

A Study to Assess the Effectiveness of Structured Teaching Program of Knowledge Regarding Eating Disorder among Adolescent Girls Studying in Selected Inter College, Lucknow, U.P.

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Abstract: *Background of the Study:* This study is based on the impact of mass media on body image and self-esteem and eating disorder of college going girls. The study aims to question the massive advertisements of products where woman are used as models. Extremely thin women are advertised. Many times by imparting special visual effects, extremely thin woman's image is projected through the media. This is done to overtly damage the psyche of the woman. Becker (2004) notes of the tradition of associating slim bodies with wealth, television today portrays the lives of the upper-middle class, where the desire to cultivate and maintain a slender figure is particularly pressing. Body image and advertising (2000) concurs that prevalent marketing strategies present advertisements that enhance product consumption by promoting unrealistic ideals of body image in women. It further states that continuous exposure to these advertisements can have a negative effect on women's perceptions of their bodies and their evaluations of their physical attractiveness. Mass media such as magazines promote these idealized body images and produce insecurities and body dissatisfaction (Body image and Advertising, 2000: Stice & Shaw, 1994: U.S. Department of Health and Human Service's Office on Women's Health, 2000)

Keywords: Eating disorder, Adolescence girls, Effectiveness, Structured Teaching Program

1. Objectives

- To assess the knowledge regarding the eating disorder among adolescent girls studying in inter college, Mau.
- To associated relationship between the knowledge regarding eating disorder among adolescent girls with their selected demographic variables.

Hypothesis

- (H₀)- There will not be significant association between the level of knowledge regarding eating disorder and their selected demographic variable.
- (H₁)-There will be significant association between the level of knowledge regarding eating disorder with their selected demographic variable.

2. Material and Methods

Research Approach: A quantitative research approach

Research Design: Non experimental Descriptive design was used.

Population: In this study the population is adolescent girls.

Accessible Population:

Research Setting: The study was conducted at Inter College, Lucknow.

Sampling Technique And Sample Size- In this study probability sampling technique-simple random sampling technique used.

Sample: In my study the sample is adolescent girls. Total estimated population of N=100

Research Variables:

Demographic variables: In my study demographic variables are age, sex, religion, educational, marital status, monthly income, occupation and type of family.

Research variable: In my study it refers to assess the knowledge regarding eating disorder.

Description of Data Collection Tool:

Based on the review of literature, discussion with the experts and with research guide, structured questionnaire is selected to assess the knowledge of eating disorder.

Description of the tool – The tool consists of two sections-
Section A – Demographic data includes Age, Sex, Religion, family.

Section B – Structured questionnaires regarding dietary management consists of 24 questions.

Interpretation of the scores –Each correct response will be given 1 score and each incorrect responses will be given 0 score.

| Knowledge level | Score |
|-------------------------------|--------|
| Inadequate knowledge | ≤50% |
| Moderately adequate knowledge | 51-75% |
| Adequate knowledge | >75% |

3. Results and Discussion

Major Study Finding Include:

The analysis of the data was done under following section:

Section-A: Description of demographic variables of the participants

Section-B: Description Of the knowledge regarding eating disorder among adolescent girls.

Section-C: Significant association between the level of knowledge regarding eating disorder with their selected demographic variables.

Section-A

Description of demographic variables of the participants

Table 1: Frequency & Percentage of the demographic variables of eating disorder among adolescent girls.

| S. No | Demographic variables | Frequency | Percentage |
|-------|-----------------------|-----------|------------|
| 1 | Age | | |
| | a. Minimum 13 yrs | 6 | 6% |
| | b. 14-15yrs | 11 | 11% |
| | c. 15-16 yrs | 53 | 53% |
| 2 | Gender | | |
| | a. Female | 100 | 100% |
| 3 | Religion | | |
| | a. Hindu | 85 | 85% |
| | b. Muslim | 13 | 13% |
| | c. Chirstian | 2 | 2% |
| | d. Other | 0 | 0% |
| 4 | Types of family | | |
| | a. Nuclear family | 46 | 46% |
| | b. Joint family | 49 | 49% |
| | c. Extend family | 4 | 4% |
| | d. other | 1 | 1% |

