing the knowledge and attitude of children towards on role of exercise and maintenance of healthy weight on prevention of obesity.
- A comparative study can be conducted by comparing the knowledge and attitude on adolescence towards prevention of obesity.

DISCUSSION:

The aim of the study to assess effectiveness of structured teaching programme on knowledge regarding role of exercise for maintenance of healthy weight among school going students. The research design used for the study is pre experimental one group pretest and posttest research design. The subjects were assessed by using demographic variables and structured knowledge questionnaire.

The results showed that in pretest (53%) samples are having inadequate knowledge, (28%) samples are having moderately adequate knowledge and (19%) are having adequate knowledge. During post test (10%) samples are having inadequate knowledge, (21%) samples are having moderately adequate knowledge and (69%) are having adequate knowledge regarding role of exercise for maintenance of healthy weight. The Mean & SD score of 6.48, 3.08 in pretest which was increased in Post test Mean & SD score of 10.96, 2.57. The 't' test value 11.55.

The study findings were supported by the research findings of Mehrabi SH et al. (2016) which found that an increase in the posttest mean knowledge scores (mean=8.70, SD=0.57) compared to the pretest score (mean=5.35, SD=2.47).

CONCLUSION:

The present study results revealed that structured teaching programme is effective in increasing the knowledge on role of exercise for maintenance of healthy weight. Hence nurses must incorporate structured teaching in their day to day nursing practice particularly while giving health education in the community setting to bring positive changes in health behavior and to maintain healthy weight among target population.

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