

“A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND ATTITUDE REGARDING FACTORS CONTRIBUTING TO CHILDHOOD OBESITY AMONG SCHOOL GOING CHILDREN (12-18 YEARS) IN SELECTED SCHOOL AT LUCKNOW.”

RESEARCH ABSTRACT

Ms. Akanksha Ellen Emmanuel*, Mr. Anurag Singh Chauhan, *M.Sc Nursing (Child health nursing), E-mail ID-ellenemmanuel237@gmail.com, **H.O.D, Dept. of Child health nursing, Vivekananda College of Nursing, Vivekanandapuram in May 2017.**

ABSTRACT: *Background* – Childhood obesity is a serious medical condition that affects children and adolescents. It is a common nutritional disorder in childhood, it is a complex problem that is poorly understood and with multiple etiologies and often unknown contributing factors. Obesity that is acquired during childhood often persists into adulthood. Obese children are at increased risk of developing a number of disorders as adults including hypertension, respiratory disease, gallstones, orthopedic problems, diabetes mellitus and elevated levels of serum lipids and lipoproteins. *Method* – A quantitative evaluative research approach, Pre-experimental one group pre test & post test design was used. 60 samples were selected by simple random sampling using lottery method. Initially researcher got permission from concerned authority. The written consent was obtained from the samples and their parents. The tool used was performa of demographic variable, structured questionnaire and attitude scale. Firstly sample were selected then pretest was taken by administering structured questionnaire and attitude scale after that structured teaching program was given to students then on 7th day Post test was conducted. *Result* – The post test mean knowledge score of students regarding childhood obesity has revealed that score was found higher mean (21.00) and S.D (3.69) with pre test mean score (14.68), S.D (3.58). Calculated ‘t’ value was 9.998 which was more than tabulated value 2.02 at 0.05 level of significance. This indicates that structured teaching program was effective in enhancing knowledge regarding factors contributing to childhood obesity. After intervention, 30 (50.00%) had neutral attitude, 24 (40.00%) had positive attitude and 6 (10%) negative attitude. Findings show there was no association found between pre test knowledge with their selected demographic variable but association was found between the pre test attitude score with their selected demographic variables like class ($\chi^2 = 15.900$), weight in kg ($\chi^2 = 11.814$), height in cm ($\chi^2 = 23.892$), and daily duration of television viewing ($\chi^2 = 13.805$). Calculated value of chi square was more than table value. *Conclusion* – The study concluded that structured teaching program was more effective in providing knowledge and enhancing attitude regarding factors contributing to childhood obesity among school going students.

Keywords – effectiveness, structured teaching program, knowledge, attitude, factors contributing to childhood obesity, school going children.

Introduction

Hernandez B defines childhood obesity as a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height.

It is a common nutritional disorder in childhood, is a complex problem that is poorly understood and with multiple etiologies and often unknown contributing factors. Obesity that is acquired during childhood often persists into adulthood. Obese children are at increased risk of developing a number of disorders as adults including hypertension, respiratory disease, gallstones, orthopedic problems, diabetes mellitus and elevated levels of serum lipids and lipoproteins.²

Statement of problem

“A study to evaluate the effectiveness of structured teaching program on knowledge and attitude regarding factors contributing to childhood obesity among school going children (12-18years) in selected school at Lucknow.”

Objectives

- To assess the existing knowledge and attitude regarding factors contributing to childhood obesity among school children.
- To evaluate the effectiveness of structured teaching program on knowledge and attitude regarding factors contributing to childhood obesity among school children.
- To associate between pre test knowledge and attitude score with their selected demographic variables.

Research Hypothesis

H₁: There will be significant difference between pre-test and post test knowledge and attitude regarding childhood obesity among school children (12-18 years) at $p < 0.05$ level.

H₂: There will be a significant association between the pre-test knowledge and attitude score with their selected demographical variables, at $p < 0.05$.

Research Methodology

The Quantitative study was conducted using Pre-experimental research design at Centennial Inter College. 60 samples were selected by simple random

sampling using lottery method. Before conducting the study written consent was obtained by the samples and their parents. The data collection was done, pre test conducted by administrating structured questionnaire and attitude scale on knowledge regarding factors contributing to childhood obesity by giving 25 – 30 minutes, after that structured teaching program was given to students then on 7th day Post test was conducted using same structured questionnaire and attitude scale.

Major findings

- Majority of students 23 (38.33%) were in the age group from 14-15 years and least 10 (16.67%) was in the age group of 16-17 years.
- Out of 60 students, equal distribution of students of middle school (vii-viii), high school (ix-x) and senior school (xi-xii) had been done. Ten students were included in the study from each class.
- Majority of the respondents 53 (88.33%) were living in urban areas, rest 7 (11.67%) respondents were residents of rural areas.
- Monthly family income of majority of the respondents 39 (65.00%) was ranging from Rs 5001-20000 /- and least 6 (10.0%) respondents had monthly family income ranging from Rs 20001-35000 /-.
- Most common weight of respondents 22 (36.67%) was in category of <43 kg followed by 9 (15.00%) were in the category of least common weight i.e 56-61 kg.
- Most common height of 24 (40.00%) respondents was ranging from 160-164 cm followed by 3 (5.00%) respondents in the category of least common height ranging from 165-170 cm.
- Out of 60 respondent, only 15 (25.00%) were vegetarian and rest 45 (75.00%) respondents were non-vegetarian.
- Out of 60 respondents, 32 (53.33%) play daily outdoor games and 28 (46.67%) respondents play weekly outdoor games.
- In daily duration of screen viewing, majority of students 19 (31.67%) was in category of duration of 1-2 hrs and least respondents 10 (16.67%) was from >3 hr duration.
- Most common source of existing knowledge of childhood obesity among school going children was

teacher 33 (55.00%), least common source was health worker 2 (3.33%).

- Pre Test knowledge and attitude score among students depicts that majority of samples 31(51.67%) had inadequate knowledge and 48 (80%) neutral attitude regarding factors affecting childhood obesity, but after structured teaching program as an intervention Post Test knowledge and attitude score among students depicts that majority of samples 30(50%) had adequate knowledge and 30 (50%) neutral attitude regarding factors contributing to childhood obesity.
- The calculated 't' value was 9.998, which was more than tabulated value 2.02 at 0.05 level of significance. This indicates that structured teaching program was effective in enhancing knowledge and attitude regarding factors contributing to childhood obesity. Hence, research hypothesis (H_1) is accepted and concluded that there is significant difference between pretest knowledge and attitude score of school going children

regarding factors contributing to childhood obesity.

- There was association found between the pre test attitude score and other demographic variables like class ($X^2= 15.900$), weight in kg ($X^2 = 11.814$), height in cm ($X^2 = 23.892$), and daily duration of television viewing ($X^2 = 13.805$).
- There was no association between the pretest knowledge and attitude score and with their demographic variables like age ($X^2 = 12.322$), residential area ($X^2 = 1.981$), monthly family income ($X^2 = 5.61$), eating habits ($X^2 = 1.98$), daily duration of outdoor sports ($X^2 = 5.69$) and source of knowledge ($X^2 = 5.35$).

Limitations

- The size of the samples was small to draw generalization among school students.
- The study was limited to 60 school going children.
- The study was limited to the school going children (12-18 years) going to centennial inter college, Lucknow.

- The study was limited to the boys.

Conclusion

This study concluded that structured teaching program that is provided to the school going children was effective and the school going children got the adequate knowledge and enhanced their attitude.