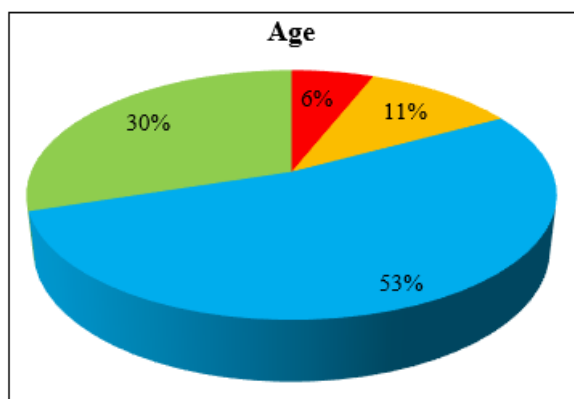


Figure 1: Pie chart shows the distribution disorder on of sample according to the age

Half of the sample 53(53%) were found 15-16 years age and least were found in below 13 year in the age 6(6%) & 14-15 year were found 11(11%) & more than 16 were 30(30%)

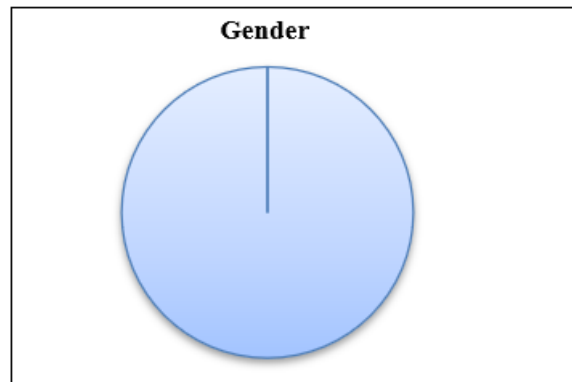


Figure 2: Pie chart reveals the distributing disorder on of sample according to the sex

Highest of the sample 100(100%) were found female.

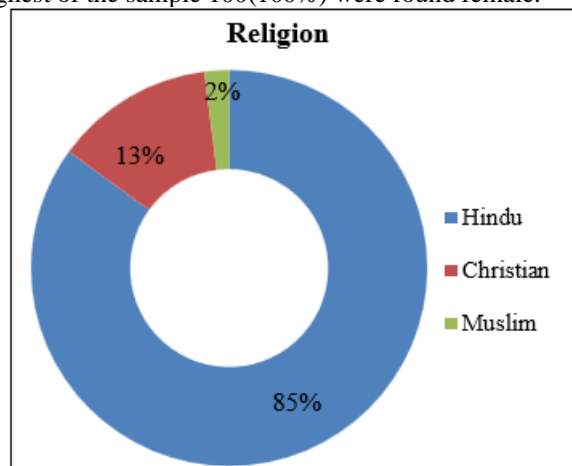


Figure 3: Doughnut represent the distributing disorder on of the sample according to the religion

Majority of the sample 87(87%) were found Hindu & least were found Muslim 2(2%) & Christian 13 (13%) & no was found in other in the religion.

