A descriptive study to assess the knowledge regarding obesity and its ill-effect on health among adolescent girls, in selected college of Indore, M.P

**ABSTRACT**

Obesity is a serious health problem and its prevalence has increased dramatically over the past 20 years. The proportion of children and adolescents who are overweight and obese have also been increasing. The magnitude of overweight ranges from 9% to 27.5% and obesity ranges from 1% to 12.9% among Indian children. A descriptive study was conducted, to assess the knowledge regarding obesity and its ill-effect among adolescent girls. 30 adolescent girls those who were studying in the B.Sc fourth year of Bombay Hospital College of Nursing Indore were selected by non-probability purposive sampling technique. The demographic data revealed that 83.33% (25) of adolescents were in 21 years, 73.33% (22) of adolescents were above 51Kg in weight, 90% (27) adolescents were more than 151cm in height. The data was collected through structured knowledge questionnaires. The findings showed that 63.33% (19) adolescent girls had the average knowledge and 26.66% (8) adolescent girls had good knowledge regarding obesity and its ill-effect on health. This study concluded that adolescent girls should be provided with adequate knowledge and awareness regarding obesity and its ill-effects on health. Based on the findings health education programmes can be conducted to bring more awareness among adolescent girls to decrease the risk of obesity-associated ill-effects on health.

**Keywords:** Obesity, Knowledge, Adolescents.

1. **INTRODUCTION**

Adolescent obesity is one of the major global health challenges of the 21st century. In the United States, the prevalence of obesity among adolescents aged 12–19 years quadrupled from 1966 to 2003–2006. Of great concern is the increasing prevalence of type 2 diabetes among adolescents, which is associated with obesity and becomes more common after age 10 years. Today, many parents think obesity is a greater danger to their child's health than drug abuse, smoking, and unsafe sexual behavior. Their concerns are well justified. Obese adolescents are increasingly being diagnosed with conditions once considered adult illnesses. They have a higher lifetime risk for a host of serious health problems. The stigma of obesity carries psychological and social consequences as well, including an increased risk of depression, as obese adolescents are rejected more frequently by their peers, teased and ostracized because of their weight.

Hence the gap in knowledge is growing risks that necessitate the need to systematically investigate the knowledge of obesity among adolescent. Based on the findings health education programmes can be conducted in different settings like schools, colleges, and the community. This challenged the researcher to explore the importance of knowledge and attitudes of adolescent regarding obesity, and to impart the knowledge regarding obesity and its consequences. It is also anticipated that this study may increase awareness among adolescent regarding obesity.

2. **NEED FOR THE STUDY**

In India latest figure of the National Family Health Survey (NFHS-4) for 2015-16 indicates obesity may be the next major health challenge in the country. According to the National Family Health Survey (NFHS-4), one-fifth of Indian women, or 20.7% to be precise, in the age group of 15-49 are overweight.
The country’s most apprehensive health survey also shows that 313% or almost a third of urban women are obese, while 15% of rural women are overweight. What is shocking is that the overall figure of 20.7 for women is a quantum jump from 12.6 to 2005-06 when the last NFHS was conducted. It is nearly a 60% jump. In Madhya Pradesh according to the survey conducted by NFHS-4 and NFHS-3 in 2005-2006 revealed that percentage of men (15-49 years) who are overweight or obese (NFHS-4) 10.9% and men who are overweight or obese (NFHS-3) 4.3%. women who are overweight or obese (NFHS-4) 13.6% and women who are obese or overweight (NFHS-3) 7.6%.

Above surveys show that the rate of obesity and overweight are more in women than men. So it is necessary to bring awareness and increase knowledge regarding obesity and its ill – effect on health among adolescent girls.

3. STATEMENT OF THE PROBLEM

“A descriptive study to assess the knowledge regarding obesity and its ill-effect on health among adolescent girls in selected nursing college Indore”.

4. OBJECTIVES OF THE STUDY

- To assess the knowledge regarding obesity and its ill-effect on health among adolescent girls.
- To find out the association between knowledge of adolescent girls regarding obesity and its ill-effect on health with their selected demographic variables.

5. HYPOTHESIS

AT 0.05 LEVEL OF SIGNIFICANCE

H1o= There is no significant association of knowledge of adolescent girls regarding obesity and its ill-effect on health with their socio-demographic variables.
H1= There will be a significant association of knowledge of adolescent girls regarding obesity and its ill-effect on health with their socio-demographic variables.

