

Effectiveness of STP on Knowledge Regarding Risk Factors of Anorexia Nervosa and its Impact on Health Status Among the Adolescent Girls

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Abstract

The main purpose of this study was to identify the knowledge levels of adolescent girls regarding risk factors of anorexia nervosa and its impact on health status. Conducted study to assess the risk factors of anorexia and found Body size overestimation is a fundamental feature of anorexia nervosa. The extent or even existence of body size overestimation in anorexia nervosa is controversial. The most recent review found that only half the studies reported overestimation of body size in individuals diagnosed with anorexia nervosa. The remaining studies found no overestimation or in some instances underestimation. The discrepancy in these findings has been attributed to the wide variety of assessment techniques that are used, including many with questionable psychometric properties.

Keywords: Structured Teaching Programme; Research Hypothesis; Hypothesis; District; Uttar Pradesh.

Introduction

Anorexia nervosa has the highest mortality of any psychiatric disorder. It is a serious eating disorder that results in unhealthy, often dangerous weight loss. While it is most common among adolescent women, anorexia can affect women and men of all ages and is characterized by a refusal to maintain a healthy body weight, an intense fear of gaining weight, and a distorted body image. It has a prevalence of about 0.3% in young women. It is more than twice as common in teenage girls, with an average age of onset of 15 years; 80-90% of patients with anorexia are female. Often referred to as BMI (Body Mass Index) is a tool that treatment providers often use to assess the appropriateness of body weight for an individual struggling with an eating disorder. Additionally, observations of eating patterns, exercise, and personality traits may give indications of an anorexic diagnosis. Those struggling with anorexia frequently fear gaining weight and have a distorted body image. They often believe they appear much heavier than they are. It may be difficult to notice signs and symptoms because what is considered a low body weight is different for each person, and some individuals may not appear extremely thin. Also,

people with anorexia often disguise their thinness, eating habits or physical problems.

Problem Statement

A study to evaluate the effectiveness of structured teaching programme on knowledge regarding risk factors of anorexia nervosa and its impact on health status among the adolescent girls in selected private schools at Moradabad Dist, U.P.

Objectives of this Study

1. To assess the knowledge of adolescent girls regarding risk factors of anorexia nervosa and its impact on health status.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding risk factors of anorexia nervosa and its impact on health status among the adolescent girls.
3. To find out the association between knowledge score of pre test and post test with the selected demographic variables.

Hypotheses:

RH_1 - The structured teaching programme will be effective in changing the knowledge levels

regarding risk factors of anorexia nervosa and its impact on health status among the adolescent girls.

RH_2 - There will be a significant association between the knowledge scores with selected demographic variables.

Material and Method

A quantitative research approach was used & the research design adopted for the present study was pre-experimental (one group pre-test - post-test) design. The target population for the study was adolescent girls studying in schools located at Moradabad district U.P, India. & the accessible population were adolescent girls in R.S.D academy school at Moradabad U.P, India. The sample size was 60. Sampling technique used for this study was non probability sampling technique adapting purposive sampling type. The planned teaching program was developed in English after extensive review of literature and expert opinion. The structured knowledge questionnaire was prepared to assess the knowledge regarding risk factors of anorexia nervosa and its impact on health status among adolescent girls. Data analysis was done by using both descriptive and inferential statistics on the basis of objectives and hypothesis of study and to compute data a master coding sheet was prepared. The study hypotheses (H_1 & H_2) were tested by using paired 't' test & chi-square analysis respectively.

The data was analysed by using 6 demographic variables and structured knowledge questioner which contains 15

Demographic variables.

1. Age
2. Education status of adolescent girls
3. Parental educational status of mother and father
4. Type of family
5. Parent occupation
6. Family income per month

Structured knowledge questioner which contains 15

1. Anorexia nervosa is an eating disorder.
2. Loss of appetite is common anorexia nervosa.
3. Anorexia nervosa is a good indicator for bad health
4. Extreme weight loss is a sign of anorexia nervosa.

5. "Being thin" appearance is a sign of anorexia nervosa.
6. Refusal to eat is a sign of emotional and behaviour anorexia nervosa.
7. Depressed mood is a sign of behavioural anorexia nervosa
8. Emotional disturbance may lead to anorexia nervosa.
9. Modern western culture is a prime cause for secondary to anorexia nervosa.
10. Anorexia nervosa is a more common among adolescent girls and early adult women.
11. Media like TV and fashion magazine are influencing a girl to be thinner.
12. Death and anaemia can occur is anorexia nervosa.
13. Absence of menstruation is a complication of anorexia nervosa.
14. Anorexia nervosa may lead to high susceptible for fracture.
15. Anorexia nervosa can lead to increase the risk of gastrointestinal problem like constipation, nausea.

Result

The knowledge levels among adolescent girls were moderate with 81.67%, inadequate with 11.67%, and it was adequate only in 6.67% before the implementation of structured teaching programme. The levels of knowledge were changed as that adequate with 96.67% and it was moderate with 3.33% after the implementation of structured teaching programme. The mean of knowledge levels in the pre-test was 7.8% and in post-test was 12.48% respectively.

Conclusion

The study finding expressed that most of the adolescent girls had moderate knowledge and inadequate knowledge in pre-test. After giving structured teaching programme majority of adolescent girls gained knowledge & their levels may improved from inadequate to adequate levels. The research study supports that structured teaching programme on knowledge regarding risk factors of anorexia nervosa and its impact on health status helps the adolescent girls to improve their knowledge.

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