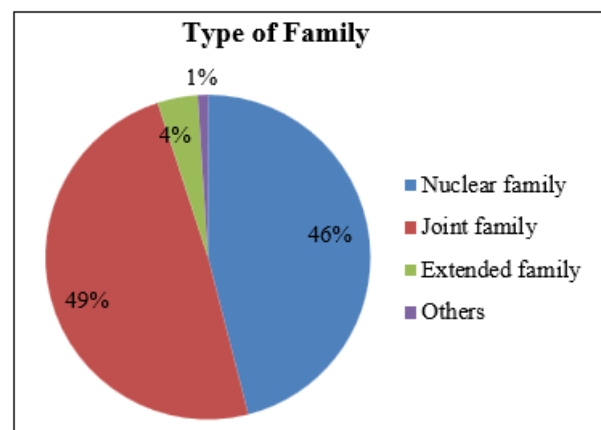
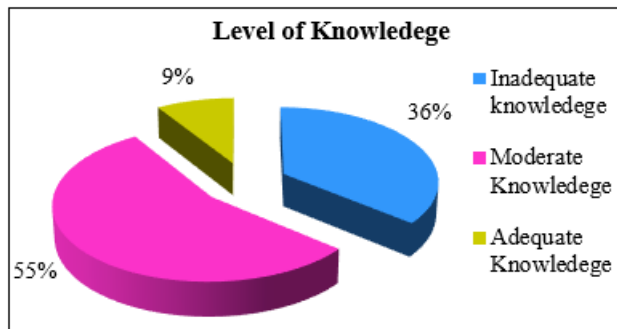


Figure 4: Pie chart shows the distributing disorder on of sample according to the type of family

Nearly half of the sample 49(49%) were found joint family & least were found others 1(1%) & nuclear family 46(46%) & extended family.

Section B**Description of the knowledge regarding prevention of eating disorder among the adolescent girls.****Table 2**

| S. No. | Level of Knowledge | Frequency | Percentage |
|--------|----------------------|-----------|------------|
| 1 | Inadequate Knowledge | 36 | 36% |
| 2 | Moderate Knowledge | 55 | 55% |
| 3 | Adequate Knowledge | 9 | 9% |

**Figure 5:** Pie chart shows the distributing disorder on of sample according to the level of knowledge

Half of the sample 55(55%) were belongs to moderate knowledge, 36(36%) were belongs to inadequate knowledge and 9(9%) belongs to adequate knowledge.

Section C**Significant association between the level of knowledge regarding prevention of eating disorder among adolescent girls.****Table 3**

| S. No | Demographic variables | | Inadequate | Moderate | Adequate | df | X ² |
|-------|-----------------------|-------------------|------------|----------|----------|----|----------------|
| 1 | Age | a. Minimum 13 yrs | 4 | 2 | 0 | 6 | 10.66NS |
| | | b. 14-15 yrs | 4 | 4 | 3 | | |
| | | c. 15-16 yrs | 17 | 34 | 2 | | |
| | | d. 16 and above | 11 | 16 | 3 | | |
| 2 | Sex | a. Female | 13 | 19 | 2 | 2 | 14.22* |
| 3 | Religion | a. Hindu | 28 | 48 | 9 | 6 | 4.35 NS |
| | | b. Muslim | 7 | 6 | 0 | | |
| | | c. chirstian | 1 | 1 | 0 | | |
| | | d. Other | 0 | 0 | 0 | | |
| 8 | Types of family | a. Nuclear family | 13 | 27 | 6 | 6 | 11.20 NS |
| | | b. Joint family | 14 | 29 | 3 | | |
| | | c. Extend family | 4 | 0 | 0 | | |
| | | d. Other | 1 | 0 | 0 | | |

NOTE: * Indicates significant association

Present Study Result-

- 1) Half of the sample 53 (53%) were found 15-16 years age and least were found in below 13 year in the age 6 (6%) & 14-15 year were found 11(11%) & more than 16 were 30 (30%)
- 2) All of the sample 66(66%) were found female
- 3) Majority of the sample 87(87%) were found hindu& least were found muslim 2(2%) &cristian 13 (13%) & no was found in other in the religion.
- 4) Nearly half of the sample 49(49%) were found joint family & least were found others 1(1%) &neuclear family 46(46%) & extended family.
- 5) Half of the sample 55(55%) were belongs to moderate knowledge, 36(36%) were belongs to inadequate knowledge and 9(9%) belongs to adequate knowledge.

4. Conclusion

The study was done to determine the knowledge regarding eating disorder among adolescent girls studying in inter college, Lucknow. The result of this study showed that most of the moderately knowledge.

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