6. METHODOLOGY

A quantitative research approach was used with descriptive research design, 30 students of the fourth year of Bombay Hospital College of Nursing, Indore, were selected by using non-probability purposive sampling technique. Data were collected by using socio-demographic & structured knowledge questionnaire & analyzed through descriptive & inferential (chi-square test) statistics.

7. RESULTS AND FINDINGS

Description of the socio-demographic characteristics.

In this study, the findings revealed that:

- Majority 25 (83.33%) adolescent girls were of 21 years old, 5(16.66%) adolescent girls were of 20 years old.
- Mostly 22 (73.33%) adolescent girls were of above 51 kg of weight. 7 (23.33%) adolescents were between 41- 50 kg of weight. Whereas Only 1 (3.33%)adolescent girl had a weight between 31-40 kg. (1.2 graphs).
- 27 (90%) adolescent girls belonged to more than 151 cm of height. whereas Only 3 (10%) were having a height between 141-150 cm.
- 29 (96.66%) of adolescent girls preferred non-vegetarian diet, whereas only 1(3.33%) was vegetarian.
- Mostly 20 (66.66%) adolescent girls were taking fast food occasionally, 6 (20%) adolescent girls were taking fast food regularly. Whereas only 4 (13.33%) adolescent girls who have never takes fast food. (1.3 graphs).

Findings related to knowledge of adolescent girls regarding obesity and its ill-effects

- Majority of adolescent girls 19(63.33%) where having average knowledge regarding obesity and its ill-effect on health, scoring between 6-11 marks. 8 (26.66%) adolescent girls were having good knowledge regarding obesity and its-effect on health, scoring between 11-15 marks. Whereas
3(10%) adolescent girls were having poor knowledge regarding obesity and its ill-effect on health, scoring between 1-5 marks. (1.1 graphs)

Mean value of adolescent’s knowledge score was 8.83, which revealed that majority adolescent girls were having the average knowledge and this value comes under the higher value regarding knowledge score. The median value of knowledge regarding obesity and its ill-effect among adolescents is 8.52, and the Standard deviation is 2.932.

Findings related to the association of knowledge with their selected socio-demographic variables

In this study association was to be significant with the five socio-demographic variables (age, weight, height, diet preference, fast food intake.) of knowledge regarding obesity and its ill effect, but Chi-square test revealed that there is no significant association of knowledge regarding obesity and its ill-effect with selected socio-demographic variables of adolescents at 0.05 level of significance, hence the research hypothesis (H1) is rejected. And null hypothesis (H0) is accepted.

1.1 The graph shows knowledge score of the adolescent girls regarding obesity and its ill-effect on health
1.2. The graph shows weight (kgs.)

1.3. The graph shows how often adolescent girls take fast food

8. CONCLUSION

This study revealed that the adolescents of 4th years of selected Nursing college have average knowledge regarding obesity and its ill- effect. The overall experience of conducting the study was enjoyable. The response of the participants was an encouraging hand for the investigators. The constant help and support of the guide and co-guide provided a positive reinforcement for successful completion of the study. The study was a new learning experience for the investigator.

9. IMPLICATIONS

The implication of the study could be discussed under three broad areas, namely Nursing services, Nursing administration, Nursing education.

Nursing service:

Nursing plays an important role in the delivery of the health services in urban and rural areas. They are the frontline in the implementation of various programmes. The female health worker at sub- center can help in detect cases of obesity and refer them to an expert for advice and treatment. The nurse at the rural hospital can help by participation in promotion and prevention of obesity through street pay, camp, and health education.

Nursing Educator:

Nursing education prepares the nurse through basic nursing courses for effective delivery of nursing service in hospital and community setup. Hence education plays important role in imparting knowledge, providing learning experiences, develop skills as a professional nurse. The nurse can educate parents regarding obesity, treatment and its prevention. She may suggest the school authorities include lifestyle disease prevention topics to be included in school curriculum. The nurse educator can make the health
personnel aware through in-service education and educate nurse about the magnitude of the obesity problem and its prevention. The nurse educator can develop different strategies to educate the people about prevention of obesity.

Nurse Administrator:

Health education can save many lives. She may plan and conduct regular physical examination for the staff with follow up. The educational approach is a major means today for achieving change in life practices through organizing various camps. The result though slow is enduring and sufficient time should be allowed to have the desired change.

10. RECOMMENDATIONS

From the findings of the study the following recommendations are suggested:

A similar study needs to be conducted on a large sample size with the same problem.

A similar study needs to be conducted on planned health teaching regarding prevention of obesity among school students.

11. REFERENCES


